VOSSARULL
(Norway)

SOURCE: This cpl dance, approximately 200 years old, comes from the town of Vossarull. Rull is one of five types of folk dances in Norway. This dance was presented at Mendocino and Stockton in 1970 by Bruce Taylor, who in turned learned it from Anna Bekke in Bergen in 1966. The dance was also presented at San Diego Conference in 1971 by Ingvar Sodal. The following dance description is a compilation as learned from these two gentlemen.

MUSIC: RECORD: Harmoni NGK TO-7

FORMATION: Cpls at random with M's R arm around W's waist and her L hand on his R shoulder. The free arms hang at sides and swing easely with the movement.

STEPS: Rolling walk, Two-step, Rolling turn.

MUSIC 2/4   PATTERN

Meas.

1-2   Introduction

PART I ROLLING WALK

1   Perform rolling walk fwd starting with outside ft (M's L, W's R) for (ct 1), and repeat with inside ft (ct 2). Rolling Step: this step is a deliberate roll from the heel to toe with a natural flexing at the knee. Each step has a slightly springy dip.

2-?   Repeat rolling walk as in PART I (meas 1) until the man decides to make a change, perferably with the musical phrase.

PART II TRANSITION

NOTE: This being a free type of dance the number of two-steps used can vary depending upon the discretion of the M, sometimes the two-step is L off entirely. A set routine is not necessary during this dance, and it should be enjoyable and perhaps playfull. The following sequence is more typical in Southern California.

1   Perform 1 balance type two-step (M's L, W's R) to face your ptnr.

2   Continue with 1 more balance two-step to M's R.

3   Continue with 1 turning two-step making a ½ revolution CW at the same time the W places her R hand on M's back, while he reachers over her arm with his L hand to gently hold out the W's skirt (the M's R arm still around waist and her L on his R shoulder). If the skirt is too short

or tight he may just swing arm freely as the turn progresses.

PART III ROLLING TURN

1   With the rolling step (using free foot after two-step)
         a CW turn is performed as long as the M desires. The
         turn is completly smooth and well-balanced with same
         springy action as in "walk". To complete the turn the
         M releases the W to the original pos and continues with
         the walk as in PART I etc.

                               Presented by John Hancock
                               Idyllwild Workshop - 1973