

179-54

TYROLAREN (Norway)

A Norwegian version of a Tyrolaren dance in 3/4 meter.

MUSIC: Norske fur og folkedanser Vol. I

FORMATION: Couples facing CCW in a circle, inner hands joined, hanging down, and outer hands below waist with fingers forward and thumb back, Tyrolaren style.

STEPS: Tyrolaren waltz steps

Meas.

PATTERN

1:1-8:1

FIGURE I. Arm swing 16 waltz steps

- 1 Starting position couples facing outside hands with fingers forward inner arm straight. On count 1 step forward outer foot. On count 2 step forward with inside foot. On count 3 bring outside foot up in inside foot, while arm swing forward for a 3-count swing
- 2 Begin with inner foot stepping forward on count 1; step forward on outer foot on count 2 bring inside foot up to outside foot on count 3 while arm swings back for a 3 count swing.
- 3-8 Repeat measures 1 & 2, forward, forward, close; forward, forward close.

1:9-16:1

FIGURE II

Girl turns under man's arm 16 waltz steps. Man raises joined inner hands and lead Woman in front of him. She turns CW while he adjusts his step length to hers. The hand hold for the turn should be adjusted between the couple for the convenience of the Woman.

FIGURE III "Rundvalsen"

1:17-24:1

Couples waltz 16 waltz step in social dance position, i.e., Man places Right arm around Woman's waist and grasps her Right hand in his Left with her fingers held lightly under in his.

Presented by Ingrid Christiansen at Maine Folk Dance Camp 1987

