

## LEMMENNOSTO

Chor. Paul Boizot, 1995 approx. Music; Värttinä (Finland), from "Seleniko", available from Amazon mp3\* or iTunes.

Rhythm 27/8 (or 3 bars of 7/8 followed by one of 6/8); (q q s) x 3, q q q - or, in terms of beats, (2 2 3) x 3, 2 2 2. All the steps are 2 beats except the hops, which are one beat, i.e. the slow 3-beat sections of music have a step and hop instead of just a step.

Formation; open circle or short lines. Arms; front basketweave, in short lines, with a group confident in the steps – but be careful, this dance does come with a slight health warning! Otherwise V or W .

↷ → sR, Lxb, sR, hop R; Lxf, sR, Lxb, hop L; sR, Lxf, sR, hop R; Lxb, sR, small jump onto both feet kicking/stamping R heel slightly forward. (An easier alternative for the last step is small sL.)

This can be danced with smaller steps at the beginning, increasing step size as the dance progresses - preferably calling the changes if you are in a basketweave! Give a little emphasis to up-and down body movement, especially when steps are smaller.

\* if you buy this mp3, or any other items from Amazon, via any Amazon link on my website at [www.paulboizot.co.uk](http://www.paulboizot.co.uk), I will get a commission. Direct link; [http://www.amazon.co.uk/exec/obidos/redirect-home?tag=aromcircfolkd-21&placement=home\\_multi.gif&site=amazon](http://www.amazon.co.uk/exec/obidos/redirect-home?tag=aromcircfolkd-21&placement=home_multi.gif&site=amazon)

Paul Boizot revised 30.05.13