

LESNOTO, ~~TRIK~~ PRAVO, PRAVOTO, ZA RANO, RAMNOTO, LESNO

Danced throughout Macedonia.

Open circle, mixed or segregated according to sex or age

Arms: W when slow and V when faster; or T throughout.

Rhythm: usually 7/16 (3.2.2) counted 1 2 3; often changes to 2/4 when tempo quickens, then counted 1 2.

Moves RLOD

I (7/16)

1 2 3
st R lift L st LXF

1 2 3
st R left L

1 2 3
st L lift R

II (2/4)

1 2
run R run L

1 2
leap onto R hop R

1 2
leap onto L hop L

Variations (these may be done with either I or II above):

1. men or women may turn on the first measure
2. men may squat on count 1 of measures 2 and 3.
3. men may turn on measure one and squat on measures 2 and three.
4. other variations from different regions.

The styling of LESNOTO varies from village to village and from village to city. It ~~usually~~ tends to be heavier in the villages and lighter in the cities. The double bounces that have become part of this dance in Southern California Recreational folk dancing circles are nowhere to be found in Macedonia--at least I have never seen them.

There are many dances of the ~~LESNOTO~~ LESNOTO type, such as JOVANO JOVANKE, NEDO LE NEDO, TRI GODINI KATE, LEGNALA DANA, TINO MORI, ~~LESNOTO~~ BAVNO ORO.

Music: Any LESNOTO. A good recording with the change from 7/16 to 2/4 is the PRAVOTO ~~RECORD~~, Pece Atanasovski's record, Jugoton 50985.