

LEGNALA DANA  
(Macedonia)

Dana(girl's name) was sleeping under the olive tree while others danced around her. Basic step of the dance originated from around town of Karvadarci. Variations found in the Vardar Valley, Tetova to Djevelija.

**FORMATION:** Broken circle, shoulder hold "T" position. If done in mixed lines, hands may be joined and held at shoulder height. Originally performed in separate lines and women joined by a handkerchief when dancing with the men.

**MUSIC:** Record: FESTIVAL RECORDS - FR-4011-A (45 rpm)  
RTB LP 178 "Tanec" A-2 (Lesnoto) - 1,2,3  
7/8 meter.

<u>Meas</u>	<u>Pattern</u>
	Leader may start at the beginning of any 8 meas phrase.
1	Moving LOD, step R (ct 1). Step L (cts 2,3).
2	Moving LOD, step R, lifting L leg in back of R leg, L calf touching R calf(ct 1). Raise and lower R heel twice(cts 2,3).
3	Moving LOD, step L(ct 1). Step R L (cts 2,3).
4	Facing ctr, step R (ct 1). Raise and lower R heel, L knee bent and lifted in front of R leg (cts 2,3).
5	Facing ctr, step fwd on L slightly twd L(ct 1). Bending L knee, step R behind L (cts 2,3).
6	Facing ctr, step L (ct 1). Raise and lower L heel, R knee bent and lifted in front of L leg (cts 2,3).
7	Facing ctr, step R fwd in front of and close to L(ct 1). Step L in place (ct 2). Step R fwd (ct 3).
8	Facing ctr, step L fwd in front of and close to R(ct 1). Step R in place (ct 2). Step L fwd (ct 3).

Repeat dance from beginning.

First presented by Atanas Kolarovski at the University of Pacific Folk Dance Camp, 1969, Stockton, Calif.