

LESNOTO

(LEHS-NOH-TOH)

LESNOTO or LESNO — Macedonia (all regions)

Лесното или Лесно

(Line dance, no partners)

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

Rhythm: 7/8 (♩. ♩♩) increasing to 7/16 (♩. ♩♩), both counted 1-and-ah, 2-and, 3-and, or "slow quick quick".

Record: Folkraft 1552x45 A or B.

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



Music 7/8

Measure

VARIATION I — Basic

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| 1 | | Facing slightly and moving right, step forward on right foot, bending knee slightly (counts 1-and) and straightening it (count "ah"), Bring left foot forward, flexing right knee (counts 2-and), Step forward on left foot, flexing left knee (counts 3-and). |
| 2 | | Turning to face center, step sideward right on right foot, bending knee slightly (counts 1-and) and straightening it (count "ah"), Bend and raise left knee (man high, woman low) to cross left foot in front of right leg, flexing right knee twice (counts 2-and 3-and). |
| 3 | | REPEAT pattern of measure 2 reversing direction and footwork. |
| 4 | | Swing right foot around behind and tuck it in crook of left knee (count 1).
A small STEP-CLOSE (right) backward (counts 2-3). |

VARIATION II — Turn

As I above except, during measure 1, release hands and turn clockwise once around while moving right (men crouch slightly). Re-join hands.