

fra
SPRINGLEIK FROM GUDBRANDSDAL
Norway

The regional dances (Bygdedansar) in Norway have individual and distinct styles in both music and dance form. Their evolution has occurred in rather small and closed societies where there was only limited communication with the people in neighboring valleys. The Springleik from Gudbrandsdal is related to the Roros Pols in the east and the springars in the west. Influences from neighboring communities have been molded in the local culture, and a style unique to Gudbrandsdal has evolved in this dance. The Springleik is primarily used in the uppermost region of the valley, particularly in Vaga and Lom. Style and details of the dance will vary from one part of the valley to another; sometimes people living a mile or two apart will have different variations. The dance as it is described below was learned by Mary Barthelemy who lived in Heidal, a side valley of Gudbrandsdal, during 1974-5, and it mostly reflects the form common to Vaga. These notes were written by Mary Barthelemy and Ingvar Sodal and are only intended as an outline of the basic steps and figures in the dance.

RECORD: Columbia SNSX 5014 - "Slatter fra Vaga, Ola Opheim, fele"
Bands: "Grakollen", and "Tykkjin"
FLP 17, "Slattar fra Vaga"
Bands: "Springleik etter Per Braenden",
"Grakollin", and "Bessleiken".
LPNES 67 - "Under Lomseggen".
FLP 16 - "Spelemannslag pa fele og hardingfele, Slattar fra Lom".

FORMATION: Cpls with inside hands joined at shldr ht, face and move in LOD.

STEPS: Traveling Step
This consists of two-steps in open pos in LOD. Same ftwk for both.
Ct. 1 Step L slightly diag L fwd-a long strong step without dip.
2 Close R to L.
3 Step L fwd and slightly daig L - a heavy striding step with a small dip.
Repeat cts 1-3 with opp ftwk and direction.
NOTE: There is some flexibility in this step, at times it becomes almost an even fwd running step for the W.

Alternative Traveling Step for M:

Ct. 1 Step L fwd.
2 Hold on L while moving R fwd.
3 Step R fwd.
NOTE: This step is very similar to the Swedish Gammal Polska.

Continued--

W Individual CCW Turning Steps:

- Ct. 1 Step R fwd in dir of turn.
- 2 Touch ball of L ft beside R heel while continuing to pivot on R; this completes 3/4's of the turn.
- 3 Step L fwd in LOD to complete turn. Sometimes this turn is done with opp ftwk, i.e. starting on L, but still turning CCW.

M Individual Turn:

Do open two-steps as in the "Traveling Step", turning CCW with 2 meas for each turn (6 cts).

Cpl Turning Steps:

Men's Step:

- Ct. 1 Step L fwd turning slightly CW.
- 2 Trail and then close R to L while completing 3/4's of turn.
NOTE: Cts. 1 and 2 have NO dip.
- 3 Step R fwd between ptrs ft and pivot on R to complete turn. This is done with a strong drive and a slight dip.

Women's step:

- Ct. 1 Step R fwd between ptrs ft.
- & Pivoting on ball of R ft, shift R heel CW approx 1/4 turn.
- 2 End movement of ct & before lowering L heel so that wt is on the entire ft.
- 3 Step L fwd close to outside of ptrs R with a driving dip. Wt is slightly back and to the L. R (no wt) remains between ptrs ft.

METER: 3/4

PATTERN

Meas. (aprox, except where only 1 meas is noted)

FIGURES:

- 6-10 Begin by moving LOD for several meas, M leading W, inside hands joined at shldr ht. M turns W once around CW under raised inside hands, M then leads W in back of him to his L side and changes to his L hand (they are now joined L to L hand). Hands are held above shldr ht. M continues leading W who is slightly ahead and to his L, both face LOD.
- 1 M turns W to her L about 1/4 turn, so that she has her R shldr twd LOD.

Continued...

- 1 M then quickly reverse movement to the R, turning W 3/4 around in front of him so that she ends on M R side facing LOD.
- 3-5 With L hands joined, R hands are now joined at waist level so that W L is over M R (skaters pos), move fwd with Traveling Step.
- 2-3 Continuing in LOD, M drop W L hand and turns W 2 or 3 times CCW under raised joined R hands, W uses Individual Turning Step.
- 2-3 M releases W and continues moving fwd in LOD. M may turn a couple of times using M Individual Turning Step, showing off by stamping, flailing arms or other flirtation gestures. When M releases W, she continues CCW turning.
- 3-5 Cpls then assume an open back-waist hold with W hand under M, and continue moving in LOD.

COUPLE TURN:

- 4-8 M leads W in front of him so that they face, they then join in closed pos with L hands on ptrs shldr and R hands just above ptrs waist. As M starts leading W in front of him, he leads with his R ft on ct 1. If W is on opp ft of M she does 3 steps to move into pos facing M. If W is on the same ft she takes only 2 steps R,L on cts 1 and 3. Cpls can start CW turn after this transition, starting with ML and WR. Alternatively, cpls may move in LOD without turning for a few meas, M using fwd Traveling Steps starting on L, while W move bkwd with opp ftwk. Then they move directly into the CW turn as described above. To end the turn, M release W slightly behind his R side assuming the beginning pos to repeat the dance again.

Presented by Ingvar Sodal
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