

Tridans fra Meråker

(Norway)

Tridans fra Meråker (TREE-dahnss frah mehr-OH-kehr), a dance for three people, has become very popular in Norwegian folk dance groups. It is usually danced to Rørospols music, with steps from that dance. The dance is described in the Norwegian dance "bible:" Klara Semb, Norske Folkedansar, Turdansar, Oslo 1991. ISBN 82-521.3657-5. It has also appeared in earlier editions of the book, having been collected by Klara Semb in the 1920s. The dance was presented by Alix Cordray at the 2005 Stockton Folk Dance Camp.

Music: Any Rørospols. 3/4 meter
CD: *Sving Deg*. Band 8; *Grensløst*: "Storstugguleken" or "Bukkurven."

Formation: Three people in lines, arranged around the room like spokes of a wheel. Usually two people of the same sex, one of the other. For simplicity, the description refers to 1 M and 2 W, but the dance can be done equally well by three people of any sex.

The two W join L hands, the inside W facing RLOD and the outside W (center of trio) facing LOD. People of any sex can take any of the three positions. What is important is that the person in the inside pos face RLOD and the dancers in the ctr and outside positions face LOD to begin the dance.

Steps: Basic: Step fwd on L (ct 1); dip slightly (ct 2); step fwd on R (ct 3). Step repeats on same ft.

Delayed: Hold (ct 1); step bkwd on L with dip (ct 2); step bkwd on R (ct 3). Especially useful when dancing bkwd.

Tripping: Small step fwd on L toe (ct 1); step fwd R continuing downward motion (ct 2); step fwd on L (ct 3). Repeats with opp ftwk. Danced for an even number of meas, usually 2 or 4. Cue: "down", "down", "forward." Especially useful for M crossing.

Meas	3/4 meter	Pattern
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I. 2 WOMEN TURN

Everyone keeps holding the same hands. The 2 W turn once CW, ending where they started. The inside W backs under the arch made by M and other W. She draws the other W under the arch after her.

II. MEN MOVE TO THE OTHER SIDE

The M lets go. He dances in front of the W beside him, under an arch made by the two W, and turns CW to face the same direction as the inside W. He then joins hands with her, her R in his L. He is now the innermost person (nearest the center of the room).

III. 2 WOMEN TURN

The two W again make one full turn CW. The outside W (previously the ctr dancer) begins by backing under the arch made by man and other W. She draws the other W under the arch after her.

IV. MEN RETURN TO ORIGINAL POSITION

The M lets go. He dances in front of the W beside him, under an arch made by the two W, and turns CW to face the same direction as the outside W. Now the entire set is in the original starting position.

There is no absolute number of measures for the various moves. However, the moves should follow one another continuously, so that the dance looks like a writhing snake. It should flow from one part to the next without marked transitions.

The dance moves continuously in LOD and each dancer moves continuously through the space; this is an important part of the movement ideal. There should be no “sharp edges” anywhere in the movement

All dancers do the basic step most of the time. The quick variation may be used as desired, especially by the M when changing sides. The innermost W dances bkwd almost all the time, the other W dances fwd almost all the time, while the M changes from one to the other. The person who is backing up under the arch should back up, not turn to dance fwd.

The all dancers must work to keep the set aligned as a spoke from the center of the room. The two W do a complete turn each time they turn together—and end where they began (except that they have progressed around the room).