

NAMA LESNOTO MEDLEY

Rhythm: 7/8 (S, QQ, or 1, 2, 3)

Formation: Because of difference in styling, it is often danced with all M at R of line, arms on shoulders, and W at L end, hands joined at shoulder level.

NOTE: Description below is that of a basic lesnoto step. The NAMA recording offers a few minor changes in beat and rhythm, otherwise dancers keep to the basic "lesnoto"

- 1 BASIC STEP
Step SR to R; lift L (M high lift, W very slight) in front, knee bent (Q), step QLXIF.
- 2 Step SR to R, lift L and bounce twice on RF (QQ)
- 3 Step SL to L, lift R and bounce twice on LF (QQ)

