

VALLE ÇAME E SHPEJTË
(Albania)

Valle Çame e Shpejtë, Fast Cham Dance, comes from the *Çam* (Chams) of Southern Albania and Epirus, Greece. The Cham people are most likely the namesake for other dances such as *Tsamiko* and *Chamche*. Steve Kotansky learned this dance from Genci Kastrati and Helga Saraçi.

Recording: Workshop CD, Miami Valley Folk Dancers, Dayton Ohio, Nov.10-11, 2018.

Formation: Open circle with a "W" hand hold

Music: 11/16 (or sometimes 12/16, 6/8)



Dancer's Cts: 1 2 3

Meas:

Step I

- 1 Facing ctr, bounce on both feet together bending knees slightly (ct 1); lift on Lft and raise Rft up and back, and turn to face L of ctr (ct 2); step Rft fwd across and in front of Lft (ct 3);
 - 2 Turning to face slightly R of ctr, step Lft to L (ct 1); step Rft back and slightly R of Lft (ct 2); step Lft fwd across and in front of Rft (ct 3); *Note: This step is like a *Yemenite* step.
 - 3 Turning to face ctr, close Rft to Lft with knees straightened (ct 1); hold (ct 2); lower slightly onto Rft and lift Lft up and back while turning to face slightly R of ctr (ct 3);
 - 4 Facing R of ctr, step Lft fwd (ct 1); step Rft fwd (ct 2); step Lft fwd (ct 3);
- 5-8 Repeat actions of meas 1-4 of Step I;

Step II

- 1 Facing R of ctr and moving fwd to R, step Rft fwd (ct 1); step Lft fwd (ct 2); step Rft fwd and bend knee slightly while lifting L knee slightly up (ct 3);
 - 2 Continuing to dance fwd to R, reverse the ftwk of meas 1 of Step II;
 - 3 Facing R of ctr but dancing more or less in place, step Rft slightly fwd and to R (ct 1); step ball of Lft behind Rft (ct 2); step Rft in place (ct 3);
 - 4 Reverse action (ftwk and direction) of meas 3 of Step II; *Note: Step II has a "gliding" quality to it with a slight "suspension" during meas 3&4.
- 5-8 Repeat actions of meas 1-4 of Step II;

Step III

- 1 Facing ctr, step Rft slightly fwd and to R (ct 1); step ball of Lft behind Rft (ct 2); step Rft in place (ct 3);
 - 2 Reverse action (ftwk and direction) of meas 1 of Step III; *Note: Genci often steps back and slightly L during this step.
 - 3 Bending fwd at the waist (arms adjust by lowering somewhat), touch R feel fwd with R leg extended (ct 1); hold (ct 2); straighten upper body and raise Rft slightly (ct 3);
 - 4 Close Rft to Lft and clap hands together at head level (ct 1); hold (cts 2-3);
- 5-8 Repeat actions of meas 1-4 of Step III.

Presented by Theresa Utschig at Door County Folk Festival (DCFF) 2019. Notes by Steve Kotansky, presenting "Balkan and Central European Folkdances with Steve Kotansky", Miami Valley Folk Dancers, Dayton, Ohio, November 10-11, 2018.