

Lystig og kåt (Norway)

Lystig og kåt (wild and merry) is the name of a springar tune often used for Vestlandsspringar. Vestlandsspringar is an arrangement of western springars created around 1900. It was widely danced for many years, but in recent years local springar variations have become more popular. You can see a teaching video of Alix dancing it with her longtime partner Bjørn Ove Opheim on YouTube: <https://www.youtube.com/watch?v=pxB-tISQMMk>.

This dance was created during the corona epidemic as a way to practice some of the steps. It starts with the opening men's steps and adds the turn at the end.

Music: 3/4

Recordings: *Lystig og kåt* played by the *Hesjevoll* family on the *Jostedal'n* album.

Formation: Stand by yourself, facing CCW around the room.

Steps: *Basic springar step*: Small hop on R before ct 1, landing either on L or on both (ct 1), run fwd on R (ct 2), run fwd on L (ct 3). Repeats with opp fwk. There are 3 bounces per measure, the first count is usually accented slightly. If you prefer to do the W step, you can omit the hop ornament and simply run one step pr meas.
M turn: Step fwd R in LOD (ct 1), step in LOD on L while turning to face out (ct 2), place R beside L while turning to face in (ct 3). There is one CW turn pr meas while traveling in LOD.

Meas Movement

- 1-3 Starting with L ft, dance 3 basic springar steps fwd.
- 4 Dance one basic springar step on R, turning to face ctr.
- 5-7 Dance three basic springar steps turning 1 ½ CCW and progressing in LOD.
This is ½ turn pr meas. (In the couple dance, this is where the M turns in front of the W, changing hands each meas.)
- 8 Turning to face LOD, one basic springar step on R moving fwd.
- 9-10 Do 3 step-hops: step fwd with an accent (ct 1), hop (ct 2), step fwd on R (ct 3), hop turning ½ CW (ct 4), step on L beside R (ct 5), hop (ct 6). Dividing two meas into 3 times 2 cts (instead of 2 times 3 cts) is often used in the lausdans (the part of the dance where you are not holding on to your ptr).
- 11-12 Moving bkwd in LOD, two basic springar steps. You can do a step variation called "svikte bort" – hop on R touching L toe behind R ft (ct 1), hop on R lifting L ft by bending at knee (ct 2), leap onto L (ct 3). Repeat with opp ft.
- 13-15 Turning to face LOD, do three turns R-L-both.
- 16 Face LOD and do one small basic step. (Alternatively, you can do one more turn, but you must then transfer wt to your R on ct 3.)