

# TRETUR FROM FANA *p 1 2 L*

Although the floor pattern is fairly simple, the arch sequence lends an interesting appeal.

## MUSIC

Piano Music

## FLOOR FORMATION

Threesomes in a square

## DANCE STEPS

Walking step

## DANCE POSITION

Threesome hand hold

## DIRECTIONS:

### PROMPTER'S CUE

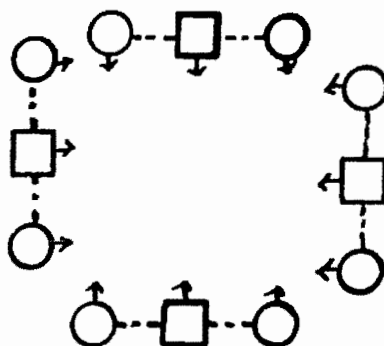
#### *Before the Music*

1. Form threesome sets in square.
2. Near hands joined.
3. Left foot free.

#### *With the Music*

- In 2, 3, 4; Back 2, 3, 4.  
In 2, 3, 4; Back 2, 3, 4.  
In 2, 3, 4; Back 2, 3, 4.  
In 2, 3, 4; Back 2, 3, 4.

## STARTING POSITION



## EXPLANATION

1. One man and two women in a line formation, the man in the center. There are 4 such groups stationed around a "square."
2. The hand holds of the threesome are thus: The man holds the left hand of the woman on his left with the left hand. He holds the right hand of the woman on his right with his right hand. The women join free hands behind his back. The joined hands are held about shoulder height.
3. Place the left foot near the arch of the supporting foot.

#### *Figure 1. Meas: 1-8; 1-8.*

Beginning with L foot all dancers advance 4 steps to the center and withdraw 4 steps back to position. The man looks and pays attention to the woman on his L on the advance and then to the woman on his R on the returning step.

Walk back and forth in this manner 4 times.

**NOTE:** For an interesting variation have groups 1 and 3 advance toward and retire from each other while groups 2 and 4 are inactive. When 1 and 3 are inactive, groups 2 and 4 advance and retire.

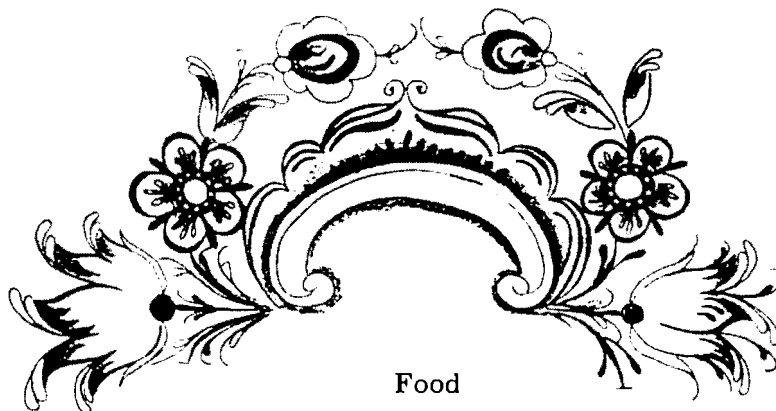
Figure 2. Meas: 9-16; 9-16.

Under 2, Cross 4, Turn 6, Turn 8  
Under 2, Cross 4, Turn 6, Turn 8  
Under 2, Cross 4, Turn 6, Turn 8  
Under 2, Cross 4, Turn 6, Turn 8

The women lift their joined rear hands and hold them high to form an arch. The man bows slightly, stamps on the first step and walks back under the arch. The woman to his L walks across and goes under the joined hands of the man and the R hand woman. Then the R hand woman turns around CCW under her own arm while the man turns CW in such a manner as to face his group in the original direction. There is much flirting and smiling in his figure as the man flirts with the women as they progress through their turns. The women use 8 walking steps for each time they duck through. No one may let go of their hands throughout the entire dance. While they dance under, their arms are to be held high.

This figure should be danced 4 times.

Repeat the entire dance as many times as desired.



Food

The production of food in Norway is unbalanced. Because of the short growing season, many vegetables and fruits, especially citrus fruits are not grown there. High in production are milk and milk products, fish, eggs, potatoes and some other vegetables.

A typical meal for a Norwegian family would include boiled fish, boiled potatoes and carrots, cheese and always flat bread. Flat bread is dry, crisp and wafer thin. The Norwegians also are fond of sweets and consequently serve many cakes and cookies. Sot Suppe (Sweet Soup) is a favorite desert in Norway. It is served warm and is sweet and fragrant, made up of dried fruits, rice or tapioca, sugar and spices.

