

# KJUSTENDILSKA<sup>NA</sup> LESA

Kyustendilska Lesa

Bulgaria

Kyustendil (cue sten dill) is a city in the Shope region of western Bulgaria; "lesa" means "forest" and is applied to the image of dancers in a line with belt hold. Danced in an open circle of mixed M and W, this dance is related to the ruchenitsa, danced in the same 7/16 quick, quick, slow rhythm with a sharp, light, relaxed style.

Learned by Richard Unciano from B. Tsonev in Sofia in 1967.

BELT HOLD

- TO: GRADUSKA RACHENICA ON AMAN LP
- | <u>Meas</u> | <u>Figure</u>   |
|-------------|---|
| 1           | Facing L, hop on L ft (Q); step bkwd in LOD on R ft (Q); step bkwd in LOD on L ft (S).          |
| 2           | Rpt action of Meas 1.   |
| 3           | Turning to face R, run RLR (QQS) with small flat-footed steps.                                  |
| 4           | Moving LOD, rpt action of Meas 3 on opp ftwk.   |
| 5           | Step fwd in LOD on R ft (Q); hop on R ft (Q); step fwd in LOD on L ft (S).                      |
| 6           | Rpt action of Meas 5.   |
| 7,8         | Rpt running steps of Meas 3,4.  |
| 9           | Face ctr; bounce twice on L ft, R toe touching slightly R fwd diag (QQ); step fwd on R ft (S).  |
| 10          | Rpt action of Meas 9 on opp ftwk.   |
| 11          | Step on R ft across in front of L ft (Q); step in place on L ft (Q); step in place on R ft (S). |
| 12          | Rpt action of Meas 11 on opp ftwk.  |
| 13-16       | Rpt action of Meas 9-12 moving bkwd from ctr.   |

Notation by R. Duree