

Lesnoto

Macedonia

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)

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®:

Bar 1

| | | |
|-----------|-------------------------|-------|
| S | Q | Q |
| R | lift L with bounce on R | L |
| Step to R | | Cross |
| → | ● | ↗ |

Bar 2

| | | |
|-----------|--------|-------|
| R | lift L | Pause |
| Step to R | | |
| → | ● | |

Bar 3

| | | |
|-----------|--------|-------|
| L | lift R | Pause |
| Step to L | | |
| ← | ● | |