

## Allemannsmarsj

(Norway)

Allemannsmarsj (AHL-leh-mahns-MARSH) is a simple mixer having many northern European variants. Here in our country we dance "All American Promenade" which is very similar. The title means "Everybody's March." Allemannsmarsj was presented by Alix Cordray at the Stanford Spring Folk Dance Festival in 1981. It is published in Klara Semb's Norske Folkedansar II, Noregs Boklag, Oslo 1956.

RECORD: Cord-1 (33 E.P.) Side A/1. 4/4 meter  
Any march (marsj, gongslatt) in 4/4 meter is acceptable if played at the tempo suitable for the dance.

FORMATION: Circle of cpls facing LOD (CCW), W to R of M. Join inside hands at shldr level. Free hands hang at sides.

STEPS and STYLING: Walk (1 to a ct): Steps are done with a springy down-up motion (svikt). "Svikt" is a Norwegian word that describes the down-up movement of the body caused by flexing and stretching the ankles and knees.

Balance (2 to a meas): Step on L to L, flexing the ankle and knee (ct 1); place ball of R ft next to L and rise up onto the balls of both ft (ct &); lower heels, taking wt on L ft (ct 2); beg R ft to R side, repeat cts 1,&,2 with opp ftwk and direction (cts 3,&,4). Balances may begin with R ft to R side.

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MUSIC	4/4 meter	PATTERN
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Measures

Chord INTRODUCTION No action.

I. WALK IN LOD AND RLOD

- 1 Beg ML, WR Walk 4 steps in LOD. On the 4th step, release hands and make a half turn twd ptr to end facing RLOD (CW). Join new inside hands.
- 2 Still moving in LOD, Walk bkwd 3 steps (cts 1,2,3); touch ball of outside ft (MR, WL) next to inside ft (ct 4).
- 3-4 Moving in RLOD, repeat meas 1-2 with opp ftwk and direction. End facing in LOD.

II. BALANCE, CROSS OVER, AND PROGRESS

- 1 Beg ML, WR Balance away from ptr, M to L side, W to R side (cts 1,&,2); Balance twd ptr, M to R side, W to L side (cts 3,&,4).
- 2 Beg ML, WR Walk 4 steps: M dance almost in place and lead ptr across in front; W make 1 CCW turn and end at M L side. Facing LOD, join new inside hands.

- 3 Beg ML, WR Balance twd ptr, M to L side, W to R side (cts 1,&,2); Balance away from ptr, M to R side, W to L side (cts 3,&,4).
- 4 M: Stepping L, R almost in place, lead ptr in an arc to face you ( $\frac{1}{2}$  turn CW) and into a full turn CW (cts 1,2); releasing joined hands, Walk L, R to new ptr ahead (cts 3,4). Join inside hands (MR, WL) with new ptr.  
W: Stepping R,L,R make  $1\frac{1}{2}$  turns CW moving to R side of ptr (cts 1,2,3); step on L twd new ptr (behind orig ptr) making another  $\frac{1}{2}$  turn CW and join-inside hands with new ptr (ct 4). In all, make 2 complete turns CW.

DANCE SEQUENCE: Using the Cord-1 recording, dance the pattern eight times. With other recordings, the number of repetitions would vary.

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