

LESNOTO or LESNO
(Line dance, no partners)
Macedonia

Translation: Easy or Light (as in the feeling of the dance).

Rhythm: 7/8 (!.!!) counted 1-and-ah, 2-and, 3-and, or "slow quick quick". NOTE: Actually at the slow beginning of this particular recording the rhythm is 8/8 (!.!!) and becomes 7/16 (!.!!) when it speeds up at the end.

Record: Folkraft LP-25, side A band 5 (2:44).




Starting Position: "T" or "W" position. Right foot free.

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Music 7/8

Measure


VARIATION I--Basic dance

- 1  Facing slightly and moving right, step forward on right foot (count 1), Step forward on left foot (counts 2-3).
- 2  Turning to face center, step sideward right on right foot (count 1), Point left toe slightly forward (counts 2-3).
- 3  REPEAT pattern of measure 2 reversing direction and footwork.


VARIATION IIa for measure 1

- 1  Facing slightly and moving right, step forward on right foot, bending knee slightly (counts 1-and) and straightening it (count "ah"), Touch left foot forward without taking weight, flexing right knee (counts 2-and), Take weight on left foot, flexing left knee (counts 3-and).


VARIATION IIb (Men) for measure 1

- 1  As above except release hands and, crouching slightly, turn clockwise once around while moving right.


VARIATION IIIa for measure 2

- 2  Turning to face center, step sideward right on right foot (count 1), Swing left leg, knee bent, across in front of right (counts 2-3). Men raise foot high, women low.

VARIATION IIIb for measure 2

- 2  As IIIa except bend right knee slightly (counts 1-and) and straighten it (count "ah"), Again flex right knee, twice (counts 2-and 3-and).

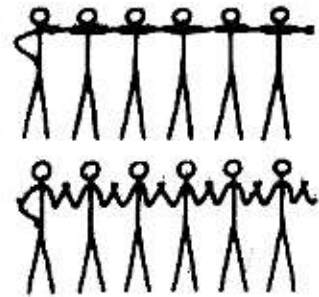
VARIATION IIIc for measure 2--Kneel (Men)

- 2  Step forward on right foot and kneel on left knee (counts 1-2), Rise and pivot on ball of left foot to face slightly left (count 3).


VARIATION IV

As IIa above

continued...



Lesnoto, continued

2-3 As IIIc
4  Swing right foot around behind and tuck it in crook of left knee (count 1),
A small STEP-CLOSE (right) (counts 2-3).

NOTE: This is a choreographed version popular in the U.S.A.

NOTE: Lesnoto is danced mostly by men and women together, though the men's variations are normally danced only when men are in their own separate line.

This six-count dance of walk-walk-step-point-step-point (or "swing" instead of "point") is known in every Balkan country, by all sorts of names and to several different rhythms. It is danced all over Greece¹ as Hasapikos or Hasaposervikos; in the islands Greeks dance it as Ikariotikos, Kythiraikos or Samiotikos, and near the Yugoslav border they dance it as Gaida (slow 2/4) and Grondon; in Pontos they dance it as Paipourt (10/8).

In Romania and Israel the dance is called the Hora. It is well known in Turkey. And the Assyrian² people of northwestern Iran dance it as Hoberban (6/8), Janiman (3/4 or 10/8) and Janiman kavrah (2/4), etc.