

## Mellom bakkar og berg / Between hills and mountains

Text by Ivar Aasen

Tune by L. M. Lindeman

Song translation by Helen Shaw

Presented by Dagfinn Aa and Marit Loen



Mel - lom bak - kar og berg ut med ha - vet he - ve nor - mann - en fen - ge sin  
 Be - tween the hills and moun - tains by the sea where the Nor - we - gian has made his

1 2\_\_\_\_\_ 3 4\_\_\_\_\_ 56 1 2\_\_\_\_\_ 3 4\_\_\_\_\_ 5 6\_\_\_\_\_



heim, der han sjølv he - ve tuf - te - ne gra - ve og sett sjølv si - ne hus\_\_ op - på deim.  
 home, there he has dug the foun - da - tions him - self and built his own\_\_ house up - on them.

123 4\_\_\_\_\_ 5 6\_\_\_\_\_ 1 2\_\_\_\_\_ 34 5 6\_\_\_\_\_ (LS RS\_\_ LS\_\_ s)\_\_\_\_ (RSLSRSS)

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|--|--|
| <p>1 <i>Mellom bakkar og berg ut med havet<br/>             heve nordmannen fenge sin heim,<br/>             der han sjølv heve tuftene grave,<br/>             og sett sjølv sine hus oppå deim.</i></p>        | <p>Between the hills and mountains by the sea,<br/>             where the Norwegian has made his home,<br/>             there he has dug the foundations himself<br/>             and built his own house upon them.</p>           |
| <p>2 <i>Han såg ut på dei steinute strender;<br/>             det var ingen som der hadde bygt.<br/>             «Lat oss rydja og byggja oss grender,<br/>             og så eiga me rudningen trygt.»</i></p>  | <p>He looked out onto stony beaches<br/>             Where none before him had built.<br/>             “Let us clear them and build ourselves hamlets<br/>             And then we will own our own land.”</p>                     |
| <p>3 <i>Han såg ut på det bårute havet;<br/>             det var ruskut å leggja ut på.<br/>             Men der leikade fisk nedi kavet,<br/>             og den leiken, den ville han sjå.</i></p>             | <p>He looked out onto the rough seas.<br/>             It would be dangerous to sail thereupon.<br/>             But out there the fish frolicked in the waves<br/>             And that frolic he would like to see.</p>          |
| <p>4 <i>Fram på vinteren stundom han tenkte:<br/>             «Gjev eg var i eit varmare land!»<br/>             Men når vårsol i bakkane blenkte,<br/>             Fekk han hug til si heimlige strand.</i></p> | <p>During winter he often wished<br/>             That he lived in a warmer land.<br/>             But when the spring sun shone on the hills<br/>             He knew that he loved his home.</p>                                 |
| <p>5 <i>Og når liene grønkar som hagar,<br/>             når det laver av blommar på strå,<br/>             Og når netter er ljose som dagar,<br/>             kan han ingen stad venare sjå.</i></p>            | <p>And when hillsides burst forth like gardens,<br/>             When there are blossoms on every stem,<br/>             And when nights are as bright as daylight<br/>             There is no place more beautiful on earth.</p> |

## *Mellom bakkar og berg* / **Between hills and mountains**

Dance description translation by Helen Shaw  
Presented by Dagfinn Aa and Marit Loen

- HISTORY:** *Mellom bakker.* is a loved and much used song especially in the western part of Norway. The famous text-writer Ivar Aasen was born, and grew up in *Sunnmøre* area of *Vestlandet*. The dance was developed by Vebjørn Bakken a member of another dance group in Oslo a few years ago.
- SOURCE:** Sogn og Fjordaneringen i Oslo
- PRONUNCIATION:**
- MUSIC:** *Norsk Folkedans Stemne 2007 with Sogn og Fjordaneringen i Oslo.* Seattle: Norsk Folkedans Stemne, 2007.
- METER:** 4 / 4
- FORMATION:** Couples in a circle facing clockwise using the **firm, heavy hold** / *færøytak*. Each dancer places right arm over neighbor's left arm and clasps hand with your neighbor's palm to palm. Right hand clasps neighbor's left hand in front of thumb. Hold arm close to body on your right side during the dance. Hands slightly above elbow height.
- STEPS:** **Closed ballad step / resting step / kvilesteg (SSSsSs):** step forward on left foot (count 1), step on right slightly in front on left (count 2), step forward on the left (count 3), with good *svikt* bounce again on left foot while touching right ball of foot beside left (count 4), step forward on right (count 5), with good *svikt* bounce again on right foot while touching left ball of foot beside right foot (count 6). The amount of forward movement on count 2 varies with different groups. Also, although it is not considered proper form, some groups dance slightly in toward center on count 5. The 6 count pattern repeats without regard to phrasing in the music.
- Locked change-of-step / låste bytomfotsteg (SSSs)**
- STYLE:**
- | MEASURE   | MOVEMENT  |
|---|---|
| <i>Mellom bakkar og berg ut med havet . . .</i> | <b>4 closed ballad steps</b><br>Starting with the left foot, everyone dances 4 closed ballad steps.   |
| <i>og sett sjølv sine hus oppå deim.</i>        | <b>2 locked change-of-steps</b><br>Partners release the other dancers and, each couple still holding together, turn themselves completely around in place, man backwards and woman forwards, with 2 locked change-of-steps. |

