

Simple parhalling

Halling is one of the 5 forms of bygdedans, often performed as a solo acrobatic dance for men. However, there are many references to couple halling (parhalling) all around Norway, and a few dances that have been reconstructed.

In Norway, the parhalling from Dalsfjord has been taught widely. This presentation is a simple version of that dance (but it contains all the important elements).

In a parhalling, enjoying yourself and communicating with your partner are paramount. The dance does not have to be complex, nor are acrobatics required.

Music: Any halling

Meter: 2/4

Formation: Couples facing LOD joining nearer hands. Free hands hang at sides.

Steps: Walking, heel first, usually with exaggerated svikt, accenting the down part.

Part Pattern

- 1 Walk forward together in LOD. It doesn't matter which foot you start on, or whether you are on the same or opposite foot from your partner.
- 2 M turns to face the outside of the circle, and dances sideways to his L, showing off for the W. She continues to dance straight fwd. He may leap or just walk – L to L (ct 1), and R over or behind L (ct 2). (Backwards to the music is ok, too.)
- 3 Let go of partner for a *lausdans*. M dances backward in LOD, W follows him going forward. Man performs for W – he can clap, squat, slap his heels, snap his fingers. W can imitate his steps, or turn once or twice around. She should keep enough distance from M so that he has room to perform his "tricks".
- 4 M slows down, allowing W to get closer. He may take a few side-steps twd center and back (she follows). He then takes W in a closed hold – R hip to R hip, R arm around ptrs waist and L on ptrs upper R arm. Walk forward around each other, staying on the spot.

Generally, the parts are done in this sequence. In tradition, each part would be done for quite a short time, only a few measures.

Variation: Change partners by turning around during the *lausdans*, so that the next sequence, starting with part 4, is with the next partner. It is simplest to follow a leader to decide when to change. However, if your new partner is not ready, just dance alone until he/she becomes ready.