VALLJA E PLLANËS
(Albania)

Vallja e Pllanës, The Dance from Pllana is based on motifs from Pllana in the Lezhë district in North-western Albania. We learned these motifs from Aldo Nika and dancers from his group in Shkodër, Albania in September 2018. Although we learned the dance to Lodër/Tupan accompaniment, Aldo gave us the music we’re using which fits the dance nicely. The arrangement is Aldo Nika’s and mine.

Recording: Workshop CD
Formation: Dancers solo in a circle facing CCW, dancers can hold a scarf in each hand
Music : 4/4
Meas :

Walk and Hand-flick
1 Facing R of center, Step Rft fwd and, as if “shaking-off” water in one gesture, “flick” both wrists out to R at waist level (ct 1); step Lft fwd (may cross over Rft slightly) and “flick” wrists out to L side at waist level as above (ct 2); repeat action of cts 1-2 (cts 3-4);
2-4 Continuing to walk fwd CCW and “flicking” wrists, repeat action of meas 1; (16 in all); *Note: This walking step has a slight bounce to it, and the upper body sways slightly R and L as dancers “flick” their wrists on the R and L sides with each step.

“Double Eagle”
1 Facing center, touch Rft out to R side and raise both hands (arms out-stretched at Shoulder level to their respective sides (ct 1); touch Rft fwd twd ctr and bring R hand (arm bent at elbow) in front of the face with the palm facing in twd face, and bring Lft hand to the small of the back with palm facing out away from body (ct 2); touch R heel diagonally fwd to R and cross L hand over and in front of R hand to form a “Double Eagle” (ct 3); close Rft beside Lft and lower arms to respective sides (ct 4);
2 Reverse action (ftwk and arm gestures) of meas 1 of “Double Eagle”;
3-4 Repeat action of meas 1-2 of “Double Eagle”.

Turns
1 Facing center, raising R hand up above head and L hand down to L side, step Rft to the R and begin a CW turn to the R (ct 1); continuing CW turn to R, step L fwd to R (ct 2); finishing Cw turn to R to face R of center, step Rft to R bending knee slightly (ct 3); step onto the ball of Lft beside Rft (ct &); step Rft in place bending knee slightly and facing R of center, and bring R hand down to R side (ct 4);
2 Bringing L hand up over head and beginning a CCW turn to the L, step Lft slightly to L bending knee slightly (ct 1); continuing CCW turn to L, step onto ball of Rft beside Lft (ct &); continuing CCW turn to L, step Lft in place bending knee slightly (ct 2); finishing CCW turn to L, step Rft to R to face center (ct 3); step Lft in place to L of Rft (ct 4);
3-4 Repeat action of meas 1-2 of Turns;
Vallija e Pllanës cont.

Meas: 

1  Facing center, touch Rft out to R and swing both arms (extended low) out to R about 45 degrees (ct 1); draw Rft up beside L inner calf and return arms to position Extended straight down in front of thighs (ct &); repeat cts 1,& of Drum Solo (cts 2,&); repeat ftwk (touch draw-in) above, with arms held up and fwd above head, wave hand (windshield wiper-like) to R and back (cts 3,&,4,&); *Note: Elbows are slightly bent during the windshield wiper wave.

2  Repeat action of meas 1 of Drum Solo;

3  Turning CW to R, step Rft to R (ct 1); continuing CW turn to R, step Lft across and To R (ct 2); continuing CW turn to R, step Rft to R (ct 3); finishing CW turn to R, touch Lft to slightly to L (ct 4); *Note: Arms are in a “W” position.

4  With Lft hand above head and R hand down a R side, step Lft in place bending L knee beginning a CCW turn to L in place (Ct 1); continuing CCW to L, step ball of Rft slightly to R of Lft (ct &); continuing CCW turn to L, repeat action of (Cts 1,&) of meas 4 of Drum Solo (cts 2,&,3,&); finishing “buzz”/Rida turn CCW to L, step Lft in place with slight knee bend (ct 4). This is a 4 count, solo “buzz”/Rida turn;

5-7 Repeat action of meas 1-3 of Drum Solo;

8-9 Repeat action of meas 4 of Drum Solo but continue for 7 cts (2 meas) before with a step onto the Lft with the knee slightly bent.

*Note: The first time meas 4 is danced, it is a 4 ct CCW turn to the L (1 or 2 complete turns). The second time (meas 8-9), it is an 8 ct CCW turn to L (2-4 complete turns).

Sequence: //Walk and Hand-flick – “Double Eagle” – Turns //: (2 times in all)

//Drum Solo – Walk and Hand-flick – “Double Eagle” – Turns //: (2 times in all),
then Ending: Facing ctr, walk fwd on Rft (1), walk forward on Lft (2), close Rft to Lft and raise hands above head.

Presented by Susan and Stephen Kotansky
Description corrected by Martha Awdzwiewicz and Lee Otterholt to reflect how Steve Kotansky taught the dance at the Laguna Folk Dance Festival 2019.