

SONG DANCES
(Norway)

Song dances are popular among the folk dance groups of the Norwegian Youth League. They are usually danced without any musical accompaniment. You are encouraged to learn the melody and words--and to dispense with the recorded music. In song dances it is common to "act out" the text with facial expressions, stamps, etc., so it is helpful to know what the words mean.

- Source: Klara Semb, Norske Folkedansar I and II, Oslo 1956 for "Hei huskom i hei."
Egil Bakka, Danse Danse Lett Ut På Foten, Noregs Boklag, Oslo 1970 for "Ro fjorden" and "Opp i Hallingdal."
- Music: Sogn og Fjordaneringen, Leik og Dans, cassette, Oslo 1984.
- Formation: Cpls in a circle, W on M R. Face ctr. Hold hands at shldr level. Put your R hand over your neighbor's L and clasp palm-to-palm.
- Attersteg: Attersteg is the basic step used in these three dances. Step on L to L (ct 1); step on R beside L (ct 2); step on L to L (ct 3), place ball of R ft on ground beside L (ct 4); step on R in place (ct 5); place ball of L ft on ground beside R (ct 6). It is customary to face your ptr slightly on cts 3-4 and your corner on cts 5-6. The joined hands move slightly away from ctr when necessary to make this easier.
- Characteristics: Song dances should have quite a lot of up-and-down movement. Knees and ankles should both be working. Step onto toe, lower wt, then raise it again. Dance "over the top" instead of sneaking in "from underneath."

RO FJORDEN Meter: 12 meas of 3/8 plus 8 meas of 2/4

Ro fjorden, spring kroken, smett under den buska, lat ingen det sjå
I Geitebuknatten der gjeter eg fe, der finner du meg.

Kor tru det no ber til han kjem inkje no!
Det er no så skodda han ser inkje ro.
Kjem han inkj' i kveld, så kjem han vel lell,
Kjem han inkj' i natt, så kjem han alder att.

Rough translation

Row on the fjord, run around the curve, duck under the bush, let
no one see it!

In Geitebuknatten (in the mountains) I tend the cattle, that's
where you'll find me.

Why do you think he hasn't come yet?

It's so foggy he can't see enough to row.

If he doesn't come this evening, then he'll probably still come.

If he doesn't come during the night, he'll never come back.

SONG DANCES (Continued) RO FJORDEN

<u>Meas</u>	<u>Pattern</u>
(3/8 meter)	
1-2	Start facing ptr with hands at sides. Start with L ft and run 6 steps fwd, making a circle around ptr CW. Try to face ptr more-or-less. End facing corner. In each meas: run on flat ft (ct 1); run on ball of ft (ct 2); run on flat ft (ct 3).
3-4	Start with L ft and run 6 steps fwd, making a circle around corner CCW. End facing ptr.
5	Start with L ft and run 3 steps fwd around ptr.
6	On ct 1, close R to L ft. W should turn the "long way" into place (around to her R).
7	Join hands as for attersteg and do one slengsteg to L: (step on L to L (ct 1); raise wt onto ball of L ft, swinging R leg slightly fwd until straight (ct 2); lower wt on L ft (ct 3).
8-11	Do 4 more slengsteg: R,L,R,L.
12	Close R to L ft and lower wt on both ft.
(2/4 meter)	
13-18	Dance 2 attersteg.
19-20	Dance 3 cts of attersteg. On last ct, close R to L ft and lower wt on both ft.

HEI HUSKOM I HEI Meter: 2/4

Hei huskom i hei, sa hallingen, eg ruggar meg sjøl i kvellingen.
Med hamar og tong, sa moingen. Kok velling på graut, sa
sigdølingen.

Så leþjar eg med, sa kryllingen.

Kor var du i natt? sa jonsingen, Av og kjøpte meg ein katt,
sa tentingen.

Hot ville du med den? sa jonsingen. Eg kjøpt'n for min venn,
sa tentingen.

Eg knøpt'n for min venn, sa tentingen.

Kor lever han Jo med båten sin? Han ligg utpå havet og fiskar
sild,

Og får han ikkje sild, så et han kling. Å silda var sur, sa
hallingen.

Å du talar som ein tjuv, sa noringen.

Flink kjerring hev eg, sa Husåsen. To slike hev eg, sa Luråsen.
Hot vi' du ha for ei, sa Husåsen. Ei alen med tobakk, sa Luråsen
Det va' gampe ver, sa Husåsen.

Rough Translation (This song is very difficult to translate because it is based on peculiarities in various regional dialects. Hal-lingdal, Lurås, etc. are names of places. Place names followed by a question mark are guesses.)

Hooray, what a hullabaloo, said the Hallingdal man. I rock myself
back and forth in the evening.

With a hammer and tongs, said the Mo man. Make soup from the
porridge, said the Sigdal man.

Then I'll slurp along too, said the Krødsherrad (?) man.

Where were you during the night? said the Jondal man. Out to buy
myself a cat, said the Tent (?) man.

What did you want with it? said the Jondal man. I bought it for
my friend, said the Tent man.

SONG DANCES (Continued) HEI HUSKOM I HEI

Where does Jo live with his boat? He's out on the sea fishing for herring.
 If he doesn't get any herring, he eats bread. Oh, the herring was sour, said the Hallingdal man.
 Oh, you talk like a thief, said the man from the north.
 I have an able wife, said the Husås man. I have two of those, said the Lurås man.
 How much do you want for one, said the Husås man. Two feet of tobacco, said the Lurås man.
 That was worth a horse, said the Husås man.

MeasPattern

- Intro Face RLOD. W is behind and slightly to R of M. M holds W L hand in his R. Free hands hang. On the first "hei", step fwd on R ft.
- 1 Dance a L byttomfot step (change-of-step): step fwd on L ft (ct 1); step on ball of R ft beside or slightly in front of L (ct &); step fwd on L ft (ct 2). M dances straight fwd while he turns W once to her R under joined hands.
 - 2 Walk 2 steps fwd R,L (cts 1,2).
 - 3 Dance a R byttomfot step (see meas 1). M turns once to his own L under the joined hands.
 - 4 Walk 2 steps fwd L,R (cts 1,2).
 - 5-10 Dance 2 attersteg.
- Between verses, there is an extra ct. Face RLOD, step fwd on L ft lowering hands. Next verse begins with the introduction.

OPP I HALLINGDAL Meter: 8 meas of 6/8 plus 7 meas of 2/4

Å hadde eg meg ei fingerbør malt og dertil eit nataskal humle,
 då sille eg bryggje det ølet så sterkt at femten man sille tumble.

Opp i Hallingdal, opp i Triumslått,
 der bur ein mann som vil gjera godt
 med surt øl og med røyka kjøt
 om han hev det.

Å hadde eg meg eit pannkak-lass og det var klingande føre
 så sille eg reise til Hallingdal og spenne sju kjeringar fyre.

Rough Translation

Oh, if I had a thimblefull of malt and also a nutshell of hops,
 Then I would brew the beer so strong that 15 men would topple.

Up in Hallingdal, up in Triumslått,
 There lives a man who wants to make a good impression
 with sour beer and smoked meat
 if he had any.

Oh, if I had a heap of pancakes, and the roads conditions were
 good and slick (in winter)
 Then I would travel to Hallingdal, and hitch up 7 women in front
 (of the sleigh).

SONG DANCES (Continued) OPP I HALLINGDAL

<u>Meas</u> (6/8 meter)	<u>Pattern</u>
1-8	Dance 2 attersteg and 3 cts of the third. On the last ct, close R to L ft and lower wt on both ft. The "cts" of the attersteg fall on beats 1 and 4 of each meas.
(2/4 meter)	
9	Release hands and face corner. M walks fwd L,R (cts 1,2). W walks bkwd 2 steps beg on R ft.
10	Dance a change-of-step. M steps fwd on L ft (ct 1); step on ball of R ft beside L (ct &); step fwd on L ft (ct 2). W dances bkwd starting on R ft. At end, turn to face ptr: M turn to his R, W turn to her L.
11-12	Repeat meas 9-10, except M dances bkwd starting on R ft and W dances fwd starting on L ft. Turn to face corner at end: M turn to his L, W turn to her R.
13-14	Repeat meas 9-10. Stay facing corner at end.
15	Turning to face ctr, take one step moving slightly RLOD. M steps on R, W on L (ct 1); close free ft to end with wt on both ft (ct 2).