

# Çobankat

*Source:* Çobankat (cho-BAHN-kaht) means “The Shepherdesses.” It is a traditional song of the Tosk people of Albania.

The words extol the freedom (and freedom fighters) to be found in the Albanian mountains. I have put typical Albanian steps to the melody.

*Presented by:* Lee Otterholt, Autumn Leave, 2006

*Meter:* 2/4

*Formation:* Open circle . Low handhold (V position).

*Style:* Bounce twice gently on every count (1&).

Measures	Counts	FIGURE ONE – Instrumental	Measures	Counts	FIGURE THREE - Song refrain
		<b>Cross behind, then move</b>			<b>Crossing in front</b>
1	1, 2, &	Facing center and dancing in place: Step on R foot; step on L foot behind R; step on R foot in place	1	1	Step FWD on L foot crossed in front of R
				2, &	Turning slowly to face L, bounce 2 times on L foot while R foot swings slowly around in front of L
2	—	REPEAT measure 1 with opposite footwork	2	—	REPEAT measure 1 with opposite direction and footwork.
3	1, 2, &	Facing center, but moving to the R: Step on R foot to R; step on L foot behind R; step on R foot to R	3-4	—	REPEAT measure 1-2 of FIGURE TWO (Song verse)
4	1, 2, &	Step on L foot crossed in front; step on R foot to R; step on L foot crossed in front of R	5-7	—	REPEAT measures 1-3
5-8	—	REPEAT measures 1-4	8	1	Step on R foot directly behind L
9	—	REPEAT measure 1		2, &	Bounce 2 times on R foot as L foot twists slightly behind R leg, then swings around in front of R foot
10	—	REPEAT measure 2	9-13	—	REPEAT measures 1-5 of FIGURE TWO (Song verse)
11	—	REPEAT measure 3			
		That is—REPEAT this dance motif 2 3/4 times. There is no measure 12.			The dance repeats from the beginning. Measure 13 of FIGURE THREE is left out the last time the song is sung. Use the step of FIGURE TWO on the last instrumental phrase. End by bringing feet slowly together
		<b>FIGURE TWO – Song Verse</b>			<i>Style note: A slight hesitation may be made before each transfer of weight. That is – tread ever so slightly after the beat</i>
		<b>Step forward and lift</b>			
1	1	Facing center and dancing in place: Step FWD on L foot crossed in front of R			
	2, &	Bounce 2 times on L foot while R foot swings around to a position directly in front of L shin and then back again			
2	1, 2, &	Step on R foot directly behind L; step on L foot directly behind R; moving to the R, step on R foot to R			
3-12	—	REPEAT measures 1-2 five more times (six total)			