

NEVESTINSKO ~~NEVESTINSKO~~

(Macedonia)

Pronunciation: Nay-ves-tinsko Horo - It is an old dance from Debar.
Source: Learned from native in Bulgaria by Michel Cartier
Record: Folk Dancer MH 3050, or on LP MH 1
Formation: Open circle of 16, Hs held fwd, head height, arms gently curved.
Note: This dance is reserved for the newly wed women of the village.
Rhythm: The 7/8 rhythm is most easily broken down into a "slow-quick-quick" pattern. There are 10 measures in the melody.

Meas.: **Ct.** **Pattern** (Done to singing).

1 1 Move RF in a small arc fwd to R.
 2 Place RF on ground to R, but don't put wt on it yet.
 3 Put wt on RF.

2 1 Continuing to R, bring LF fwd in air.
 2 Continuing to R, place LF on ground, but don't put wt on.
 3 Put wt on LF

3 Same as meas 1

4 1 Step onto LF in front of RF, raising RF a bit in a back
 2 slow lift in this pos, and come down again.
 3 Slow lift in this pos, and come down again.

5 1 Step back on RF, leaving LF extended slightly fwd.
 2 Slow lift in this pos, and come down again.
 3 Slow lift in this pos, and come down again.

6 1 Step LF in back of R heel, moving bkwd.
 2 Step RF in back of L heel, moving bkwd.
 3 Pause.

7 1 Feet together, raise on toes and come down on both heels.
 2 Pause.
 3 Pause.

8 Repeat movement of meas. 7.

9 1 Step onto RF across in front of LF.
 2 Slow lift and come down again.
 3 Step onto LF in its pos.

10 1 Step R on RF.
 2 Slight lift on RF and come down again. 3 Step on Lf Across in front of RF
 DURING THE INSTRUMENTAL INTERLUDE

1-10 1 Dancers face directly to R, move in this direction
 2 with walking steps, one per beat (i.e., three per
 3 measure): RLR LRL RLR LRL RLR LRL RLR - as Taught by Vyts Beliajus
 Summer, 1975 - The Lighted Lantern Folk Dance Camp