

B5 VOSSARULL

Norway

*Vossarull* (voss-ah-ROOL), also *Vossarudl* in dialect, is an old couple dance from the mountain town of Voss in western Norway. Its name means *rull* ("turning dance") from Voss. Norwegian dance specialists include *Vossarull* among the so-called *bygdedansar* ("country dances"), many of which are hundreds of years old and still spontaneously danced at country events. In Voss itself it is an especially loved local dance done a number of times in a dance evening, along with the waltz, polka, *Reinlender* and *Springar*. Several variants of *Vossarull* are currently done among U.S. and Canadian folk dancers. The one described here is that presented by Ingvar and Jofred Sodal.

**Meter:** There are many tunes for *Vossarull*, some in 2/4 and some in 6/8 meter; the tune recorded here by NAMA, entitled *Urheimen*, is in 2/4 time.

**Formation:** Couples; see below for positioning.

MEAS

PATTERN

**Note:** M's and W's ftwk is opposite thruout.

Figure 1 - Walking fwd in LOD

Ptnrs side by side, W on M's R, facing LOD; his R arm is around her waist, her L hand is on his R shldr, free outside hands at sides, swing normally as in a natural walk.

Beginning with outside ft (M's Lft, W's Rft), 2 gentle, slightly springy walking steps per meas, "rolling" from heel onto full foot as in a normal walk, with a slight dip (gentle knee flex) on each beat. This step has been described as a "gentle liltng walk".

Figure 2 - Pivots CW

Ptnrs face to face in closed position: W's R hand placed above the small of his back, from under his L arm, her L hand is on his R shldr; M's R arm around her waist, his L hand holding her skirt gently out to side (not up). (His holding her skirt developed from the need to keep the long, full W's costume out of the way of the mov'ts during the pivot; an alternative, useful where the W's attire makes this unnecessary or impossible, is for the M to place his L arm around W's R shldr, his L hand just above her R shldr blade.)

- 1 M steps Lft close to outside of W's Rft as she steps Rft twd him between his feet, and they begin to pivot CW (1); M steps Rft between W's feet as she steps Lft close to outside of his Rft and they continue to pivot CW (2). The technique of these steps is similar to that of the walking step in Fig. 1: beginning with a slight dip, "roll" from the heel onto the ball of the foot, then, pivoting CW, rise slightly onto the ball of the foot.

VOSSARULL (Continued)

NOTES ON SEQUENCE: Theoretically, the sequence and amount of time devoted to each figure is entirely at the discretion of the man. In actual practice among native dancers:

Fig. 1, the walk, is usually done at the beginning, as a kind of introductory warm-up; sometimes, though very rarely, it may be repeated later in the dance as a break.

Fig. 2, the CW pivot, is the "heart" of Vossarull, and most of the time is devoted to dancing it.

A turning two-step is an incidental, optional figure inserted now and then as a change of pace. It is ordinarily done CCW (less frequently CW) and in any case is of very brief duration.