

Vossarul (Norway)

Vossarul (VAW-suh-rool) or Vossarudl, is a couple dance approximately 200 years old, coming from the town of Voss. Rul or rudl is one of the five types of folk dances done in Norway. Bruce Taylor learned it in 1966 from Anna Bakke in Bergen and taught it at the 1970 University of the Pacific Folk Dance Camp. Ingvar Sodal has also taught this dance at numerous workshops in California.

RECORD: Harmoni NGK TD-7; RCA FEP-11 2/4 meter

FORMATION: Cpls at random about the floor in open pos*, facing LOD with outside hands free.

STEPS and Two-step* - done lightly with a springy down-up feel on each step.
STYLING: Walk* - done with heel touching the floor first and rolling wt fwd onto ball of ft. Each step has a slight knee bend and straightening followed by a slight lift, giving a springy or rolling feeling (but not bouncy). Outside arms are swung freely fwd and bkwd at sides.

Steps are described for the M, W opp.

*Described in Steps and Styling, published by the Folk Dance Federation of California, Inc., 1275 "A" Street, Room 111, Hayward, California 94541.

MUSIC 2/4

PATTERN

Measures

2

INTRODUCTION No action.

I. WALK

Any
number

Beg ML, WR walk fwd in LOD, 2 steps per meas, dancing any even number as long as the M desires. Always beg dance with this Fig.

II. TRANSITION TWO-STEPS

1

Beg ML, WR dance one two-step. M, dancing in place, lead W sharply across in front of him, as she makes a 1/4 rotation CCW around him to end ptrs face to face (cts 1,&,2).

2

Assume modified closed pos* with WR arm under ML arm and L hand high on MR shldr-blade, ML hand holds W skirt gently out to side (not up). Beg MR, WL dance one two-step turning slightly CW (cts 1,&,2).

Note: If W has no skirt to hold, ML hand holds WR arm above the elbow.

3-4

Cpl continue turn once CW with 2 two-steps, progressing in LOD. Finish with M back to ctr.

III. TURN

1

Still in modified closed pos, pivot-turn once CW while progressing in LOD with 2 steps per meas (cts 1,2). Roll from heel to ball of ft, rising up on ball to give a lilt, down-up feel. May raise free ft slightly under body by bending knee. Both keep R ft between ptrs ft and L outside, but close to ptrs R. Each step must be twd LOD to maintain progressing properly. Keep body close to ptr but pull away keeping firm hold to develop good momentum for the turn.

Any
number

Continue pivot-turn any number of meas as M desires.

VARIATIONS:

- A. May dance any number of two-steps turning either CCW or CW, while progressing in LOD.
- B. May go directly into the pivot-turn from the two-steps turning CW.
- C. May dance only the first 2 meas of transition two-steps (Fig II) and go directly into pivot-turns if you are in pos to do so.
- D. May resume open pos and repeat Fig I, as a resting step or to avoid traffic problems on the floor.

Description written Aug 1984.

