

Bavno Lesno

(Macedonia)

This dance is from Skopje, in the Veles area of Macedonia. This is a merry wedding dance. It is danced by young and old, men and women. The steps to "Lesnoto" are known by fans of Macedonian dance throughout the world.

Pronunciation: BAHV-noh LESS-noh

Cassette:

Rhythm: 7/8 meter (1, 2, 3).

Formation: Mixed line or open circle in W-pos. If in separate lines, M use T-pos, W use W-pos.

Meas

Pattern

FIGURE I

- 1 Facing diag to CCW, half step on R then full step (ct 1); half step fwd on L (ct 2); then full step on L (ct 3).
- 2 Step on R to R (ct 1); lift twice on R, bring L knee up in front (cts 2,3).
- 3 Repeat meas 2 with opp ftwk and direction.

FIGURE II

- 1 Step on R to R (ct 1); step on L behind R (cts 2,3).
- 2 Step on R to R (ct 1); lift twice on R, bring L knee up in front (cts 2,3).
- 3 Step on L to ctr (ct 1); small two-steps fwd on R, L (cts 2,3).

Variation A

- 1 Make a full turn CW with Fig 1, meas 1.

Variation B (for men)

- 2 Squat (ct 1); stand up on R with L knee up in front (cts 2,3).
- 3 Repeat meas 2 with opp ftwk.

Variation C (for men)

- 2 Facing LOD, bending R knee, touch L knee on the floor (ct 1); hold (cts 2,3).
- 3 Repeat meas 2 with opp ftwk and direction.

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Dance notes by Fusae Senzaki

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