

LES NOTO ORO
Macedonia

SOURCE: Learned in Southern Macedonia by Anatol Joukowsky. This Les Noto has a 4 meas pattern instead of the usual 3.

RECORD: Sperry 6115. No introduction. (7/8)

FORMATION: Open circle. Hands joined and held shldr ht. When M dance alone hands are on adjacent shldr. Start dance facing slightly L of LOD.

STEPS: Take each step with a plie – or bend of knee. As tempo accelerates steps become light jumps. The 7/8 meter used on this record consists of 3 accented beats divided as follows: 2/8, 2/8, 3/8.

Measures	PATTERN
1	2/8 step R swd to LOD. 2/8 wt still on R, lift L across R. 3/8 step L in front of R.
2	2/8 step R swd. 2/8 wt still on R start lifting L in front of R, knee bent. Body turns a little to R. 3/8 L knee arrives in pos in front of R as R heel is raised and lowered.
3	Repeat action of meas 2, starting L.
4	2/8 + 2/8 swing R ft around behind L knee. 3/8 step back to R (1/8) close L to R (2/8).
	Repeat above 4 meas to end of record.