

Vallja E Osman Takës

(Southern Albanian)

This dance is also known as *Osman Takas* (*Samandakis* in Greek). These steps are based on steps from the Korce region of Southern Albania. Kotansky created this particular arrangement.

Pronunciation: VAHL-yah EH OHSS-mahn TAH-kuhs

Music: 7/8 meter *Balkan I 2010 Steve's Dances CD, Band 4*

Formation: Open circle; hands joined in W-pos.

Meas 7/8 meter

Pattern

INTRODUCTION. No action. Start with singing.

I. STEP I

- 1 Facing R of ctr, lift on L raising R knee up and in front (ct 1); step fwd R (cts 2-3).
- 2 Lift on R raising L knee up and in front (ct 1); step fwd L (cts 2-3).
- 3 Turning to face ctr, lift on L and raise R knee up and in front (ct 1); step R to R (cts 2-3).
- 4 Bring L knee up and in front of R knee (ct 1); hold (cts 2-3).
- 5-8 Repeat meas 1-4 with opp ftwk and direction (to L).

II. STEP II

- 1 Step R to R (ct 1); step L across in front of R (cts 2-3).
- 2 Step R to R (ct 1); step L crossing behind R (cts 2-3).
- 3 Slight leap onto R to R extending L fwd in front with knee extended, and ft fairly close to floor (ct 1); slowly bring L around and up behind R knee (cts 2-3).
- 4 Lock L ft behind R knee and bend R knee, turning L knee out (ct 1); straighten R knee turning L knee fwd (cts 2-3).
- 5-8 Repeat meas 1-4 with opp ftwk and direction (to L).

III. STEP III

- 1 Facing R of ctr and moving CCW, step fwd R (ct 1); step L beside R (ct &); step fwd R (cts 2-3).
- 2 Step fwd L (ct 1); step R near L (ct &); step fwd L (cts 2-3).
- 3 Turning to face ctr, step R to R bending R knee and bringing L behind R knee (ct 1); bring L, knee bent, around and in front of R knee (cts 2-3).
- 4 Hold pos with L up and in front of R knee (cts 1-3).
- 5-8 Repeat meas 1-4 with opp ftwk and direction (to L).

IV. STEP IV

- 1-2 Using the two-step of Step III (R-L-R, L-R-L), moving to R, rotate 360° to R (CW), while arms are held up and out to side at head level.
- 3 Facing ctr (finishing turn), step R to R (ct 1); step L near R (ct &); step R to R (cts 2-3).
- 4 Step fwd on L twd ctr (ct 1); rock back onto R in place (ct 2).
- 5-8 Repeat meas 1-4 with opp ftwk and direction (to L).

Presented by Stephen Kotansky