

Vlaško za pojas

(Serbia, Vlach)

A Vlach dance “with belthold” (“za pojas”) from East Serbia. I learned this dance from Ciga Despotovic, a well-known folk dancer and teacher from former Yugoslavia.

Pronunciation:

Music: Ciga Despotovic LP #3

2/4 meter

Formation: Open circle, belt hold (R arm under, L over).

Meas

Pattern

I. BASIC VLACH PATTERN

- 1 Moving to the R, while pivoting on ball of L ft, step bkwd on R while leaning fwd from waist and turning body to the L so that R shldr is nearer ctr (ct 1); step on L next to R, straightening body and facing ctr (ct &); repeat cts 1,& (cts 2,&).
- 2 Repeat meas 1, cts 1,& (cts 1,&); repeat ct 1 (ct 2); facing ctr, hop on R bringing L ft up near R calf (ct &).
- 3 Moving into the ctr, step on L (ct 1); hop on L (ct &); step on R across in front of L (ct 2); hop on right foot (&).
- 4 Moving away from ctr, run bkwd three steps (L,R,L) (cts 1,&,2); close R ft to L, no wt (ct &).
- 5-8 Repeat meas 1-4.

II. LIFT AND TOUCH

- 1 Turning to face slightly R of ctr and dancing in place, hop on L, bringing R knee up (ct 1); step on R (ct &); turning to face slightly L of ctr, touch ball of L ft fwd and “hop” on R (ct 2); touch ball of L ft fwd and “hop” on R again (ct ee); step on L (ct &).
- 2 Repeat meas 1.
- 3 Turning slightly to L, leap onto R to R (ct 1); step on L next to R (ct ee); step on R in place (ct &); repeat cts 1,ee,& with opp ftwk (cts 2,ee,&).
- 4 Repeat Fig I, meas 1.
- 5-8 Repeat meas 1-4.

III. STAMPING

- 1 Facing slightly R, step on R (ct 1); stamp L next to R, no wt (ct ee); small hop on R while lifting L knee (ct &); stamp L next to R, no wt (ct ah); repeat cts 1,ee,&,ah with opp ftwk (cts 2,ee,&,ah).
- 2 Stamp R to R, no wt (ct 1); pause (cts ee,&); lift R ft (ct ah); step on R to R (ct 2); step on L behind R (ct &).
- 3-8 Repeat meas 1-2 three more times (4 total).

Variation for meas 1, cts 2,ee,&,ah and meas 2, cts 1,ee,&,ah: Facing slightly L, step on L (ct 2); stamp R next to L, no wt (ct ee); bring R leg, with bent knee, around in a larger arc to R (cts &,ah); set R heel on ground, diag R (ct 1), wait; pause (cts ee,&); lift R ft (ct ah).

Vlaske za Pojas—continued

INTERMEZZO

- 1 Facing L, step on R to R (ct 1); facing R, step on L to L (ct 2).
- 2 Repeat meas 1.

Sequence: The steps follow the musical phrases:
 Fig I, Fig II, Fig II, Intermezzo
 Fig I, Fig II, Fig III, Fig I (not Intermezzo)
 Fig I, Fig II, Fig II, Intermezzo
 Fig I, Fig II, Fig III, Fig I (not Intermezzo)

FINAL ENDING

- 1 Fig I, meas 4. Moving away from ctr, run bkwd only 2 steps (L,R) (cts 1,&); leap quickly onto L (ct 2); stamp R ft twd ctr (ct &).

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