

Seksmannsril

This dance is from Asker, just west of Oslo.

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, Oslo.

Steps: Ril step-hop.

Starting Position: Circle of three couples, woman on man's right, hands joined at shoulder height.

Measure

Figure I - circle left and back

- 1-7 Beginning with the left foot, dance 14 ril step-hops around the circle to the left. Face slightly left throughout.
- 8 Turning to face the center, do three stamps, left-right-left (counts 1-and-2).
- 9-16 Repeat measures 1-8 with opposite direction and footwork.

Figure II - Figurering

- 17-24 Using the same steps as measures 1-8, face partner and dance around the ring counterclockwise. Women dance backward and men forward. Clap on count 1, measure 17 and take hands with partner. Stretch arms out to the side, the inside hands being slightly lower.

After the last stamp, all turn 1/2 turn to own left on left foot to face person behind you.

The second time through the dance, clap once on each of the 14 step-hops (on counts 1,2). The hands move somewhat vertically.

- 25-32 Repeat measures 17-24 with opposite footwork. The circle still moves counterclockwise (women forward, men backward) and the turn at the end is still to the left.

Figure III - chain

- 32-39 Beginning with the left foot, do 14 ril step-hops in a chain. Clap on count 1, measure 32. Give right hand to partner, left hand to the next person, etc. Women move clockwise, men counterclockwise. Hold hands at shoulder height throughout. Dance twice around to end facing partner.
- 40 Do three stamps, left-right-left, the last without weight.

Alix Cordray