

Kørsdans (Norway)

This dance belongs to a family of dances known in Scandinavia and in the British Isles. In the British Isles, it is usually danced over a sword and its sheath in a cross; the most famous example is the Scottish Highland Sword Dance. The Scandinavian examples tend to be simpler, and may be danced over two sticks, spears, or rye straws laid in a cross on the floor. The Norwegian version is from Grue in Finnskog.

In many versions, the dance is competitive. The music plays faster and faster, and the object is to not disturb the cross. If you kick the cross, you must leave the dance - or perhaps give something to all the other dancers.

Recordings: Norwegian Folk and Figure Dances, no. 4, EMI 1375254.

Meter: 2/4

Formation: Stand in front of the cross on the floor. The square facing you is called A, in front of you B, in front and to your right C, and directly to your right D. One, two or four dancers can dance in the same cross. Stand outside your own A square. (If there are several dancers, you can also begin in a canon, one behind the other. Start every two counts).

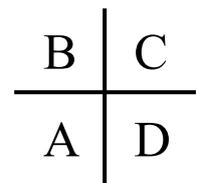
If two dancers are in the same cross, they start opposite one another. They can hold hands, or dance alone. If there are four dancers, they can hold hands with the person opposite.

If a M dances alone, he lifts his arms to shoulder height and bends his elbows at about right angles. A W can hold her arms as a M or hold her skirt with both hands.

Steps:

Ct	<u>Movement</u>
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| 1 | Step on R in square A. |
| 2 | Hop on R and touch L toe across R into square D. |
| a | Leap onto L toe in square A. |
| 3 | Step on R ft across L in square B. |
| 4 | Hop on R and touch L toe across R into square A. |
| a | Leap onto L toe in square B. |
| | Repeat the 2 cts 3-4 round and round. |



This is all that the official Norwegian description consists of. It is possible to vary by changing direction at each phrase. To change directions, touch L beside R on last ct. Then step on L crossing over R into the square on the R. Hop and touch R across. (This is cts 3-4 above with opp direction and ftwk). To change back, touch R beside L on last ct. Then repeat cts 3-4 above.

Alix Cordray has learned some variations from right across the border in Sweden and put them together to make a sequence. Here it is.

Meas Movement

Fig 1 Basic CW

- 1-8 Dance the basic step as above. You end standing in square D on R ft, with L toe touching across in square C. (Don't do the last "a" ct.)

Fig 2 CCW

- 9 Jump on both, or leap on L in square D (ct 1). Touch R toe fwd into square A (ct 2). Leap onto R beside L (ct a).
- 10 Leap onto L across R in square C (ct 1). Touch R toe fwd into square B (ct 2).
- 11 Jump on both, or leap on R in square C (ct 1), turning to face square D. Touch L fwd into square D (ct 2). You have now progressed one square around CCW.
- 12-14 Repeat meas 9-11 in the next square around.
- 15-16 Repeat meas 9-10, having progressed two squares CW. You end in square A, touching L toe fwd into square D.

Fig III CW

- 17-24 Repeat meas 9-16 with opp direction and ftwk. Start by leaping onto R in square A (ct 1), touch L fwd (ct 2). On the last 2 cts, end by stepping on R in square D (ct 1), step on L beside R (ct 2).

To start over, leap onto R in square A (ct 1).

In this dance, all the touches are accompanied by hops.

Presented by Alix Cordray