

PER SPELMAN

Norwegian Song-Dance

Source: Norwegian Leika rings as taught by Klare Semb.

Music: FOLK DANCING FOR FUN, Cooperative Recreation Service, Delaware, Ohio.

Formation: All join hands in close circle, raising the arms so that one's own right is against one's waist. The circle moves to the left with the steps described below with the song.

Song: Per Spelman, he had only one single cow
Per Spelman, he had only one single cow
He gave it in trade - bought a fiddle instead
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Chorus: Du gamle gude fiolin - du fiolin - du fe la mi.

Action: The step used through every line of the verse is this:

Step L (1,2), close with R (3), step L (1), close with R without weight (2,3), step R (1), close with L (2) with feet close together, come up on balls of both (3), then down with both heels (1,2,3).

Chorus:

Step on L ft, swing R ft over, repeat to the R. Continue 4 more times.

Musical accompaniments are never used with Norwegian song-dances.

-- presented by Jane Farwell

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