

Staro Lesnoto

(Macedonia)

This is a basic lesnoto style of dance from Skopje and other regions of Macedonia. This type of dance is open to much improvisation.

Pronunciation:

Record: AK014 Side B/1

Rhythm: 2/16 meter: 1-2-3, 1-2, 1-2 counted as 1,2,3 (S,Q,Q).

Formation: Mixed lines in "W" hold.

Meas

Pattern

INTRODUCTION. Begin with full orchestra.

PART 1.

- 1 Facing diag R and moving CCW, step on R fwd (ct 1); bounce on R (ct 2); step on L fwd (ct 3).
- 2 Step on R fwd and face ctr (ct 1); flex R knee 2 times (cts 2,3).
- 3 Facing L of ctr and move in RLOD, step on L fwd (ct 1); bounce on L (ct 2); step on R fwd (ct 3).
- 4 Step on L back, face ctr (ct 1); flex L knee twice while raising R knee (cts 2,3).
- 5-32 Repeat meas 1-4 seven more times.
Note: During meas 3-4, move very slightly R.

PART 2.

- 1 Facing and moving LOD, step on R to R (ct 1); lift on R (ct 2); step on L behind R (ct 3).
- 2 Step on R to R (ct 1); cukce on R, raise L knee in front (cts 2,3).
- 3 Step on L fwd (ct 1); step on R diag R back (cts 2,3).
- 4 Step on L fwd (ct 1); cukce on L, raise R knee in front (cts 2,3).
- 5-20 Repeat meas 1-4 five more times.

PART 3.

- 1 Repeat Part 1, meas 1.
- 2 Step on R and face ctr (ct 1); close L to R with partial wt and bounce (ct 2); bounce on R (ct 3).
- 3 Čukče on R, raise L knee in front (ct 1); close L to R with bounce (ct 2); bounce on L (ct 3).
- 4 Čukče on L, raise R knee in front (ct 1); step on R to R (ct 2); step on L across R and face LOD (ct 3).
- 5-20 Repeat meas 1-4 four more times.

TRANSITION.

- 1 Facing LOD, step on R fwd (ct 1); step on L fwd (cts 2,3).

Staro Lesnoto (continued)

PART 4.

- 1 Facing diag R and moving in LOD, step on R fwd (ct 1); bounce on R (ct 2); step on L across R (ct 3).
 2 Face ctr and step on R to R (ct 1); step on L bkwd (ct 2); step on R fwd (ct 3).
 3 Čukče on R, lift L in front of R (ct 1); leap on L fwd (ct 2); leap on R fwd (ct 3).
 4 Leap on L fwd (ct 1); čukče on L, raise R knee in front of L (ct 2,3).
- 5 Facing ctr and moving diag R out of ctr, step on R diag R bkwd (ct 1); step on L behind R (cts 2,3).
 6 Step on R diag R bkwd (ct 1); step on L diag L bkwd (ct 2); step on R fwd (ct 3).
 7 Leap onto L fwd (ct 1); leap onto R fwd (cts 2,3).
 8 Step on L fwd (ct 1); raise R in front of L (cts 2,3).
 9-32 Repeat meas 5-8 seven more times.

PART 5.

- 1-2 Repeat Part 2, meas 1-2.
 3 Step on L fwd (ct 1); step on R diag R bkwd (cts 2,3).
 4 Facing ctr, move sdwd in LOD on L (ct 1); step on R diag R bkwd (ct 2); step on L across R (ct 3).
 Note: During meas 3-4, step on ball of ft first, then full ft.
 5-24 Repeat meas 1-4 five more times.

Ending: End dance by stepping on L fwd (ct 1); lift R in front of L (cts 2,3).

Presented by Atanas Kolarovsky