Oppdalsril

(NORWAY)

Oppdalsril (OHP-dahls-REEL), a dance for three people, comes from Oppdal in Sør-Trøndelag region of Norway. "Ril" translates to "reel" and such dances are considered to be quite old in Norway. Most often they are found along the southern coast of the country, but Oppdal is in central Norway. As in many threesome dances, the two women vie for the man's attention and are not particularly pleased with each other. Considerable play-acting among the three dancers is desirable - women always smile at the man, but frown, scowl, or make faces at the other woman, and the man divides his attention equally between the two women. Alix Cordray, resident of Oslo, Norway, presented the dance at the 1986 University of the Pacific Folk Dance Camp. The dance is described in <u>Norske Folkedansar</u> II, by Klara Semb, published by Noregs Boklag, Oslo 1975.

RECORD: EMI 038-1374731 (LP) Aage Grundstad's Norwegian Folk and Firgure Dances III.Side B/7. TD - 5 Norsk Grammofonkompani A/S Oslo, (45 rpm), 2/4 meter.

CASSETTE: EMI 238-1374734 - same as EMI record.

FORMATION: Circle of 1 M and 2 W at random in the room; hands joined at shldr level, elbows slightly bent. (May also be danced by 2 M and 1 W).

STEPS and   <u>Step-hop</u>: Step on indicated ft (ct 1); hop on same ft (ct &); repeat for cts   2,&
STYLING: with opp ft. The free ft is raised only slightly and is kept under the body.   Used throughout the dance with the exception of Fig III.

<u>Reel step</u>: Step on L behind R (ct 1); small hop (or chug) fwd on L (ct &); repeat with opp ftwk for cts 2,&. Dance in place with this step.

The dance is light, lively and playful.

MUSIC 2/4

PATTERN

Measures

2 meas   <u>INTRODUCTION.</u> no action

    I.   <u>CIRCLE LEFT AND RIGHT</u>

A   1-3   Facing slightly L and moving CW, dance 6 Step-hops, beg L.

     4   Face ctr and stamp L,R,L (cts 1,&,2).

   5-8   Repeat meas 1-4 with opp ftwk and direction. On meas 8, M (middle dancer)   release hands, turn ½ CW to face out and rejoin hands.

  II. <u>PULL WOMEN THROUGH ARCHES</u>

       Described action takes 8 Step-hops. Keep all hands joined at shldr level.

       All beg L. M raise L. arm, turn slightly to R and back under arch just made. pulling W on R through after him. That W raise R arm, turn to L and back under arch just made. pulling last W through both arches. Last W move straight through the arches and then turn L to face ctr. On last 2 Step-hops M turn to face out (starting pos).

   5-8   Repeat meas 1-4.

continued--.

III. FIGURERING

Release hands, M turn ¼ R to face W on his R (orig'L hand W), and the three dancers form a straight line. Other W face M back.

B   1   M: Cross arms in front of chest. Bend knees and leap onto L ft extending R ft fwd, parallel and close to floor (ct 1); change ft, leaping onto R ft and extending L (ct 2). W: Place hands on hips, thumbs fwd, fingers bkwd. W facing M dance 2 Reel steps, beg by stepping on L behind R. Other W may pout, frown, turn her back to M and look unhappy but does no ftwk.

2-4   Repeat meas 1 three more times (4 in all).

5-8   M turn ½ to L to face other W. Repeat meas 1-4 with roles of the 2 W reversed.

NOTE: If danced by 1 W and 2 M, W still dance Reel steps and M dance as described in meas 1.

IV. CHAIN

All place free hands on hips with thumbs fwd, fingers bkwd.

B   1-2   M link R elbows with W he is now facing (the one he danced with last in Fig III). Beg L, dance 4 Step-hops turning CW. The other W waits without dancing.

3-4   M leave W in her place, dance over to other W, link L elbows and turn CCW with 4 Step-hops. The other W waits without dancing.

5-8   Repeat meas 1-4, alternating W. At end rejoing hands in circle of 3 all facing in to beg dance again. The W should not have changed places.

REPEAT DANCE FROM BEGINNING. The 2nd time through the dance, an elbow grip is used in Fig IV: Hold upper arm relatively vertical and grasp the other person's just above the elbow.

NOTE: If using the TD record which has 3 repeats, the elbow grip is used in Fig IV and 2nd and 4th times through the dance.

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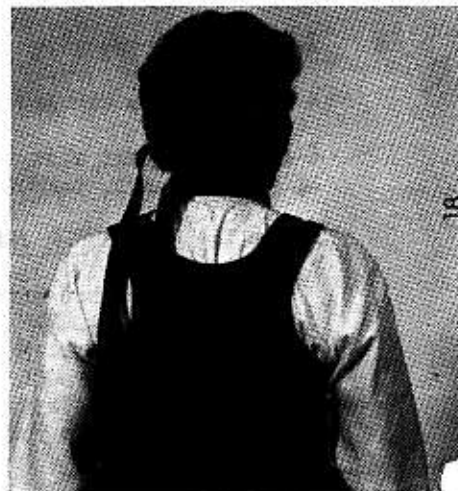
Woman's Bodice and Vest
from East Telemark, Norway