

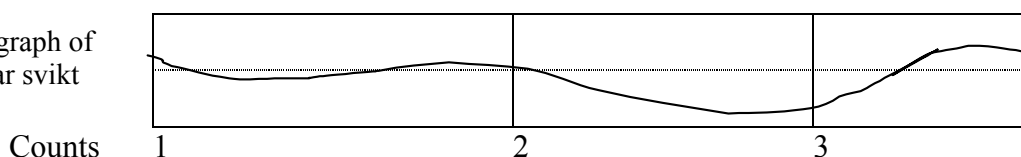
## Springar & Gangar East Telemark, Norway

**Formation:** Usually a couple dance  
M on the inside W on the outside, inside hands joined  
Couples progress CCW/LOD around the dance space and dance in small circles in one place

**Music:** springar 3/4, asymmetrical 3/4; 1. long, 2. medium, 3. short.  
gangar 2/4 or 6/8, even

**Svikt:** springar Down up character. 1. normal, 2. going down, 3. coming up.  
gangar Down and up on each beat

Sample graph of  
Springar svikt



### Springar counts

Counts	1	2	3
Rhythm	Long	Medium	Short
Beat emphasis	Heavy	Heavier	Light
Basic Step	Step	Step	Step
Step size	Normal	Normal	Shorter
Part of foot	Heel to whole foot	Heel to whole foot	Ball
Svikt	Level/Normal	Down	Up

### Gangar counts

Counts	1	2
Rhythm	Even	Even
Beat emphasis	Even	Even
Basic Step	Step	Step
Step size	Short to normal	Short to normal
Part of foot - Men	Whole foot	Whole foot
Part of foot - Women	Toe to whole foot	Toe to whole foot
Svikt	Down and up	Down and up

### Overview of 'figures' for springar and gangar<sup>1</sup>

1. Front basket, armkrok
2. L forearm, armkrok
3. Lausdans, L forearm, armkrok
4. Pancakes, armkrok.

<sup>1</sup> See Springar & Gangar from Heddal, Telemark, Norway, by Roo Lester for details of the figures, music, and background information.

**Information about the dance:**

1. The dancers can begin with either foot.
2. One takes a step on each of the three beats in the basic step for springar, and each beat for gangar.
3. In springar the down movement on count two begins by first stepping on count two and as one transfers the weight to the foot one also bends slightly in the knee. The woman's movement may be subtler than the man's.
4. In springar the upward movement on count three is accomplished by stepping on the ball of the foot and transferring ones weight up and forward as one takes weight. In this manner the body continues its forward motion. One then almost falls forward for the next step (count one).
5. One may use the marking to indicate changes, especially leading into armkrok.
6. The dance can begin with any figure.
7. The amount of time used for the various elements of the dance and the number of turns is individual.
8. Changes usually correlate to the music.
9. The men can use the alternate steps when appropriate.
10. The women use the basic step when turning CW and/or CCW.
11. One maintains the rhythm and svikt at all times in both gangar and springar.
12. Each 'figure' can be elaborated or ornamented in a variety of ways. Additional turning of either the M or the W is a typical type of ornamentation.
13. The dances are threesomes, the dance pair and the musician interact with each dance.

This is a skeleton or framework of the dance with notes to remind us of what we have practiced in class. One creates each dance and may add what may be referred to as roses, embellishments or ornaments to suit the mood, music, partner etc. Please take every opportunity to learn more about the music and dance traditions of Telemark.

**Selected recorded music for dancing:**

- *Spel til Dans* I, II, III, and IV, Knut Buen, cassettes and CD. The name of the cassette/CD means music for dancing. This music was recorded for dancing. The recordings have a clear rhythm and foot tramping marking the beats for dancing.
- *Myllarfyken* and *Notespel 2*, Knut Buen. Two CDs with excellent music for Telespringar.
- *Dansekveld* - LK01, by Loretta Kelley has excellent music for dancing Telespringar. Each tune is played beautifully and has clear, easy to hear foot tapping marking the beats for dancing.
- *Amerikaspel*, Loretta Kelley, Norwegian Hardingfele. ACCD 9603. A CD with Loretta's excellent music for dance. Including Telespringar & gangar, vals, Valdresspringar, Vossarull, reinlender & a gamalstev.
- *Norsk Spring Dance*, Karin Code. Great music for Telespringar with amplified foot tapping on one cut for learning. There is also music for Valdres and Halling springar(s) and one waltz.

- *Harding Tones*, Karin Loberg Code. Another great CD for listening and dancing. This 2004 release has music for Telespringar, Telegangar, and springar music from Valdres & Hallingdal as well as some gammaldans tunes.

**Some Background:**

Telespringar and gangar are part of a live, rich and vital dance and music tradition in Norway today. Telespringar means the springar that comes from Telemark. The springar and gangar are members of the village or regional/*bygdedans* family of Norwegian dance. Telemark is a geographical, cultural and political area in Norway, located about two and one half hours, by train or automobile, west of Oslo, the capital city. It is an area of mountains, rolling hills and valleys with each valley or community having individual dance characteristics. The dance is not choreographed, and the rich variety one sees on the dance floor in Telemark is greatly respected.