

# LEGNALA DANA

*Origin:* Dana (girl's name) was sleeping under the olive tree while others danced around her. Basic step of the dance originated from around the town of Karvadarci. Variations found in the Vardar Valley, Tetova to Djevelija.

*Presented by:* Atanas Kolarovski at the University of Pacific Folk Dance Camp, 1969, Stockton, CA

*Current notes courtesy of:* Dick Oakes

*Rhythm:* 7/8 meter

*Formation:* Broken circle, shoulder hold "T" position. If done in mixed lines, hands may be joined and held at shoulder height. Originally performed in separate lines and women joined by a handkerchief when dancing with men. Leader may start at beginning of any 8 measure phrase.

| <u>Measures</u> | <u>Counts</u> |  |
|-----------------|---------------|--|
| 1               | 1<br>2, 3     | Moving LOD, step R<br>Step L   |
| 2               | 1<br>2, 3     | Moving LOD, step R, lifting L leg in back of R leg, L calf touching R calf<br>Raise and lower R heel twice |
| 3               | 1<br>2, 3     | Moving LOD, step L<br>Step R, L  |
| 4               | 1<br>2, 3     | Facing center, step R<br>Raise and lower R heel, L knee bent and lifted in front of R leg                  |
| 5               | 1<br>2, 3     | Facing center, step FWD on L slightly toward L<br>Bending L knee, step R behind L                          |
| 6               | 1<br>2, 3     | Facing center, step L<br>Raise and lower L heel, R knee bent and lifted in front of L leg                  |
| 7               | 1<br>2<br>3   | Facing center, step R FWD in front of and close to L<br>Step L in place<br>Step R FWD                      |
| 8               | 1<br>2<br>3   | Facing center, step L FWD in front of and close to R<br>Step R in place<br>Step L FWD                      |

REPEAT DANCE FROM BEGINNING

