Kur Mi Zbrisje Shkallët
Albania

This dance is from the towns of Përmet and Kolonjë in the south of Albania. The title of the song translates as "When you were coming down the stairs."

Music: Selami Kolonja, *Kur mi zbrisje shkallet*. Album: "Kenget E Shekulit": https://youtu.be/bPWyjL_bpOw
Meter: 2/4, but counted as (1&)(2)(&) or SQQ.
Formation: Open circle, start with hands down in V position. Leads to the R.
Introduction: 4 bars no action.

Bar 1: Facing LOD, with arms down in V position, and bending forward at the waist, step on R in LOD but on the R diagonal (S). Step fwd on L (Q). Step on R forward in LOD but on the R diagonal (Q). The hips sway in the direction of each step.
Bar 2: Repeat bar 1, with opposite footwork. The first step is still in LOD, but moves slightly inwards on the L diagonal.
Bar 3: Turn to face center and raise hands into a high W position. Step on R to R (S). Touch L toe in front of R, with a bounce (QQ).
Bar 4: Step on L to L and slightly back (S). Close R next to L, no weight (QQ). During this bar, the arms slowly lower to V position. Genci did a bounce on L and lift of the R foot near L calf while turning body to face R on the last Q count.

Repeat until the end of the music. After the last time through, end with a step to the R with R, facing center and a close of the L.

Lyrics:

Epo kur mi zbrisje shkallët dhe moj	Oh, when you come down the stairs
Të dy duart plot aman	With both hands full
Një trëndafila dhe moj	One of them with roses
O një me borzilok	Oh, the other with basil
Epo kur mi zbrisje shkallët dhe moj	Oh, when you come down the stairs
O të dy duart plot aman	With both hands full
Një trëndafila dhe moj	One of them with roses
O një me borzilok	Oh, the other with basil
Mi zbrisje shkallët moj një nga një	Oh, you were coming down the stairs
O se cma dogje zemrën ë	You burnt my heart
Si bilbili këngën	Oh, like the bird with his song
Bashkë të këndojmë gjithë jetën ë	Let us sing the whole life
Mi zbrisje shkallët një nga një	Oh, you were coming down the stairs
O se cma dogje zemrën ë	You burnt my heart
Si bilbili këngën	Oh, like the bird with his song
Bashkë të këndojmë gjithë jetën ë	Let us sing the whole life

Epo mu në mes të odës dhe moj	Oh, in the center of the room
Ti zure vënd dhe sluajte aman	You took place and didn't move
Pa ngrima pakëz vellon dhe moj	Oh, please raise your veil up
Se cma dogje zemrën ë	Oh, you burned my heart
Epo mu në mes të odës dhe moj	Oh, in the center of the room
Ti zure vend dhe sluajte aman	You took place and didn't move
Pa ngrima pakëz vellon dhe moj	Oh, please raise your veil up
Se cma dogje zemrën ë	Oh, you burned my heart
Mi zbrisje shkallët një nga një	Oh, you were coming down the stairs
Se cma dogje zemrën	You burned my heart
Si bilbili moj këngën ë	Oh, like the bird with his song
Bashkë të këndojmë gjithë jetën ë	Let us sing the whole life
Mi zbrisje shkallët një nga një	Oh you were coming down the stairs
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Bashkë të këndojmë gjithë jetën ë	Let us sing the whole life

Presented by Genci Kastrati

Dance description by Andrew Carnie, Lee Otterholt and Martha Awdziewicz.