

Nesho

(Albania)

My Albanian informants felt this dance was not their own but rather Greek or Macedonian (Slav), and they seem to be right in some sense. It is widely known among Macedonians from this area, often as Nešeto, and a musical analysis of the piece shows the use of a more typically Macedonian scale and harmony. On the other hand, the rhythm is similar to that of Berace and seems, at least in the short run, to be Albanian in origin. (Absolute speculation—not fact!) It can be danced by both men and women, although women obviously would not do the squats.

Pronunciation: NEH-shoh

Music: Kotansky Camp Tape – 1995; Garlic Press Productions GPP-004, Side A/7;
LP-SELO, Vol 2 Albanian Songs & Dances, Side A/4

Rhythm: 12/16 meter = 3 + 2 + 2 + 3 + 2
1, 2, 3, 4, 5

Formation: Open circle with leader on the right, hands joined and held fwd at waist height or higher.

Meas

Pattern

BASIC

- 1 Facing slightly R of fwd, hop or lift on L, free R raised fwd and crossed in front of L knee or shin, R knee bent (ct 1); lift slightly on L, lowering free R to ground to the R (no wt) and facing R of ctr (ct 2); Shift wt onto R, flexing R knee and body sinking, facing almost LOD (ct 3); step fwd on L in LOD (ct 4); large step fwd on R (ct 5).
- 2 Step fwd on L (may have slight preparatory lift on R) (ct 1); lift slightly on L, bringing free R fwd on the ground (no wt) (ct 2); turning to face slightly R of ctr, step on R to R (ct 3); step on L across in front of R, into ctr of circle (ct 4); step back on R (ct 5).
- 3 Facing ctr or slightly R of ctr, hop on R moving slightly to L (RLOD), raising free L with only slight bend in knee (ct 1); small lift on R moving slightly to L (RLOD), lowering L leg (ct 2); step on L to L (ct 3); close R to L (ct 4); hold or slight bounce in place (ct 5).
- 4 Repeat meas 3, cts 1-3 (cts 1-3); step on R near L (ct 4); step on L near R (ct 5).
Note: cts 4 and 5 are very small shifts of wt, barely lifting foot!

VARIATION A

Although the dance may be done as above in 4 meas, it seem more common to make it 6 meas long by adding the two more measures.

- 5 Small lift on L, free R raised across in front of L or touching the ground (ct 1); small lift on L, free R touches ground out to the R and slightly fwd (ct 2); small lift on L, free R is bent at knee and drawn back sharply and near L (ct 3); repeat meas 3, cts 4-5 (cts 4-5).
- 6 Repeat meas 5.

Nesho—continued

VARIATION B

Turn may be done by turning CW on cts 4-5 of meas 2 and cts 1-2 of meas 3. A double turn may be performed by beginning CW turns on ct 5 of meas 1.

VARIATION C

Squats may be done by squatting on ct 4 of meas 2. Leap up on ct 5 and then do a series of squats exactly as in Berace. End series by moving to L as in meas 3.

VARIATION D—4 meas variation

- 1 Facing ctr, lift on L and bring R (knee bent) up and out to R side (ct 1); turning to face slightly R, step fwd on R (wt is on both ft) (ct 2); hold (ct 3); step fwd on L (ct 4); step fwd on R (ct 5).
- 2 Step fwd on L (ct 1); turning to face ctr, step or land on R to R so wt is on both ft (ct 2); hold (ct 3); step on L across and in front of R (ct 4); step back on R (ct 5).
Note: cts 4 and 5 can be leaps when the energy level is high.
- 3 Facing L of ctr, lift on R and lift L with knee bent across in front of R (ct 1); step fwd on L so wt is on both ft (ct 2); hold (ct 3); step fwd on R (ct 4); step fwd on L (ct 5).
- 4 Turning to face ctr, step on R across and behind L (ct 1); hitch-hop on L to L so wt is on both ft (ct 2); hold (ct 3); step fwd on R across and in front of L (can be low leap) (ct 4); step back on L (ct 5).

VARIATION E—optional meas 5 and 6

- 5 Facing ctr, hop on L and lift R up and in front of L (ct 1); swing R out to R (ct 2); touch R to R side (ct 3); leap onto R across and in front of L with L leg lifted and bent behind R (ct 4); leap onto L in place (ct 5).
- 6 Repeat meas 5.

Presented by Steve Kotansky
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