



LANGDANS FRÅN ORSA

Long Dance From Orsa (Dalarna)

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

MUSIC: Special melody (3/4 meter) played very slowly. Count 1-and, 2-and, 3-and.
RECORD: Regional Folkdances from Sweden. Viking SMF 200.
POSITION: Low handhold (hand in hand).

THE STEPS

Introduction step, running steps, and specially described steps.

THE DANCE

Four measures make one unit:

- Meas 1: An introduction step forward starting with the left foot; however, the right foot is close to the left.
Meas 2: Repeat meas 1.
Meas 3: An introduction step backward starting with the left foot; right foot is placed close to the left and on "and" of the third beat go slightly up on the toes.
Meas 4: On ct 1 the heels are put down on the floor and at the same time do a smooth knee-bend; rest on cts 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 ends 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 backward.)

Then continue taking three introduction steps forward, always starting with the left foot, toward the center of the circle. On ct 1 in the next measure stamp slightly with the left foot at the same time releasing the hand hold, stretching the arms forward and up, and shouting "Hej," and 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 a shout.

Repeat the same pattern to and 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.

Presented by Per and Margareta Jennische



Dance to a folk song. Fresco in Orslev church, Sjaelland.