LEBANEZE LEBANEZE

Source: Festival of American Folklife, Washington D.C. 1975

Meter: 4/4

Record: Express #

Formation: Open circle, hands held tightly. Fingers may be interlaced, elbows bent at right angle to body. Line must be very close and strong.

Meas.

"Basic"

- Rt heel touches fwd. (ct.1). Step on ball of R. next to L. (ct. &). Step strongly on L. in place lifting R. beside lft. leg (ct. 2,&). Repeat cts. 1&2& (cts.3&4&)
- 2-16 Repeat meas. 1 Step moves slightly rt.

"Variation" I side to side
Arms are striaghtened and raised over head, fingers
interlaced, you may let go of people next to you
and rejoin with raised arms or retain the hold as
you raise arms.

- Point R. fwd (ct.1) Point R. directly back (ct.2) Point R. beside and next to L. (ct.3) Leap to rt. on R. (ct.8). Point L. in place next to R. (ct.4).
- 2 Repeat meas 1 opp. ftwk. opp. direction
- 3-8 Repeat meas 1 and 2

Basic

1-4 8 basics arms return to original position

Variation II in-place step Arms raise as in Var I.

- Hop on L. point R. across and beside lft. foot (ctl). Hop on L. placing rt. heel fwd. and slightly rt. (ct.2) Rock fwd on R. (ct.&). step back in place on L. (ct.3). Slap ball of R. fwd.(ct.4).
- Slap R. fwd again (ct.1). Step strongly on L. in place at same time bring R. around in back in a circular motion. R. foot moves out from lft., knees are kept close together (ct.&). Point R. behing L. (ct.2). Hop on L. placing rt. heel fwd (ct.3). Step on ball of rt. next to L. (ct.&). Step strongly onL. in place (ct.4)
- 3-8 Repeat meas. 1 and 2.

Dance repeats with 8 Basics between the two alternating variations. Dance ends when Basic music continues beyond the measure, usual to slowly fade.