

Overview
Telespringar from Heddal

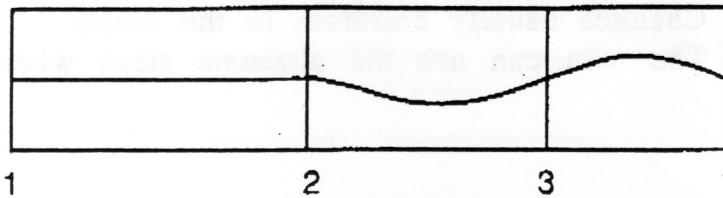
Recorded music- Spel til Dans, Knut Buen. cassette

The name of the cassette means music for dancing. It is the only recorded music from Telemark that was made for dancing. It has a clear rhythm and foot tramping marking the beats for dancing.

Formation- W begins on M's R
Couples progress CCW around the room

Music- 3/4, asymmetrical 3/4; 1. long, 2. medium, 3. short.

Svikt- Up down character. 1. level, 2. down, 3. up.



COUNTS

	1	2	3
rhythm	long	medium	short
texture	heavy	heavier	light
step size	normal	normal	shorter
part of foot	heel to whole foot	heel to whole foot	ball
svikt	level	down	up

Overview of figures

1. Turn W, front basket, arm krok
2. Turn W, L forearm, arm krok
3. Turn W with R, turn W with L, laus dans, L forearm, arm krok
4. Turn W, pancakes, arm krok.

Notes

1. The dancers can begin with either foot.
2. One takes a step on each of the three beats in the basic step.
3. The down movement on count two begins by first stepping on count two and as one transfers the weight to the foot one also bends slightly in the knee. The woman's movement is more subtle than the man's.
4. The upward movement on count three is accomplished by stepping on the ball of the foot and transferring one's weight up and forward as one takes weight. In this manner the body continues its forward motion. One then almost falls forward for the next step (count one).
5. Use the marking to indicate changes, especially leading into arm krok.
6. The dance can begin with any figure.
7. The amount of time used for the various elements of the dance and the number of turns is individual.
8. Changes usually correlate to the music.
9. The men can use the alternate steps when appropriate.

This is a skeleton or framework of the dance. One creates each dance and may add what may be referred to as roses, or embellishments to suit the mood, music, partner etc.

I hope that you will enjoy this introduction to Telespringar and will have the opportunity to learn more of and about the music and dance of Telemark.

Roo Lester