

BELO LENCE
(Serbia)

Belo Lence is the title of an old folk song. The steps are from Vranja. It is a traditional dance done to any 7/8 music from that area when the music is played in a S,Q,Q rhythm.

Pronunciation: BEH-loh LEN-chay

Cassette: NK 85-2

7/8 meter

Rhythm: 7/8: 1-2-3, 1-2, 1-2 counted here as
 1 2 3 or (S,Q,Q)

Formation: Mixed lines; hands joined in "W" pos and slightly fwd.

Style: Serbian dances are very light and done mostly on the balls of the ft with slightly bent knees. Their styling has all kinds of extra flourishes such as bounces, lifts, swings, etc. These notes have only the basic steps and should be used only as a reference after learning the dance from a competent teacher.

Meas Cts

Pattern

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|--------|------------|--|
| 8 meas | | Introduction. |
| 1 | <u>1</u> | Facing slightly R and moving in LOD, step on R in LOD with knee flex. |
| | 2 | Bounce on R. |
| | 3 | Step on L across R with bent knee. |
| 2 | <u>1</u> | Turning to face ctr, step on R in LOD with knee flex. |
| | <u>2</u> | Touch ball of L ft in front of R with slight flex of R knee. |
| | 3 | Hold on R in place as knee flexes. |
| 3-4 | | Repeat meas 2, alternating ftwk, two more times (3 in all). (L, touch R and flex 2x; R, touch L and flex 2x) |
| 5 | <u>1-3</u> | Step L,R,L in place. |
- Note: There is a knee flex on each ct of the dance.
- Repeat dance from beg to end of music.