

# Lesnoto

*македонска*

## History

Lesnoto is a Macedonian dance but it is found all over the southern Balkans.

## Rhythm

The music is in 7/8 time, which is counted 3-2-2.

## Steps

Start in a circle, arms in a W hold, facing slightly right of centre

Step to the side with the right foot, lift the left in front, then step across in front with the left.

Step to the side with the right, then lift the left in front twice. Repeat to the left with opposite feet.

The 'lifts' aren't really lifts at all - on the beat you sway the hips to **lower** the lifting leg, like a step that doesn't reach the ground.

Once you have found the rhythm start at the beginning of any musical phrase.

## Simple version

For faster music, or with beginners, you can simplify the dance. The rhythm becomes 3-4 and there are only two steps in each musical phrase.

Step to the side with the right, then step across in front with the left.

Step to the side with the right and lift the left in front. Repeat to the left with opposite feet.

In this version the lifts are plain lifts, but they still come from the hip.

## Variation

The first set of steps (for either version) can be replaced with a slow turn, returning to the circle for the lift (or lifts). This isn't traditional but I really like it.

## Music

There are lots of Lesnoto tunes out there. This is just a selection of my favourites:

*Cont...*

**Idi Da Go Sakash Mamo** from **Melodies for Macedonian Tambura and Kaval** by **Adam Good**. This speeds up at the end.

**Or Planina/Stefano Pile/Done Donke** from **Macedonian Folk Music** by **Tsrvena Kniga**.

**Bravo Lesnoto Oro** from **Macedonia Dances** by **Marem Aliev**. This speeds up a lot at the end!

**Snosti Vecer Jano Mori** from **Footnotes** by **Parampara**.

**Ilju** from **OSZ** by **Kolinda**.

Dance description by Andy Bettis 2/2003