

## Rugen

This dance is known all over Europe and is often called something like "seven steps". It is a simple variation on a basic reinlender, but it has its own special melody. The A phrase is only half the length of the B phase, making it uncomfortable to dance to an ordinary two-phrase reinlender (unless the musicians play ABB instead of AABB).

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

Music: 2/4 reinlender. Special melody, printed in Norske Folkedansar. Aage Grundstad, Norske tur- og folkedanser 2, EMI 7243 852061 2 2 CD or cassette. Fanteladdane plays on the camp CD. One is the normal version. The other has variable tempo, something children (and many adults) enjoy.

Formation: Couples in a circle. M and W stand facing each other using Norwegian ballroom hold (M L hand over W R, grasping outer edge of her hand). M faces LOD, W faces RLOD.

Steps: Reinlender step: step on L (ct 1), step on R (ct &), step on L (ct 2), hop or lift (ct &). There are 4 svikts (or "bounces") in each meas.

### Meas   Pattern

- 1-2   Moving toward center, M takes 7 steps sideways, L to L, (ct 1), R beside L (ct &), L (ct 2), R beside L (ct &), L (ct 1), R beside L (ct &), stamp L to L (c t 2). W does opp ftwk.
- 3-4   Moving away from center, take 7 steps, M to R and W to L. The last step is a stamp.
- 5   M dance one reinlender step L and W one reinlender step R. He dances nearly in place and swings W around him to rotate CCW.
- 6   M dance a reinlender step R and W L. He swings W CW back to original starting point and beyond. At the same time, he starts moving LOD.
- 7-8   Four step-hops, M starting L and W starting R, turning twice CW while moving LOD.
- 9-12   Repeat meas 5-8.

### **Simplified version for children and inexperienced adults.**

When teaching young children (5-6), I tell them that we are going to do the "counting dance". I ask them to count with me, using my fingers. We count twice to 7. Then twice to 3, and turn around yourself, twice to 3, turn around yourself again. When they understand this pattern they are ready to learn the dance.

Join two hands with partner (instead of ballroom hold). Do meas 1-4 as above. For meas 5, dance straight toward center (as in meas 2) with 3 steps, stamping on the last ct. Likewise in meas 6, dance away from center with three steps. In meas 7-8, dance once around partner

CW, still holding hands (you can run with 8 steps or use 4 step-hops). This simplified version doesn't move in LOD, but stays on the spot.

**Lyrics (each line sung twice)**

Rugen, rugen, fire mark og tolv  
Nei det va' ikkje sant, du lyge no iblandt, eg gav ein dalar, og de va' kontant.

Turka, mala, baka te' jul  
Det gjekk ikkje godt, det gjekk ikkje godt, kvar einaste leiven så brende dei opp.

The rye, the rye, four marks and twelve (shillings),  
No it isn't true, you lie once in a while, I paid one dalar, and it was cash.  
Drying, grinding, baking for Christmas,  
It didn't go well, it didn't go well, every single loaf (or piece of flatbread) burned up.

Note: A dalar is a monetary unit used in Scandinavia from the 1500s until the early 1800s. It was divided into marks which were further divided into shillings. At various times the number of marks-shillings in a dalar were 6-16, 4-24, and 5-120.