

LESNOTO ORO , Macedonia
(see Yugoslavia)

Source: Anatol Joukowsky

Formation: medium length lines with hands just above shoulder height; lines are seg

Meter: 7/8; 4 measure introduction

rhythm: slow (3/8), quick (2/8), quick (2/8)

Measure:

- 1 3/8 step R to R
 2/8 small lift of R
 2/8 step L across R
- 2 3/8 step R
 2/8 swing L across R
 2/8 lift R and hold
- 3 3/8 step L to L
 2/8 swing R across L
 2/8 lift L and hold
- 4 3/8 swing R foot in back of L knee
 2/8 step R back of L
 2/8 step L together to R

As music increases in tempo pauses are eliminated and the side steps become small runs more in LOD, and the lifts become small hops