

Lesnoto Or Lesno

(Macedonia)

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

Record: Folkraft LP-25, side A band 5 (2:44) - zurla (2) and tapan.

Formation: Line dance for M and W separately, no partners. M in "T" position; W in separate lines in "V" position. R ft free.

Variation Ia - Basic For M

- 1 Facing slightly and moving R, step fwd on R ft (ct 1), bring L ft fwd, L knee bent (ct 2), step fwd on L ft (ct 3).
- 2 Turning to face center, step sdwd R on R ft, bending knee slightly (cts 1-and) and straightening it (ct "ah"), swing L leg, knee slightly bent, across in front of R, flexing R knee twice (cts 2-and 3-and).
- 3 Repeat pattern of meas 2 reversing direction and ftwk.

Variation Ib - Basic For W

- 1 Facing slightly and moving R, step fwd on R ft, bending knee slightly (cts 1-and), and straightening it (ct "ah"), bring L ft fwd, flexing R knee (cts 2-and), step fwd on L ft, flexing L knee (cts 3-and).
- 2 Turning to face center, step sdwd R on R ft, bending knee slightly (cts 1-and) and straightening it (ct "ah"), bend and raise L knee low to cross L ft in front of R leg, flexing R knee twice (cts 2-and 3-and).
- 3 Repeat pattern of meas 2 reversing direction and ftwk.

Variation II - Turn (For M or W)

As I above except, during meas 1, release hands and turn CW once around while moving R (M crouch slightly). Rejoin hands.

Variation III - Kneel (For M)

- 1 As Ia above.
- 2 Step fwd on R ft and kneel on L knee (cts 1-2), rise and pivot on balls of both feet to face slightly L (ct 3).
- 3 Facing slightly L, kneel on R knee (cts 1-2), rise and pivot on balls of both ft to face slightly R (ct 3).

Variation IV - Squat (For M)

- 1 As Ia above.
- 2 Turning to face center, squat, bending both knees deeply, almost sitting on own heels (ct 1), rise, straightening knees (ct 2), swing L leg, knee bent, across in front of R (ct 3).
- 3 Repeat pattern of meas 2 reversing ftwk.

Variation V - Squat on one foot (For M)

- 1 As Ia above.
- 2 A slight leap on R ft and squat, bending R knee deeply, and actually sitting on R heel, L leg extended fwd with L knee straight (cts 1-3).
- 3 Remaining in squat position and turning to face center, bend L knee to take wt on both ft, both knees bent deeply (ct 1), rise, straightening knees (ct 2), swing R leg, knee bent, across in front of L (ct 3).

Variation VI - Choreographed version popular in USA

- 1-3 As Ib above.
- 4 Swing R ft around behind and tuck it in crook of L knee (ct 1), a small step-close R bkwd (cts 2-3).

Note: This is the basic 3-measure dance plus a fourth measure "to fit the music."

Note: The traditional Macedonian Lesnoto, as danced before WWII, required separate lines for M and W. Nowadays, when only basic steps are used, M and W dance together in the same line (in "W" position); this is especially true in the cities.