

ÅTTEUR MED MYLNE
Norwegian Couple Dance

The melody used for this recording comes from ²Bærrura, just outside Oslo. In the late 1800's Daniel H³eggstad collected another good melody in the Lofsten islands of north Norway.

Translation: Figure dance for eight with star

Music: 3/4 count 1, &, 2, &, 3, &

Tempo: ♩ = 160 Once through dance = 65 sec.

Source: Bondeungdomslaget Ervingen, Bergen; Klara Semb: Norske Folkedanser, bind II, Rettledning om dansar, Noregs, Boklag, Oslo, 1956.

Formation: 4, 5, or 6 cpls in a ring, hands joined.

Record: Harmoni TD-1 "Åttetur med mylne."

Introduction: 4 meas

Åttetur step onto L ft:

Step onto L ft and bend L knee (ct 1). Straighten L knee. Begin to bring R ft fwd (ct 2). Bend L knee (ct 3). Straighten L knee. R ft is now extended fwd (ct &).

Meas

Figure

I. RING

- 1-7 7 Åttetur steps (see note) in ring CW, beginning by stepping onto L ft.
8 Pivot 1/2 turn CW on ball of R ft.
9-16 8 Åttetur steps in ring CCW.

II. STAR

- 1 Ftwrk is one Åttetur step, stepping onto L ft. W form a R hd star, M join on in peasant pos, his L hd placed low on L hip, fingers fwd. Hd hold at ctr of star: each W grasps thumb of W behind her with little and ring fingers while pointing own thumb fwd to W ahead.
2-8 Continue star with 7 more Åttetur steps.
9 Cpls wheel and M form L hd star with same hd grip. W, still in peasant pos, grasp hold skirt with R hd. Continue Åttetur step stepping onto L ft.
10-16 Continue star and Åttetur steps.

ATTETUR MED MYLNE (continued)

III. GRAND RIGHT AND LEFT

- 1 Slip from peasant pos, face ptr. Take R hd in R, begin Grand R & L, M progressing CCW. Attetur step with L ft.
- 2 Take next person's L hd in L and step onto R ft with Attetur step.
- 3-8 Continue Grand R & L with Attetur step.
- 9 Take R hd in R with this person (ptr if only 4 cpls dance) and turn 1/2 turn CW with Attetur step. M L hd low on L hip, W R hd holds skirt out.
- 10-16 Continue Grand R & L, M now progress CW. In meas 16 do not take hds with ptr, but stop and face ptr.

IV. GREETING AND WALTZ

- 1 W set L toe just behind R heel, bow head, hold skirt with both hds and sink down until L knee touches floor. Keep back vertical. M cross arms over chest and bow somewhat as W sinks.
- 2 W rises to standing pos and raises head. M straightens up.
- 3-14 Take shoulder waist pos and waltz beginning with M R, W L. Cpls slowly progress CCW along ring.
- 15-16 M place W to his R in ring, inside hds joined. M L hd low on hip, W R hd holding skirt. They greet each other with a slight bow and curtsy.

Dance repeats from beginning

Presented by Bruce Taylor