

Komletrø

(Norway)

This is a very simple mixer that can be done to any masurka with regular phrasing. "Komle" is a dialect word for a large potato dumpling, while "trø" means step. My source is Torleiv Molaug of Stavanger, a specialist in simple social dances for groups without much dance experience.

Pronunciation: KOOM-leh-truh

Music: Any squarely phrased masurka, preferably a fast one.
Cassette "Dans Norsk" Heilo PAK 1004 Side A/1.

Formation: Couples facing LOD. Promenade position, M R arm on top. The man leads by pulling and pushing slightly with his R arm. Arms should be slightly bent at the elbow.

Steps: Light, springy running steps. There is one step on each beat.

<u>Meas</u>	<u>Pattern</u>
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Introduction. None or wait 16 meas.

1-4	Run 12 steps fwd. Usually, the M starts with L and the W with R, but which foot they start with is not important.
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5-8	Run 12 steps bkwd.
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9-10	Rotating CW, M fwd and W bkwd, run 6 steps. To turn quickly, face ptr slightly and "lock" arms at the elbows. With slightly bent arms, the M pulls a little with his L hand and presses his R arm (just above the elbow) against the W's bent L elbow.
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11-12	Rotating CCW, M bkwd and W fwd, run 6 steps.
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13-14	Release L hands. M turns W to her own R twice under the joined R hands. They both run 6 steps, M in place, W turning in place. M faces LOD, and the W is to his R and slightly in front of him.
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15-16	W run 6 steps in place. M clap on ct 1 of meas 15, run fwd 3 steps turning once to L at the same time. Then run 3 steps fwd to next W. Join hands in promenade position. Usually, the couple joins R hands first, then L hands under.
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Presented by Alix Cordray