

KORITSA

From Konispol, Southern Albania

One of a genre of women's line dances during which they dance and sing simultaneously.

Also known as VALLE NGA KONISPOL

The dance I describe below is the version I learned from various teachers who learned it from Steve Kotansky who learned it from Shpresa Uli (i.e. without the optional arm movements added by Steve Kotansky).

Meter 2/4 Open circle in W hold

Measure

Count

1

1 Step on R foot to R side

2 Touch L foot beside (or in front of) R foot (flat foot - not on toes or heel)

2

1 Step forward on L foot towards centre

2 Touch R foot beside (or in front of) L foot (flat foot)

3

1 Step on R foot back and slightly across behind L foot

2 Step on L foot back and across behind R foot

& Step on R foot to R side

4

1 Step on L foot across in front of R foot

2 Step on R foot to R side

& Step on L foot across behind R foot

