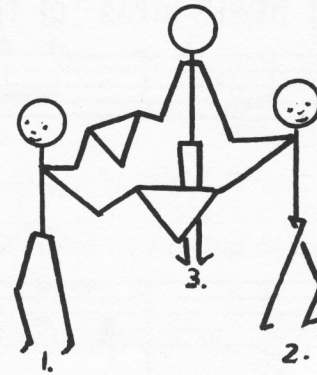


FJEL MARS MOUNTAIN MARCH (Norway)

Words by Helen Jill Fletcher

- Verse**
- 1 The Lord made the mountains, the beautiful mountains
 - 2 The Lord made the mountains for all to enjoy.
 - 3 A mountain's for hiking, a mountain's for scaling
 - 4 A mountain's for climbing by each girl and boy.
 - 5 Follow me, follow me, we must not stop. Won't you
 - 6 Follow me, follow me, right to the top?



Steps Run

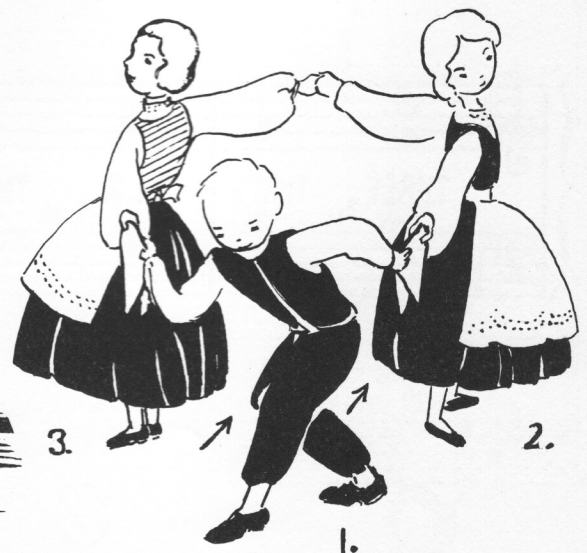
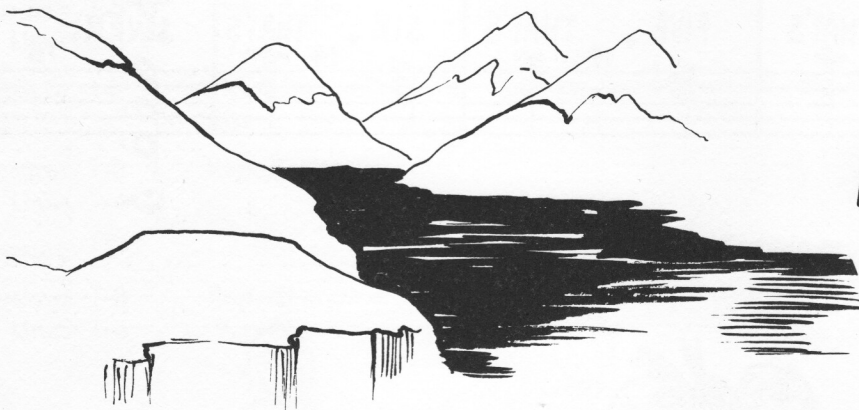
Opening Formation Circle of "threes" facing counterclockwise or in line formation facing front. The center dancer is Number One, with Number Two on the left, and Number Three on the right. Number One is the leader and holds a handkerchief in each hand. The leader stands in front and extends both arms backward. Those following grasp handkerchief in outside hands, inside hands joined, making a triangle.

Measures 1-16
Lines 1-4
Everybody sings. Beginning with the right foot, run forward, stamping on the first count of each measure, eight times and repeat. Dancers should bend in the direction of the moving foot.

Measures 17-24
Lines 5-6
Leader (Number One) stamps once and moves backward with six running steps under the arms of Number Two and Number Three. Number Two (on left) runs under Number One's right arm. Number Three (on right) turns around under Number One's right arm. Leader (Number One) turns under his own right arm.

Measures 17-24
Lines 5-6
Repeat.

Repeat dance from the beginning.



RECORDS: Folkraft #1177 Victor #20151 RCA Victor LPM #1622

Note: This dance represents a guide leading two climbers up and down a mountain. Children should take turns in the Number One position as the leader.

STAMP RUN STAMP RUN STAMP RUN STAMP RUN

THE LORD MADE THE MOUN-TAINS THE BEAU-TI-FUL MOUN-TAINS THE

1 2 3 4

(ETC.)

LORD MADE THE MOUN-TAINS FOR ALL TO EN-JOY A

5 6 7 8

MOUN-TAIN'S FOR HIK-ING A MOUN-TAIN'S FOR SCAL-ING A

9 10 11 12

MOUN-TAIN'S FOR CLIMB-ING BY EACH GIRL AND BOY

13 14 15 16

STAMP UNDER ARCH STAMP UNDER ARCH

FOL-LOW ME FOL-LOW ME WE MUST NOT STOP WON'T YOU

17 18 19 20

STAMP UNDER ARCH ORIGINAL POSITIONS

FOL-LOW ME FOL-LOW ME RIGHT TO THE TOP? D.C.

21 22 23 24