

Tridans fra Meråker

This dance for three people is very popular in Norwegian folk dance groups. It is usually danced to Rørospols music, with steps from that dance. The dance is described in the Norwegian dance "bible": Klara Semb, Norske Folkedansar, Turdansar, Oslo 1991. ISBN 82-521.3657-5. It has also appeared in earlier editions of the book, having been collected by Klara Semb in the 1920s.

Music: Any Rørospols.

Meter: 3/4.

Formation: Three people in lines, arranged around the room like spokes of a wheel. Usually two people of the same sex, one of the other. For simplicity, I describe it with 1 M and 2 W, but the opposite works just as well. In fact, any combination of sexes is fine.

The two W join L hands, the inside W facing RLOD and the outside W facing LOD. The M is all the way on the outside and joins hands with the outside W, her R in his L. Free hand hangs at side.

Steps: Basic: Step fwd on L (ct 1), dip slightly (ct 2), step fwd on R (ct 3). Step repeats on same ft.

Quick: Small step fwd on L toe (ct 1), step fwd R continuing downward motions (ct 2), step fwd on L (ct 3). Cue: "down", "down", "forward".

Part Movement

I *2 W turn*

Everyone keeps holding the same hands. The 2 W turn once CW, ending where they started. The inside W backs under the arch made by M and other W. She draws the other W under the arch after her.

II *M move to the other side*

The M lets go. He dances in front of the W beside him, under the arch made by the two W, and turns CW to face the same direction as the inside W. He then joins hands with her, her R in his L. He is now the innermost person (nearest the center of the room).

III *2 W turn*

The two W again make one full turn CW. The outside W begins by backing under the arch made by man and other W. She draws the other W under the arch after her.

IV *M return to original position*

The M lets go. He dances in front of the W beside him, under the arch made by the two W, and turns CW to face the same direction as the outside W. Now the entire set is in the original starting position.

There is no absolute number of measures for the various moves. However, the moves should follow one another continuously, so that the dance looks like a writhing snake. It should flow from one part to the next without marked transitions. It usually takes about 8 meas to complete the whole dance.

The dance moves continuously in LOD. All dancers do the basic step most of the time. The quick variation may be used as desired, especially by the M when changing sides. The innermost W dances bkwd almost all the time, the middle W dances fwd almost all the time, while the M changes from one to the other. The person who is backing up under the arch should back up, not turn to dance fwd.

The innermost person must work to keep the set aligned as a spoke from the center of the room. The two W do a complete turn each time they turn together – and end where they began (except that they have progressed around the room).

Presented by Alix Cordray and Bjørn Ove Opheim