

Little Four Dance

(Norway)

Little Four Dance is the English title for the Norwegian Furetur Fraa Romerika, deriving its name from the fact that it is danced in small steps of two couples, or four dancers, who constitute the duple minor sets into which a large circle of dancers is divided. The formation is suggestive of such American folk dances as The Circle without the progression of couples around the circle which characterizes the latter.

Little Four Dance is quiet and dignified in its style with a definite lyrical quality in keeping with the melody in triple time to which it is danced and the step patterns used throughout. It is further illustrative of the fact that Scandinavian dances are not confined to the brisk, vigorous type of folk dance so often associated with these countries.

Formation: Any number of even couples, in a double circle, alternate couples facing CCW and CW, thus forming several duple minor sets of two couples facing each other within the large circle, M on L of partner, all hands joined and held at shoulder level, elbows bent.

Part I

- 1-6 Beginning L and turning bodies to face line of direction, all progress CW around the set with step forward L. Close ball of R foot to L instep, without taking weight, keeping R knee relaxed and slightly bent. Hold position. (Repeat 5 times beginning R, L, R, etc.)
- 2-6
- 7 Step fwd L twd the center of the small circle, swinging joined hands in twd center at shoulder level. Close ball of R foot to L as analyzed in meas 1. Hold position.
- 8 Step bkwd R, swinging joined hands dwnwd and outward. Point toe of L foot forward to floor twd center of circle. Hold position.
- 9-16 Repeat all, turning to R and (beginning L) progressing CCW around the small circle with all hand joined as analyzed in meas 1-8. Couples return to their original places in the set.

Part II

- 1-8 Partners face and, beginning L, move around the set in a R and L Chain (M progressing in a CCW direction, W CW), making two complete circles and finishing in original positions with 16 steps as analyzed in meas 1, using 2 steps to pass each dancer in the chain.

Part III

- A 1-2 Partners face for formal bow and curtsey, M stands with feet together, L hand on hip, R hand at side, to bend slowly fwd from the waist, swinging R arm out to side and across in front of body, placing R hand over heart.
- 3-4 Straighten body slowly to an erect position, bringing R arm slowly fwd and sdwd.

WHILE

- 17 Woman, beginning in a standing position with thumb and forefinger of each hand holding skirt on either side, palms backward, executes a curtsey, with step L, pointing toe of R foot forward to floor. Swing toe of R foot along floor, making a half-circle to R side and around to back of L

- 18 Step onto R foot well in back of L. Sink slowly toward floor by bending R ankle, knee and hip (hips kept as much in line with supporting foot as possible), upper part of body inclined slightly fwd, head bowed slightly, L leg straight with L toe pointed fwd on floor.
- 3-4 Straighten body slowly to a standing position, gradually transferring weight from R to L foot at finish of curtsy.
- B 5-8 In closed social dance position (M beginning L, W R), partners turn CW while the two couples revolve CCW around each other in a small circle, making two complete revolutions of the circle, to finish in original positions in set, with 12 waltz steps. W frees L foot at finish of waltz to repeat dance, beginning L.