

LANGDANS FRÅN ORSA (Dalarna)

Long dance from Orsa

Circle dance for an unlimited number of participants. The circle move: CW. This dance is a continued development of the early medieval dances from the southern part of France with the so called "branle step" preserved.

MUSIC Special melody (3/4 meter) played very slowly.
Count 1-and, 2-and, 3-and.

POSITION Low handhold (hand in hand).

STEPS Introduction step, running steps and specially described steps.

THE DANCE Four measures make one unit:

Measure 1: An introduction step forward starting with the left foot, however, the right foot is close to the left ft.

Measure 2: Repeat measure 1.

Measure 3: An introduction step backward starting with the left foot, right foot is placed close to the left foot and on (and) of the third beat go slightly up on the toes.

Measure 4: On (1) the heels are put down on the floor and at the same time a smooth knee-bend; rest on (2, 3).

This unit is done six times in all. On the fourth beat of the sixth time everyone turns to the right without letting go of the hands and end up facing the center of the circle.

Then two units are danced toward the center of the circle. (To prevent the circle from becoming too small in the center, take small steps forward and large steps backwards).

Then continue taking three introduction steps forward, always starting with the left foot, toward the center of the circle.

On (1) in the next measure stamp slightly with the left foot at the same time everyone releases the hand hold, stretches their arms forward and up and shouts "hej" while pivoting to the right to face the outside of the circle.

Hold hands again and dance away from the center in the same way as when dancing toward the center. However, this time the pivot is done without a stamp, the arms stretched out or the shout.

Repeat the pattern to end away from the center of the circle. Then the dance is repeated from the beginning and can be danced an unlimited number of times.

Ending: After the last movement away from the center of the circle everyone faces out and continues to face away from the center as they end the dance by dancing around in a circle or a line (that can wind irregularly), using smooth running steps.