

LESNOTO

(Macedonia)

Lesnoto (less-NOH-toh) is a name given to a large group of chain dances in slow, quick, quick rhythm. The rhythm qualities of the many tunes vary from a relatively simple melodic line to a complex counterpoint of steps within meters of 7/8, 8/8, 11/8, and 21/8. The differences of style, pattern, and step vary according to the costumes, occupations, and economic conditions of the area.

The dance described here is a very simple and basic Lesnoto, which can be danced to many different pieces of music.

MUSIC: Records: Kolo Party, F.L.P.-1505, S-1, B-5, "Oj Ti Pile";
F-4017, S-1, "Zalna Majka";
NAMA 2, S-2, B-3, "Nama Lesnoto Medley";
RTB-EP-12741, S-1, B-1, "Zaina Majka", out of print.

Rhythm: Music is counted in pulses of two and three--two for a shorter lilt, and three for a longer one. Music in 7/8 meter is counted 1-2-3(3/8), 1-2(2/8), 1-2(2/8). Since three beats to a measure are felt, the count will be given as: ct 1(3/8), ct 2(2/8), ct 3(2/8), with ct 1 being of slightly longer duration.
Cued: SQQ (slow, quick, quick).



FORMATION: Open circle, or several medium-length lines. Lines are usually segregated with the M in "T" pos and the W in "W" pos. In integrated lines, arms are in "W" pos.

STEPS: Step, lift.

STYLING: Lift flexing of the knee throughout. M movements are larger and exaggerated; W keep movements small and subdued.

MUSIC 7/8

PATTERN

Measures

INTRODUCTION: Varies with music.

- 1 Face slightly LOD, step on R in LOD (ct 1); lift on R bringing L across in front of R (ct 2), M raise knee high, W keep ft close to floor; step on L in LOD (ct 3).
- 2 Face ctr, step on R to R (ct 1); M swing L knee up in front of R leg so that L thigh is parallel to floor, L ft relaxed. W raise L ft slightly off floor in front of R (ct 2); hold (ct 3).
- 3 Step on L slightly to L (ct 1); M swing R knee up in front of L leg so that R thigh is parallel to floor, R ft relaxed. W raise R ft slightly off floor in front of L (ct 2); hold (ct 3).

There is often a definite flexing of the knee on cts 2 and 3 of meas 2 and 3.

Repeat from beg until music ends.

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