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## Balkan Dance Workshop with Lee Otterholt

Saturday, July 25, 2020

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A package that includes written descriptions of the workshop dances, MP3 recordings of the music, and videos of Lee teaching and doing the dances, is available for purchase from Lee's website:

<http://www.leeotterholt.com/> under "[Product](#)."

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### DANCES PLANNED FOR THE WORKSHOP

- DOMOT MOJ (Macedonia)  
"Pronunciation: 'DOH-mot moy,' translation: 'My home.' A Macedonian-style men's dance in 7/8 (2,2,1,2) rhythm choreographed by Lee Otterholt."

KRAJ MANASTIROT (Macedonia)  
"Pronunciation: 'kraj MAH-nah-stee-roht,' translation: 'Near the Monastery.' Lee Otterholt put Macedonian/Bulgarian women's steps to this Macedonian melody 'Oro se Vie Kraj Manastirrot.' A womens' dance with graceful swaying from side to side."

ORO VLASHKA (Serbian Vlach)  
"'Oro vlaška' is, as the name implies a "Vlach dance." The Vlach people, who speak a Romanian dialect, (the name "Vlach" derives from Wallachia, an old term for a region of southern Romania) live as an ethnic minority in parts of Greece, Bulgaria and the former Yugoslavia, especially Serbia. I put these three steps, which I learned dancing with various Vlach people in Serbia in the late 1970's, to this music. You could use many different Vlach melodies for this dance. (A similar dance, named 'Vlaško oro' has also previously been taught to this same music. I was unaware of this dance when I found this music and put these steps to it. My apologies to anyone who still remembers and loves this other choreography for any confusion this might cause!) Style: Almost comically energetic."

TSAMIKO EPIROU (Greece)  
"Tsamiko epirou is a women's version of a vlach-style tsamikos from Epiros. I learned this dance while living in Greek Macedonia part of the summer of 1989. I decided to put the steps to this rather unusual tsamikos melody. STYLE: Feminine, with slight swaying of the hips on the walking steps."

VALLE E ISUF ARAPI (Albania)  
"Translation: Isuf's Arapi Dance. Isuf is a name. Arapi (Arapit) is a national park in the Northern part of Albania. I learned this dance from both Bardhi Pojani and Mea Nordenfeldt."

MAVROMATA (Greece)  
"Mavromata ('Mahv-roh-MAH-tah') is a Greek dance learned by Dick von der Zwan from a group of Greek immigrants from Thrace living in Germany. I learned the dance from him in the 1980s. The title means 'the dark-eyed girl.' "