

## EC EC

(Albania)

Ec Ec (EHTZ EHTZ), meaning “go, go” is a dance in the Arbëreshë style choreographed by Roberto Bagnoli to the song “Ec Ec” by Skanderband. The Arbëreshë are an ethnic and linguistic Albanian minority community living in southern Italy, mostly concentrated in scattered villages in the region of Calabria, but also with a few minor settlements in the regions of Apulia, Basilicata, Molise and Sicily. They are the descendants of mostly Tosk Albanian refugees who fled Albania between the 15th and 18th centuries as a result of the Ottoman Empire’s invasion of the Balkans. The Arbëreshë speak Arbëresh, an old variant of Albanian spoken in southern Albania, known as Tosk Albanian. Ec Ec was presented by Roberto Bagnoli at the 2017 Stockton Folk Dance Camp.

Music: 2/4 meter CD: *Ethnic Journey 2017*, Track 4

Video: *2017 Stockton Folk Dance Camp DVD*. Camp videos can be viewed by contacting a Camp participant who purchased the DVD.

Formation: Mixed lines of dancers facing center, hands joined in W-pos.

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Measure	2/4 meter	PATTERN
16 meas	INTRODUCTION. No action. Begin dance with singing.	
	I. <u>FIGURE I.</u>	
1	Facing ctr, step R to R (ct 1); step L behind R (ct 2).	
2	Step sideways three steps (R-L-R) moving CCW (cts 1, &, 2).	
3	Step L in front of R (ct 1); step R back in place (ct 2).	
4	Turning to face CW, step on L heel to L (ct 1); step R next to L (ct &); step on L heel to L (ct 2); step R next to L (ct &).	
5	Facing CW, step L fwd (ct 1); step R fwd (ct 2).	
6	Three steps (L-R-L) continuing CW (cts 1, &, 2).	
7	Step R in front of L (ct 1); step L back in place (ct 2).	
8	Turning to face ctr, sway R to R (ct 1); sway L to L (ct 2).	
9	Step R to R (ct 1); hop on R (ct 2), lifting L and starting to turn R to face CCW.	
10	Two steps (L, R) completing the turn and ending facing CCW (ct 1-2).	
11	Three steps (L-R-L) moving CCW (cts 1, &, 2).	
12	Turning to face ctr, small leap R to R (ct 1); small leap L to L (ct 2).	
	II. <u>FIGURE II (INSTRUMENTAL).</u>	
1	Facing CCW, three steps beg R (cts 1, &, 2), bouncing on balls of the feet.	
2	Repeat meas 1 with opp ftwk.	

Ec Ec — continued

- 3 Step R fwd (ct 1); hop on R swinging L ft around to the side and back (ct 2).  
4 Step bkwd on L, keeping R on the floor and twisting R heel to R (ct 1); twist R bringing R heel to L (ct 2).  
5-12 Repeat meas 1-4 twice.

Sequence: Dance repeats as written above, then Fig II, meas 1-4.

Lyrics

Ec Ec nde mëma jote  
E strati të bëtë japi  
E ndë shtrat nëng nga të pënzosh  
Pënzoz mua se më katë martosh  
Çë nëng do të më martosh  
Lisi të qupëve të bëtë ngradosh

Go, go to your mother  
And ask for the bed  
But don't think of the bed  
Think of me, the one you're going to marry  
And if you don't want to marry me  
The cypress tree you will fatten for me

Ec Ec nde mëma jote  
E sandone të bëtë japi  
E ndë sandone nëng nga të pënzosh  
Pënzoz mua se më katë martosh  
Çë nëng do të më martosh  
Lisi të qupëve të bëtë ngradosh

Go, go to your mother  
And ask for the bed sheet  
...

Ec Ec nde mëma jote  
E sakona të bëtë japi  
E ndë sakona nëng nga të pënzosh  
Pënzoz mua se më katë martosh  
Çë nëng do të më martosh  
Lisi të qupëve të bëtë ngradosh

Go, go to your mother  
And ask for the mattress  
...

Ec Ec nde mëma jote  
E senduq të bëtë japi  
E ndë senduq nëng nga të pënzosh  
Pënzoz mua se më katë martosh  
Çë nëng do të më martosh  
Lisi të qupëve të bëtë ngradosh

Go, go to your mother  
And ask for the chest  
...

Ec Ec nde mëma jote  
E shtëpin të bëtë japi  
E ndë shtëpin nëng nga të pënzosh  
Pënzoz mua semë katë martosh  
Çë nëng do të më martosh  
Lisi të qupëve të bëtë ngradosh

Go, go to your mother  
And ask for the house  
...



Arbëreshë women dancing at a festival in southern Italy. *Photo from the internet.*