

VALLE KOSOVARE

Title : Pronunciation : Vah-le Ko-so-va-re, means a dance from Kosovo

Origin : Gheg. Albanian dance for women.

Source : Lisette Langeveld, she created this dance from authentic steps.

Description : Lisette Langeveld
© 1985 Albanian dances collected & created by Lisette Langeveld.

Music : Measure : 4/4 Introduction : none
The music is especially arranged for this dance.

Formation : Open circle, L-hand on waist of woman beside you, R-hand free,
face centre, point R-feet.

<u>Dir</u>	<u>Meas</u>	<u>Cnt</u>	<u>Steps</u>	<u>Arm movements</u>	
↳	1	1-2	Part I. step R sdw	R-arm moves from front to side, palm of hand down (1-4). R-arm back in front (1-4). <u>Note</u> : Arm moves during 4 counts !	
		3	cross L behind R		
		4	step R sdw		
		2	1-2		cross L over R
	3	3	step R sdw		
		4	cross L over R		
	3-16		Repeat meas. 1-2 of Part 1.		
☐	1	1-2	Part II. bounce on both feet	hands (fist) on your hips	
		3	cross L behind R		
		4	step back on R		
		2	1-2		bounce on both feet
	3	3	cross R behind L		
		4	step back on L		
	↳	3	1-2		step R sdw
		3	cross L behind R		
4	4	step R sdw			
	4	1-2	cross L behind R		
↻	5	3	step R sdw		
		4	cross L over R		
	6	1	step on R-heel beside L-foot (start to make a full turn R)		
		2	step L in place		
7-8	3-4	repeat : step on R-heel beside L-foot en step L in place			
	1-2	repeat : step on R-heel beside L-foot en step L in place			
↻	3	step R in place, end of the turn, face ctr.			
	4	rest			
9-16		repeat meas. 5-6 in mirror image (full turn L) repeat meas. 1-8 of part II.			

<u>Dir</u>	<u>Meas</u>	<u>Cnt</u>	<u>Steps</u>	<u>Arm movements</u>
↪	1	1	Part III. step on R-heel sdw	L-hand on hip, R-arm in W-pos, palm of hand turns inwards to body. turn R hand slightly outwards.
		2	cross L behind R	
↑	2-4	3-4	repeat 1-2 of meas 1, part III	Hands (fist) on hips.
		5	repeat 1-2 of meas 1, part III	
		1-2	step R fwd	
		3	step L fwd	
↓	6	4	step R fwd	
		1-2	step L fwd	
		3	step R fwd	
		4	step L fwd	
↕	7	1-2	step R bkwd	
		3	step L bkwd	
		4	step R bkwd	
		1-2	step L bkwd	
	8	3	step R bkwd	
		4	step L bkwd	
		1-2	step R bkwd	
		3	step L bkwd	
	9-16		repeat meas. 1-8 of Part III.	

Note :

In Kosovo the Albanian women dance within the walls of the house. Usually 1 to 3 women dance together, while others support them by singing and playing the dajre (tambourine). This is mostly improvisation. It inspired me to create Valle Kosovare in its present form.

