

Firetur fra Romerike
(Dance for four from Romerike)

Source: Klara Semb, Norske Folkedansar II, Noregs Boklag, Oslo 1975.

Record: "Norwegian Folk and Figure Dances", EMI C054-37340, or
TD-1, Norsk Grammofonkompani A/S/

Music: 3/4.

Steps: Hesitation step, vals change-of-step.

Starting Position: Circles of two couples, woman on man's right,
hands held at shoulder height.

Measure

Figure I - circle left and back

1-8 Turning to face slightly left, do seven hesitation steps forward around the circle. On measure 7, turn to face the center. On measure 8, do a light greeting, all stepping back onto the right foot.

9-16 Repeat measures 1-8 with opposite direction, but with the same footwork.

Figure II - chain

17-32 Beginning with the left, do 16 hesitation steps. Do a chain, that is right to partner, left to the other person in the ring of opposite sex, etc. There are about two measures per hand. Hold hands at shoulder height the entire time, allowing elbows to bend as necessary. End facing your partner. Hum along with the music in this figure.

33-36 Formal greeting with formal free hands.

37-46 Take shoulder-waist position and dance vals around the small circle counterclockwise. Men begin forward with the right and woman backward with the left. Each couple rotates clockwise. They dance so that the men come back to back in the middle, then the women, then the men, etc.

47 Do a vals change-of-step, but do not rotate. Open out in preparation for the next measure.

48 Light greeting, man on both feet, woman stepping back onto her right. To start over, simply join hands.

Alix Cordray