

# NORIU MIEGO

## Lithuanian

PRONUNCIATION: NOH-rew MYEH-goh

TRANSLATION: I'm sleepy

SOURCE: Dick Oakes learned this dance from Vyts Beliajus, a Lithuanian immigrant who has been called the "Father of Folk Dancing in the United States," and who introduced this dance in America.

BACKGROUND: Noriu Miego is widespread in Lithuania and is danced in different ways in various villages. It is one of the oldest known Lithuanian dance/games for adults as well as children, the musicians playing one part slowly and accelerating the other part. A song that may accompany the dance tells of a young man who wants to sleep but is kept awake by the sweet voice of a maiden in the flower garden.

MUSIC: Folkraft (LP) LP-35, "Viltis Lithuanian Folk Dances," side B, band 8.

FORMATION: Groups of four dancers scattered anywhere on the floor, hands on own hips, facing the group's ctr.

METER/RHYTHM: 2/4

STEPS/STYLE: SKIP: Step L (ct 1); low, scooting hop L (ct &); repeat action of cts 1& with opp ftwk (cts 2&).

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### MEAS

### MOVEMENT DESCRIPTION

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#### INTRODUCTION

1-2 No action.

#### THE DANCE

1 Leap onto R in place, touching L heel fwd (ct 1); pause (ct 2);  
2 Leap onto L in place, touching R heel fwd (ct 1); pause (ct 2);  
3 Leap onto R in place, touching L heel fwd (ct 1); leap onto L in place, touching R heel fwd (ct 2);  
4 Leap onto R in place, touching L heel fwd (ct 1); leap onto L in place, touching R heel fwd (ct 2);  
5 Clap own hands twice (cts 1,2);  
6 Stamp R,L,R, taking wt on each stamp (cts 1,&,2);  
7-8 Making a R-hand star with other dancers in group, Skip 4 times CW to L;  
9-10 Repeat action of meas 5-6;

11-12

Making a L-hand star with other dancers in group, Skip 4 times CCW to R.

Repeat entire dance from beg.

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