

LESNOTO II

Source: Learned from Slavko Kozomarić at the Folklore Institute in Yugoslavia in 1976 and 1977. Unable to document its origin and it has no name but is regularly danced to music in 7/8 or "Lesnoto" tempo.

Formation: M and W in a line, hands joined and raised forward at shoulder height

Record: Any Lesnoto music

Rhythm: 7/8, counted as 1,2,3 or SQQ

Meas

- 1 Facing ctr and moving R, step R, L behind, R to R (cts 1,2,3)
- 2 Step L across in frt (ct 1), bring R up to L quickly (ct +), step L in frt (ct 2), hold (ct 3)
- 3 Facing ctr, in place, step R (ct 1), touch L as you flex R knee twice without any hip twist (cts 2,3)
- 4 Step L (ct 1), touch R as you flex L knee twice without any hip twist (cts 2,3)