

## Alle mann hadde fota

This is a well known children's song, collected by Lindemann around 1850. Songs about wives who make new body parts for their husbands are found in many parts of Norway, as well as Sweden and Denmark. Klara Semb created two different dances to this melody, this the first one.

- Source: Klara Semb, Norske Folkedansar – Songdansar, Noregs Boklag 1991, ISBN 82-521-2621-9.
- Music: 3/4. The dancers sing, see sheet music below.
- Formation: A circle of people couples with the "heavy" hand hold.
- Steps: Kvilesteg: step fwd on L (ct 1), step on R beside L (ct 2), step fwd on L (ct 3), lift on L (ct 4), step fwd on R (ct 5), lift on R (ct 6).  
Byttomfot: Step fwd on L (ct 1), step on R slightly past L (ct 2), step fwd on L (ct 3).

### Meas Pattern

- 1-8 All dance 4 kvilesteg fwd in the circle (moving CW).
- 9-12 Let joined hands hang down. Dance 3 byttomfotsteg fwd in the circle. On meas 12, step fwd on R (ct 1), close L to R (ct 2).
- 13-14 Face ptr and hold both hands. W bend knees sharply (ct 1), M bends knees (ct 2), W (ct 3), M (ct 4), W (ct 5), M (ct 6).
- 15-16 Do a pancake turn ("wring out the dishrag") twd the outside of the circle. Use 1 byttomfot in meas 15. In meas 16, step on ct 1 and close on ct 2.

To repeat, join in circle again with heavy handhold.

The three verses below are in the instruction book, but it is fun to make up new verses for different body parts. Thus, you may hear many different verses. For example, you could make a head out of a chest-of-drawers ("kommode-hode") or ears out of string ("snøre-øre").

*Presented by Mari Nustad*

# ALLE MANN HADDE FOTA

Al-le mann had-de fo-ta, min mann had-de in-gen,  
 tok je mei bjør-ke-ro-ta, gjor-de min mann fo-ta.  
 Min mann dan-sa fram, fot i ho-sa had-de han,  
 lik-så-vel som ein an-na mann. Al-le mann had-de fo-ta.

*Dansemåte I: (VS HSVS) (HS VSHS) (VS HS VS) H-sluttsteg*  
*Dansemåte II: (VS HSVS) H-appell V-appell (VS HS VS) H-appell V-appell*

*knesvikt: J. G. J. G. (VS HS VS) H-sluttsteg*  
*(<sup>n</sup>BS<sup>n</sup> HS<sup>n</sup>-s<sup>n</sup>) (BS<sup>n</sup> HS<sup>n</sup>s<sup>n</sup>) (BS<sup>n</sup> HS<sup>n</sup>-s<sup>n</sup>) VS H-sluttsteg*

Alle mann hadde fota,  
 Min mann hadde ingen,  
 tok je mei bjørkerota,  
 gjorde min mann fota.  
 Min mann dansa fram,  
 fot i hosa hadde han,  
 liksåvel som en annen mann,  
 Alle mann hadde fota.

Alle mann hadde arma,  
 Min mann hadde ingen,  
 tok je mei et par tarma,  
 gjorde min mann arma.  
 Min mann dansa fram,  
 tarme-arma hadde han,  
 liksåvel som en annen mann,  
 Alle mann hadde arma.

Alle mann hadde aua,  
 Min mann hadde ingen,  
 tok je mei et par saua,  
 gjorde min mann aua.  
 Min mann dansa fram,  
 saue-aua hadde han,  
 liksåvel som en annen mann,  
 Alle mann hadde aua.

All men have feet,  
 My husband had none,  
 I took some birch root,  
 And made feet for him.  
 My husband dances on,  
 With feet in his socks,  
 Just like any other man,  
 All men have feet.

All men have arms,  
 My husband had none,  
 I took a couple of guts,  
 And made arms for him.  
 My husband dances on,  
 he has gut-arms,  
 Just like any other man,  
 All men have arms.

All men have eyes,  
 My husband had none,  
 I took a couple of sheep,  
 And made eyes for him.  
 My husband dances on,  
 he has sheep-eyes,  
 Just like any other man,  
 All men have eyes.