

TRA-LA-LA JA SAA (Norway)

Most of the Norwegian folk dances are danced to the accompaniment of the dancers' singing rather than musical instruments. This Norwegian-Swedish song-dance can almost be called American because it is popular throughout the United States. It is a good dance for parties, especially as a "mixer." Since the singing of the dancers is important to the fun of the dance, it is a good plan to have them learn the song first, with the record as accompaniment. The words are:

"I am waiting, I am hoping
That someone will join me in the
ring.
Oh won't you come and be my
partner,
While the other people clap and
sing.

"Tra-la-la-la, Ja Saa; Tra-la-la-la,
Ja Saa.
Won't you come and dance the
way that I do
Or must I reverse and go with
you."

OPENING FORMATION: Single circle,
with one person in the center.

PART 1: The person in the center
walks counterclockwise within the
circle and sings:

"I am waiting, I am hoping,
That someone will join me in the
ring."

PART 2: He (she) then selects some-
one from the circle to come to the
center, at the same time singing:

"Oh won't you come and be my
partner
While the other people clap and
sing."

PART 3: All turn around in place
with 3 steps. Sing "Tra-la-la-la,
Ja Saa," stamping on the word "Ja,"
and clapping own hands on the word
"Saa." Repeat the turn, the stamp,
the clap, and sing "Tra-la-la-la, Ja
Saa" again.

PART 4: The couple in the center
hooks right elbows, walks around,
singing:

"Won't you come and dance the
way that I do."

They hook *left* elbows and walk in
the opposite direction, singing:

"Or must I reverse and go with
you."

Now each person in the center looks
for a new partner, until everyone in
the circle has been invited to the
center.

NOTE: If the circle is a big one, the
dance can start with several people
in the middle. In **PART 1**, dancers
may circle to the left while they sing
the first two lines of the song, instead
of standing still.

