

Busserull

Busserull is a dance of fairly recent origin from upper Osterdal and Engerdal, and represents a translation of pols (especially Brekken type variants) into 2/4 time. The name is in part a play on words as it evokes the notion of rull as in Vossarull. However, a busserull is, in fact, a type of overshirt originally associated with workmen of this region, but now worn nationally by both sexes as informal dress. The dance is considered to be a gammaldans rather than as bygdedans although derived from pols. It is danced to hoppvals music which despite the name is in 2/4 and much like a polka or galopp.

MUSIC: 2/4 Any hoppvals ^{check - caps} from Trondelag. Some may be found on the records Glåmos Spelmanslag or Sven Nyhus's records Grovt og Grant, or Fel'klang frå Rørosvidden.

THE DANCE:

I. INTRODUCTION

The couple walks forward with the inside hands joined, the woman to the right and slightly behind the man. This is generally danced only a few measures and often skipped.

II. FIGURING

While continuing to walk CCW around the room, the man transfers the woman's left hand from his right hand to his left behind his back, leads the woman up beside him on the left and then under his left arm to his right without turning her. He then walks across in front of her to her right, and again leads her under his left arm to his right without turning her and takes her left wrist in his right hand to achieve pols escort position. In this position both continue to walk forward.

III. BAKMES

The man, at his discretion, leads the woman into a bakmes turn (CCW) by taking two walking steps in place while leading the woman to the inside of the circle facing backwards with two walking steps. The partners are now side by side with left hands around their partners waist and right hands on their partners left upper arm. In this position they turn once CCW each two measures with the following steps.

Man	Count 1	Step forward with the left foot.
	Count 2	Step right foot up to the left continuing CCW turn.
	Count 3	Step left behind right with slight plie.
	Count 4	Step right foot up to the left continuing the CCW turn.
Woman	Count 1	Step with left foot just behind right
	Count 2	Close right foot near left
	Count 3	Step on left approximately in place turning a little CCW.
	Count 4	Step forward with right foot.
	Count 1	Step forward with left foot.
	Count 2	Step forward and a little to the side with right.

This is danced as closely to the pols bakmes as the music permits.

Some women dance the mans bakmes starting on count 3.

To end the bakmes the man, at his discretion, slides his right hand down the woman's left arm to grasp her right hand, and while facing RLOD lifts her hand out and away from him to turn the woman about three times both using walking steps.

CCW,

(cont'd.)

Bussetull

IV. PROMENADE

The man stops the woman's turn by lowering her left arm and placing his right arm around the woman's waist. The woman places her left hand on the man's right shoulder, and the couple joins outside hands in front. In this position both walk forward.

V. PIVOT

Again at the man's discretion, he steps across in front of the woman and both turn together in closed position with pivot steps, one turn CW per measure.

After turning as long as desired, begin the dance over again either with the introduction of the figuring.

Remark: The dance works most easily if the man always walks with his left foot on count 1. For the woman it is easiest if she does the introduction with the left foot starting and the promenade with the right foot starting. However the dance is informal so the couple may fudge as needed.

Dance notes by Paul Klenbeck and Roo Lester, *slightly modified by Dean Linscott.*

Presented by Paul Klenbeck and Roo Lester at Scandia Festival 1984.