

Name: **Lesnoto**
Origin: **Macedonia**

Source: **Recreational Folk Dancing**

Line dance, W-position, meter 7/8, counted as SQQ, where S=3, Q=2.

Description:

Measure	Count	Step
1	SQQ	Facing slightly to R, Step on R foot in LOD (S), lift L across R (Q), step on L across R (Q).
2	SQQ	Facing center, step on R foot (S), lift L leg with bent knee and lift and lower R heel (Q), lift and lower R heel (Q).
3		Repeat measure 2 with opposite footwork and direction.

M would lift the legs higher and W would barely lift them, or not lift them at all. At a Kolo Festival in San Francisco (I forget the year), I remember hearing Dennis Boxell say that the M styling would only be used if there were separate lines of M and W. In a mixed group, both M and W would use the W styling.

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Notes by Andrew Carnie.

Translation: “The light or soft dance” Also known as: Lesno, A closely related dance done in 2/4 time is often called “Za Ramo” see also the Hora.

Formation: Open Circle, leads to the Right (counter clockwise)

Handhold : W position

Style: Women’s steps are small and low to the ground. Men’s are bigger with large knee lifts.

Meter 7/8: counted as Slow (123), Quick (45), Quick (67)

Description:

Bar 1 Step R to R (S), with a slight lift (chukche) on supporting R foot , bring L foot up in front of R. (Men have upper leg parallel to ground & foot high, Women’s foot is closer

to the ground) (Q), Cross L in front of R (Q)

Bar 2 Step R to R (S), lift L (Q), pause (Q)

Bar 3 Step L to L (S), Lift R (Q), pause (Q)

QUICK NOTES^o:

Bar 1

S	Q	
R	lift L with bounce on R	
Step to R		C
→	●	

Bar 2

R	lift L	P
Step to R		
→	●	

Bar 3

L	lift R	P
Step to L		
←	●	