

Tyrolaren
(from Holt, Øst-Agder)

Source: Klara Semb, Norske Folkedansar II, Noregs Boklag, Oslo 1975.

Record: "Norwegian Folk and Figure Dances", EMI C054-37340 or TD-1-LP, Norsk Grammofonkompani A/S, Oslo.

Steps: Vals change-of-step. When not turning as a couple, all three steps must be taken (no hesitation steps).

Starting position: Couples in a circle facing counterclockwise around the room. Hold nearer hands at chest height. Woman is on man's right. Free hands on hips, fingers forward.

Measure

- 1-16 Using 16 vals change-of-step beginning on the outside foot, dance in a counterclockwise direction around the room. Begin almost facing with joined hands out to the side, the body bent somewhat forward. Dance the first vals change-of-step forward, bringing the joined hands forward and turning somewhat away from each other. The body straightens. On the second vals change-of-step, bring the joined hands back and return to the starting position. Continue to dance forward around the circle, repeating the above movements.
- 17-32 Dance 16 vals change-of-step beginning with the outside foot. Man lifts his right arm and dances straight forward with the woman slightly ahead of him and to his right. She turns to her right eight times, using two vals change-of-step per turn. There must be play between the man and woman; she looks at him over her left shoulder as she turns away from him.
- 33-48 Take Norwegian ballroom position and dance 16 vals change-of-step rotating clockwise and progressing counterclockwise. Rotate eight times. Maintain the circle of couples.

To begin again, simply open to take the starting position.

Alix Cordray