

## Seksmannsril

This is one of the most popular dances of the ril family. It is usually done to a Soldier's Joy melody, although any ril melody will do. It is customary to make the music fit the dance (the last phrase is played only once), although this was probably not done in traditional settings.

Source: Klara Semb, Norske Folkedansar - Turdansar, Oslo 1991.

Music: Special melody, printed in Norske Folkedansar.  
Aage Grundstad, Norske tur- og folkedanser 1, EMI 7243 852060 2 3 CD or cassette.  
Camp CD with Fanteladdane.

Formation: Three couples in a circle, W on M's R.

Steps: Step-hop (cts 1-2). It is considered good style to do the step-hops in an even, undotted rhythm. Also, you should "sit low", hold your buttocks muscles, and put one foot directly in front of the other. This imitates the style found on older films.

Phrasing: Each phrase has 14 step-hops (7 meas) plus 3 stamps, alternating ft (meas 8).

### Meas Pattern

1-8 Circle L. Dance one phrase to L starting on L ft.

9-16 Circle R. Dance one phrase to R starting on R ft.

17-24 Dance one phrase of airplane figure with ptr. Clap on 1st count. Face ptr, join both hands, and extend hands to side, inner hands somewhat lower than outer hands. M dances fwd and steers, W dances bkwd.

25-32 Dance one phrase of airplane figure with corner. To start, turn preferably to L, clap on 1st count. W dances fwd steering, M dances bkwd.

33-40 Chain. To start, turn preferably to L, clap on 1st count. Chain (or grand-right-and-left) starting R hand to ptr. Pass ptr once. Stop in front of ptr when you meet the 2nd time.

When the dance repeats, meas 17-23 and 25-31 are danced with a clap on each step (2 per meas). Note that there are no claps in meas 24 and 32.

### Simplifications

(In these simplifications, you can use the 3 stamps at the end of each phrase if you like, but it's not necessary.)

Version 1 (simpler). Leave out the chain. Dance two hands round with ptr, 8 step hops CW and 8 CCW. Alternatively, use R elbows and L elbows. Even simpler, dance only one direction.

Version 2 (simplest). Dance round with ptr in meas 17-32. Dance two hands round with ptr, 16 step hops CW and 16 CCW. Alternatively, use R elbows and L elbows. After this, in meas 33-40, dance twd center (8 step-hops) and back again (8 step-hops).

Version 3 (simpler than simplest). For very young children, do the same as version 2, but replace the step-hops with slides, and gallop into the center and back.

*Presented by Alix Cordray*