

SEKSMANNSRIL (SIXSOME REEL)
(Norway)

The Seksmannsril (sex-mahns-reel) is a six person reel from Norway, from the Asker region. Any repertoire of Norwegian folk dances would be incomplete without this sprightly Reel for Six, or Sixsome Reel. The most common melody used is one well-known to Britishers and to American square dancers, for it is a variant of Soldiers Joy. There are other Norwegian melodies used for the dance, too, such as those recorded by the Norse Folkdance Ensemble. Norwegian dance instructors point out that "the reel is a gay dance and must be danced quickly and with abandon." Stamps and handclaps should be precise. It is typical to shout a short "hey!" upon making each turn in the dance.

Source: As learned and danced in Norway in 1951 by Gordon E. Tracie, and taught at Skandia Folkdance Club, Seattle. Described in "Norske Folkedansar," Oslo, 1956.

Record: Aqua Viking V300A

Formation: Three cpls in a ring, W on M R. Beg with hands joined, slightly above shoulder level, M hands stretched twd ctr of circle, W putting their hands into them from the outside, ft are in direction of movement, body facing ctr of circle.

Steps: Small, loping step-hops.

Styling: Sprightly and with abandon.

Measures
(2/4)

Pattern

I.

a. Ring:

1 - 7 Hands in ring formation, beg on L ft, 14 step-hops to the L (CW).

8 Stop with 3 stamps (L R L) turning CCW on final stamp.

1 - 7 Beg with R ft, 14 step-hops to the R (CCW).

8 Stop with 3 stamps (R L R) turning on R ft on final stamp, at the same time clapping hands once, and joining both hands with ptr, arms outstretched with outside arms lifted so they are higher than inside arms, body leaning in twd ctr of circle.

b. Two-hand Hold:

9 - 15 All beg on L ft, M dancing fwd, W bwd, in LOD, with 14 step-hops. M should direct his ptr so she does not dance against the person behind her.

16 Ptrs turn on R ft with handclap, to face corner, and join hands with this person in the same manner as above, again leaning inward.

17 - 23 Beg on L ft, all continue in original LOD (this time M bwd,

continued...

SEKSMANNRIL (SIXSOME REEL) (CONT.)

<u>Measures</u>	<u>Pattern</u>
	W fwd) with 14 more step-hops, the W directing.
24	All clap hands again and turn on R ft to face ptr once more. c. <u>Chain:</u>
25 - 32	Beg on L ft, and R hand first to ptr, all dance a full grand right and left around the ring, continuing upon meeting ptr the 1st time, and stopping the 2nd time, to rejoin hands in a ring, as in (a) Fig I above.
	II.
	a. <u>Ring:</u>
1 - 8	As in Fig I (a) the same except that at the end of last
1 - 8	meas, after turn to face ptr, cpl does not join hands.
	b. <u>Hand-clapping:</u>
9 - 24	As in Fig I (b) except that instead of holding hands, ptrs clap hands with "brush" handclap, 1 clap to each step. M dance fwd first, all turn, then W dance fwd.
	c. <u>Chain:</u>
25 - 32	Repeat the action exactly as in Fig I (c).

Repeat the entire dance from the beg.

Presented by: Gordon E. Tracie