

Trolldans

Troll Dance

Formation: Several couples in circle A, facing CW LOD with closed handhold.

Steps: Closed ballad step, reinlender step, step-hop

MUSIC 2/4

Phrase Ms Part

I. CLOSED BALLAD

A 1-6 Perform 4 closed ballad patterns.

Det	lei-	kar	så	mangt	ei	su-	mar-
	L	R		L	l	R	r
	nott,	i		dver-	ge	skog_____	i
	L	R		L	l	R	r
	dver-	ge		skog_____	.	Al-	ve-
	L	R		L	l	R	r
	dans	og		hul-	dre-	lått,	å
	L	R		L	l	R	r

II. WOMAN DANCES TOWARD CENTER OF CIRCLE

Loosen handhold, lightly grasping hands of person on either side of you.

7 Beginning left foot, man performs 2 step-hops, traveling only a little forward. At same time, he extends arms, allowing women on either side of him to travel toward center of circle. His upper body should be angled toward center of circle.

Beginning left foot, woman performs 1 reinlender step on a diagonal, such that she travels toward center of circle and leads with her left shoulder. She looks toward corner person. On last ct, she turns a little CCW.

	hei	deg	ä	hild-	rande
	1	&	2	&	
man:	L	l	R	r	
woman:	L	R	L	l	
				turn	

III. DANCING TOWARD/AWAY FROM CENTER OF CIRCLE

8-14 Perform 7 reinlender steps, such that everyone travels in a zig-zag pattern around circle in CW direction. Footwork is given below.

Beginning left foot, man performs first reinlender step on a diagonal, such that he travels toward center of circle and leads with his left shoulder. He passes by partner (who is now traveling **away** from center of circle) and acknowledges her. On last ct, he turns a little CCW.

Beginning right foot, man performs second reinlender step on a diagonal, such that he travels away from center of circle and leads with his left shoulder. He passes by corner person (who is now traveling **toward** center of circle) and acknowledges her. On last ct, he turns a little CW.

Man continues to dance toward and away from center of circle. On his seventh reinlender step, he dances mostly in place, traveling only a little forward in CCW LOD.

Woman dances contrariwise in relation to man. Beginning right foot, she performs first reinlender step away from center of circle. Her seventh change step travels away from center of circle. She should conclude next to partner in circle.

Note: Arms should be held in relaxed manner, such that they can extend as men and women travel apart from each other.

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	du _____ .			
	1	&	2	&
man:	L	R	L	l
woman:	R	L	R	r
	Lett-	le- ge	trø-	da me
	1	&	2	&
	R	L	R	r
	L	R	L	l
	dan-	sen i	kveld	un-der
	1	&	2	&
	L	R	L	l
	R	L	R	r
	fjel - - - -	li_____ .		
	1	&	2	&
	R	L	R	r
	L	R	L	l
	Lett-	le-ge	trø-	da me
	1	&	2	&
	L	R	L	l
	R	L	R	r
	dan-	sen i	kveld	un-der
	1	&	2	&
	R	L	R	r
	L	R	L	l
	him- - - -	-mel- - - -		
	1	&	2	&
	L	R	L	l
	R	L	R	r

IV. STEPS IN PLACE

- 15 Man performs 1 step in place on right foot and then brings left foot alongside.

Beginning left foot, woman performs 2 steps in place.

	tjeld _____.
	1 & 2
man:	R
woman:	L R

REPEAT DANCE FROM BEGINNING

To begin dance again, face CW LOD and assume closed handhold.

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Traditional



Det lei - kar så mangt ei su - mars - nott i dver - ge - skog, i
dver - ge - skog, al - ve - dans og hul - dre - lått; å hei deg å hild - ran - de
du! Lett - le - ge trø - da me dan - sen i kveld un - der fjel - li,
lett - le - ge trø - da me dan - sen i kveld un - der him - mel - tjeld.

1. Det leikar så mangt ei sumarnott,
i dvergeskog, i dvergeskog.
Alvedans og huldrelått -

Refrain:

Å hei deg å hildrande du!
Lettlege trøda me dansen i kveld under
fjelli!
Lettlege trøda me dansen i kveld under
himmeltjeld.

1. There's dancing many a summer night,
in the dwarves' forest, in the dwarves' forest.
Elfin dance and huldre song -

Refrain:

Oh hei you oh hey - clever you!
Lightly we step the dance tonight
under the mountains!
Lightly we step the dance tonight
under the heaven's tapestry.

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Men sing:

2. "Å høyrer du, Gro kva eg seier deg,
i dvergeskog, i dvergeskog.
Vil du til Blåfjellet rida med meg?"

Refrain

Women sing:

3. "Å høyrer du, Per, kvi talar du sa?
i dvergeskog, i dvergeskog.
Fyrr skal det springe mitt hjarteblood."

Refrain

Men sing:

4. "Eg syrgjer no ikkje så såre for di,
i dvergeskog, i dvergeskog.
Heime ventar meg kjerringar tri."

Refrain

Men sing:

2. "Listen here, Gro, to what I say to you,
in the dwarves' forest, in the dwarves' forest.
Will you ride to Blue Mountain with me?"

Refrain

Women sing:

3. "Listen here, Per, why do you speak like that?
in the dwarves' forest, in the dwarves' forest.
I would rather have my heart burst."

Refrain

Men sing:

4. "I won't grieve much over you,
in the dwarves' forest, in the dwarves' forest.
Three wives are waiting at home for me."

Refrain