

1964 SANTA BARBARA FOLK DANCE CONFERENCE

Presented by Elsie Dunin

BITOLA MOJ RODEN KRAJ (Lesnoto)
(Macedonia, Yugoslavia)

RECORD: Macedonian Songs and Dances - Orce Nikolov Ensemble , DT 1002,
side 1, band 1

SOURCE: Learned by Elsie Dunin in Skopje, Yugoslavia.
A "lesnoto" type dance in 7/8 rhythm is commonly done in today's kafanas (cafe) in the cities and towns of Macedonia. The same steps with many individual variations are done to popular folk songs such as Bitola Moj Roden Kraj, Yovano Yovanke, Kako Sto e Taja Casa, and so on. When danced where there is room, the handhold is at shoulder level; however, because of limited dance space inside a kafana, dancers gather very closely with a shoulder hold.

RHYTHM: 7/8 - $\frac{1}{\text{slow}}$ $\frac{2}{\text{quick}}$ $\frac{3}{\text{quick}}$.
(1-2-3 4-5 6-7)

<u>Meas.</u>	<u>Ct.</u>	<u>Pattern</u>	
		<u>I. Basic</u>	
1	$\frac{1}{2}$	step R ft. to R	
	3	lift L ft in front of R	
2	$\frac{1}{2}$	step L ft to R crossing in front of R	
	3)	step R ft to R, lifting L in front of R	
	3)	hold	
3	$\frac{1}{2}$	step L to L, lifting R ft. in front of L ft.	
	3)	hold	
		<u>II. Variation</u>	
1		repeat Meas. 1 of Fig. I.	
2	$\frac{1}{2}$	step R ft. in place	} very small steps
	3	step L ft. next to R ft.	
	3	step R ft. in place	
3	$\frac{1}{2}$	step L ft. to L	} very small steps
	3	step R ft. next to L	
	3	step L ft. in place	
		<u>III. Variation</u>	
1-2		repeat Meas. 1 and 2 of Fig. 1.	
3	$\frac{1}{2}$	step L. ft. to L	
	3	step R ft. behind L ft	
	3	cross L ft. to R	