

NORIU MIEGO

(I Desire Sleep)

Folkraft - F 1050 B

One of the oldest Lithuanian ballroom and folk dances, danced by Lithuanians the world over. The singer "desires sleep" but the sweet singing voice of a maiden in the flower garden keeps him awake.

FORMATION: In groups of four dancers in circle. Hands on hips.

Part One:

Meas. 1: Hop on R foot, placing L heel forward on floor.

Meas. 2: Hop on L foot, placing R heel forward on floor.

Meas. 3-4: Four rapid changes, hopping on R, L, R, L.

Part Two:

Meas. 5: Clap hands twice.

Meas. 6: Stamp three times.

Meas. 7-8: Form R hand mill (R hands extended toward the center) and skip to left four times.

Meas. 9-12: Repeat Part Two to right (L hands extended toward the center.)

VERSION II

If danced in circle, all steps are the same, except during Meas. 7-8 join hands, skip to left and during Meas. 11-12 skip to right.

Note: Toward the end of the dance, Lithuanian orchestras usually play any part of the music fast or slow. The change in tempo may often be sudden; it may occur at any section of the music.