

LESNOTO
(Macedonian)

SOURCE: Learned in Southern Macedonia by Anatol Joukowsky. This Lesnoto has a 4 measure pattern instead of the usual 3.

RECORD: Sperry 6115. 7/8 time. No introduction.

FORMATION: Open circle. Hands joined and held shoulder ht. When M dance alone hands are on adjacent shoulders. Start dance facing slightly L of LCD.

STEPS: Take each step with a plié or bend of knee. As tempo accelerates steps become light jumps. The 7/8 meter used in this record consists of 3 accented beats divided as follows:
2/8, 2/8, 3/8.

MEAS.	PATTERN
1	2/8 Step R swd to LCD. 2/8 Wt still on R, lift L across R. 3/8 Step L in front of R.
2	2/8 Step R swd. 2/8 Wt still on R start lifting L in front of R, knee bent. Body turns a little to R. 3/8 L knee arrives in pos in front of R as R heel is raised and lowered.
3	Repeat action of Meas 2, starting L.
4	2/8 + 2/8 swing R ft around behind L knee. 3/8 step back R (1/8) close L to R (2/8).

Repeat above 4 meas to end of record.

--Presented by Anatol Joukowsky