Valle Postenançe

Postenan-style Dance - (Korçë, Southern Albania)

Valle Postenance is a women's dance from Korçë.

Pronunciation: VAH-leh poh-sten-AHN-cheh Translation: ???

Music: 4/4 meter

Formation: Open circle; leader on R; hands in W-position.

Steps & Styling: Much twisting of hips and bouncing from the bending and straightening of the knees

Meas	4/4 meter	Pattern
2 meas		INTRODUCTION. No action.
	I.	TRAVEL
1		While facing ctr, pivot on Rft and twist lower body to face R (LOD) so L hip faces ctr, and step on Lft crossed in front of Rft (1), step on Rft to R, twisting lower body to face ctr (2), again pivot on Rft and twist lower body to face R (LOD) so L hip faces ctr, and step on Lft crossed in front of Rft (3), pivoting on Lft to face ctr, kick Rft, low (4).
2		Facing ctr: Take 3 bouncy steps (R,L,R) bkwds, away from ctr (1,2,3), kick Lft fwd, low, twd ctr (4). (Note: when transitioning to Fig II, the Lft is not kicked fwd low on ct 4 of meas 2. Instead, it is lifted slightly under the body and the body leans slightly fwd.
	II.	TOWARD CENTER AND BACK OUT
1		Facing ctr: Take 3 bouncy steps (L,R,L) fwd, twd ctr (1,2,3), kick the Rft up behind the body and out to the R side while twisting and leaning the head to the R to look at the Rft (4).
2		Continuing in twd ctr: Take 3 bouncy steps (R,L,R) fwd, twd ctr (1,2,3), kick Lft fwd, low, twd ctr (4).
3		Facing ctr: Take 3 bouncy steps (L,R,L) bkwds, away from ctr (1,2,3), kick Rft fwd, low, twd ctr (4).
4		Facing ctr: Take 3 bouncy steps (R,L,R) bkwds, away from ctr (1,2,3), kick Rft fwd, low, twd ctr (4).

Sequence: First time: Fig I five times, then Fig II once. After that, Fig I four times and Fig II once until end of music.

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