

## Norwegian Mountain March

(Norway)

- Commentary: In Norway mountain climbing is a very popular national pastime. This dance was created by the peasants and typically shows the way in which mountain climbers hold hands as they scale the cliffs and work their way out of the tangles of their ropes.
- Formation: One man and two women. M stands between and slightly in front of the two girls. Girls join inside hands in back of him; M's R hand holds that of W on his R; M's L hand holds that of W on his L.
- Basic Step: Progressive waltz.

### Part I

- 1-16 Each set of three moves fwd in the LOD CCW, doing 8 basic steps starting on the R foot, leaning in the direction of the lead foot of each waltz step.

### Part II

- 1-8 M turns to his R to face his partners, all hold hands and do 7 slide steps CW starting with the L foot. On the eight measure, dancers step on L foot and swing R foot across L.
- 9-16 Repeat meas 1-8 of Part II, moving CCW using opposite foot.

### Part III

Partners use same footwork moving CCW.

- |      |   |                                 |
|------|---|---------------------------------|
| 1    | 1 | Step fwd R foot.                |
|      | 2 | Hop on L foot, kick R foot fwd. |
|      | 3 | Hop on R foot, kick L foot fwd. |
| 2    | 1 | Step fwd with L foot.           |
|      | 2 | Hop on R foot, kick L foot fwd. |
|      | 3 | Hop on L foot, kick R foot fwd. |
| 3-16 |   | Repeat meas 1-2 of Part III.    |

### Part IV.

Partners put hands on own hips, partners use same footwork moving CCW.

- |     |   |                                                                                                                   |
|-----|---|-------------------------------------------------------------------------------------------------------------------|
| 1   | 1 | Step fwd R foot.                                                                                                  |
|     | 2 | Step fwd L foot.                                                                                                  |
|     | 3 | Hop on L, kick R foot fwd.                                                                                        |
| 2   | 1 | Step back L foot.                                                                                                 |
|     | 2 | Step back R foot.                                                                                                 |
|     | 3 | Touch R foot at side of L foot.                                                                                   |
| 3-4 |   | Repeat meas 1-2 of Part IV.                                                                                       |
| 5-6 |   | Partners take each other's hands and move fwd in CCW direction and take two waltz steps starting with the R foot. |
| 7   |   | Partners drop hands and make one turn to their R (CW) in place, doing one waltz step starting with the R foot.    |

8      1  
         2&3  
9-16

Touch L foot at side of R.  
Hold these two counts.  
Repeat meas 1-8 of Part IV, using opposite footwork.

Part V - Tangle Step

Continue to waltz throughout this step, starting with the R foot.

1-2  
3-4  
5-6  
7-8  
9-16

W form an arch with their inside arms, M backs under the arch.  
W on the L moves CW, backing under the M's R arm.  
W on the R backs up L under M's R arm.  
M turns R under his own R arm ending in original position facing the line of direction.  
Repeat meas 1-8 of Part V.

Start the dance from the beginning. You should go through the dance twice. At the end of the dance, bow to audience.