

## NESHO

My Albanian informants felt this dance was not their own but rather Greek or Macedonian (Slav) and they seem to be right in some sense. It is widely known among Macedonians from this area, often as Nešeto, and a musical analysis of the piece shows the use of a more typically Macedonian scale and harmony. On the other hand, the rhythm is similar to that of Beraçe and seems, at least in the short run, to be Albanian in origin. (Absolute speculation-not fact!) It can be danced by both men and women, although women obviously would not do squats.

Rhythm: approximately 12/16 = 3+2+2+3+2

Dancers' beats: 1,2,3,4,5

Formation: Open circle with leader on the right. Hands are joined and held forward at waist height or higher.

Record: LP: SELO, Vol. 2 Albanian Songs & Dances, Side A, Band 4

meas. ct. - Basic Pattern -

1. 1. Hop or lift on L. Free R is raised forward and crossed in front of left knee or shin. R knee is bent. (Face a bit R of fwd.)  
2. Slight lift on L. Free R foot is lowered to the ground to the R but wt. is not shifted to it. (Face R of center.)  
3. Complete step to R by shifting wt. onto R ft. with flexing of knee and consequent sinking of body. (Facing almost LOD)  
4. Step fwd. on L. (LOD)  
5. Large step fwd. on R. (LOD)
2. 1. Step fwd. on L. (LOD) This may be performed with a slight preparatory lift on the R before making the step.  
2. Slight lift on L while free R is brought fwd. and may even be placed on the ground, but without wt. shift. (Facing and moving LOD)  
3. Step onto R to R (LOD) as you turn to face only slightly R of center.  
4. Step on L across in front of R, into the center of the circle.  
5. Step back on R.
3. 1. Hop on R moving slightly to L. (RLOD) Free L is raised fwd. with only slight bend in knee. (Facing center or slightly R of center.)  
2. Small lift on R moving slightly to L. (RLOD). L leg is lowered in preparation for step to side.  
3. Step L to L. (RLOD) (You are facing center or R of center.)  
4. Close R to L.  
5. Hold, or slight bounce in place.
4. 1-3. As in meas. 3, cts. 1-3.  
4. Step on R by L. - These are very small shifts of wt. barely lifting feet.  
5. Step L by R.

### Variations

- A. Although the dance may be done as above in 4 meas., it seems more common to make it 6 measures long by performing the following:
  5. 1. Small lift on L. Free R is raised low across in front of L, or even touches ground.
  2. Small lift on L. Free R is touched to the ground out to the R and slightly forward
  3. Small left on L. Free R is bent at knee and drawn back sharply and near L.
  - 4-5. As in meas. 3, cts. 4-5.
6. Repeat meas. 5.
- B. Turns: A turn may be added by turning CW on cts. 4-5 of meas. 2, and cts. 1-2 of meas. 3. A double turn may be performed by beginning CW turns on ct. 5 of meas. 1.
- C. Squats: Squats may be done by squatting on ct. 4 of meas. 2. Leap up on ct. 5 and then do a series of squats exactly as in Beraçe. End series by moving to L as in meas. 3. (Presented by Bob Leibman, 1974 Kolo Fest.) **17**