

# NESHO

(Albania)

My Albanian informants felt this dance was not their own but rather Greek or Macedonian (Slav) and they seem to be right in some sense. It is widely known among Macedonians from this area, often as Nešeto, and a musical analysis of the piece shows the use of a more typically Macedonian scale and harmony. On the other hand, the rhythm is similar to that of Berace and seems, at least in the short run, to be Albanian in origin. (Absolute speculation - not fact!) It can be danced by both men and women, although women obviously would not do squats.

MUSIC: LP-SELO, Vol. 2 *Albanian Songs & Dances*, Side A, Band 4. Garlic Press Productions GPP-004

RHYTHM: 12/16 = 3+2+2+3+2. Dancers beats: 1, 2, 3, 4, 5

FORMATION: Open circle with leader on R hands are joined and held forward at waist ht or higher

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METER: 12/16

PATTERN

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Meas Count

## Introduction

- 1      1      Hop or lift on L, free R is raised fwd & crossed in front of L knee or shin, R knee is bent (face a bit R of fwd).
  - 2      Slight lift on L, free R ft is lowered to ground to the R, but weight is not shifted to it (face R of center)
  - 3      Complete step to R by shifting wt onto R ft with flexing of knee and consequent sinking of body (facing almost LOD).
  - 4      Step fwd on L (LOD).
  - 5      Large step fwd on R (LOD).
  
  - 2      1      Step fwd on L (LOD). This may be performed with a slight preparatory lift on the R before making the step.
  - 2      Slight lift on L while free R is brought fwd and may even be placed on the ground, but without wt shift (facing & moving LOD).
  - 3      Step onto R to R (LOD) as you turn to face only slightly R of center.
  - 4      Step on L across in front of R, into center of circle.
  - 5      Step back on R.
  
  - 3      1      Hop on R moving slightly to L (RLOD), free L is raised fwd with only slight bend in knee (facing center or slightly R of center).
  - 2      Small lift on R moving slightly to L (RLOD), L leg is lowered in preparation for step to side.
  - 3      Step L to L (RLOD) (Facing center or R of center).
  - 4      Close R to L.
  - 5      Hold, or slight bounce in place.
  
  - 4      1-3      Repeat cts 1-3 in measure 3.
  - 4      Step on R by L.
  - 5      Step L by R.
- NOTE: cts 4 & 5 are very small shifts of wt, barely lifting foot!

## VARIATIONS

**A:** Although the dance may be done as above in 4 measures, it seems more common to make it 6 measures long by performing the following:

- 5     **1**     Small lift on L, free R is raised low across in front of L, or even touches ground.  
      **2**     Small lift on L, free R is touched to the ground out to the R and slightly fwd.  
      **3**     Small lift on L, free R is bent at knee and drawn back sharply and near L.  
      **4-5**    Repeat as in measure 3, cts 4-5.  
6     **1-5**    Repeat measure 5.

**B:** Turn may be done by turning CW on cts 4-5 of measure 2, and cts 1-2 of measure 3. A double turn may be performed by beginning CW turns on ct 5 of measure 1.

**C:** Squats may be done by squatting on ct 4 of measure 2. Leap up on ct 5 and then do a series of squats exactly as in Berace. End series by moving to L as in measure 3.

**D:** Four (4) measure variation

- 1     **1**     Facing ctr, lift on L and bring R (knee bent) up and out to R side.  
      **2**     Turning to face slightly R, step fwd R wt is on both feet.  
      **3-5**    Hold (ct 3); step fwd on L (ct 4); step fwd on R (ct 5).  
2     **1**     Step on L fwd.  
      **2**     Turning to face center, step or land on R to R so wt is on both feet.  
      **3,4**    Hold (ct 3); step on L across and in front of R (ct 4).  
      **5**     Step back on R. NOTE: Cts 4 and 5 can be leaps when the energy level is high.  
3     **1**     Facing L of ctr, lift on R and lift L with knee bent across in front of R.  
      **2**     Step fwd on L so wt is on both feet.  
      **3-5**    Hold (ct 3); step fwd on R (ct 4); step fwd on L (ct 5).  
4     **1**     Turning to face ctr, step on R across and behind L.  
      **2**     Hitch-hop onto L to L so wt is on both feet.  
      **3**     Hold.  
      **4**     Step fwd on R across and in front of L, can be low leap.  
      **5**     Step back on L (ct 5).

**E:** Optional measures 5 & 6

- 5     **1**     Facing ctr, hop on L and lift R up and in front of L.  
      **2,3**    Swing R out to R and touch R to R side.  
      **4**     Leap onto R across and in front of L with L leg lifted and bent behind R.  
      **5**     Leap onto L in place.  
6     **1-5**    Repeat measure 5.