

Springdans fra Torpa

Springdans fra Torpa is the 3/4 bygdedans from Torpa, about 100 miles north of Oslo. In recent years, the dance has been maintained mainly by people connected with Gjøvik Spelemannslag. It is Evald's dance – the dance from his area and the one that he has danced in national competitions.

There are related dances in nearby areas, including the Springdans fra Nordre Land and Springdans fra Hadeland. All of these are also related to masurkas in the same areas, with a significant amount of blending between the springdans and masurka.

Recordings: A springdans from Torpa.

Meter: 3/4 with three even beats

Formation: Couples facing LOD, holding nearer hands at chest height.

Steps: Three-step L. Step fwd on L (ct 1), step on R slightly bkwd or beside L (ct 2), step fwd on L (ct 3). Repeats with opp footwork. In this dance, the step on ct 2 should be behind or slightly behind the supporting ft, not in front of it.

Style: Movement in LOD is constant. The style is fairly bouncy, with a svikt on each beat, and relatively little movement in LOD. The free hand is on the hip, fingers fwd and thumb back – unusual for a bygdedans.

Meas Movement

I Forward side-by-side

- 1 Dancing fwd in LOD, M starting L and W R.
- 2 Dancing fwd in LOD, dance one three-step, M R and W L.

Cpl may face each other slightly on meas 1, and/or turn slightly away from each other on meas 2.

II M turns around his own arm

This is an optional figure; that is, M may leave it out. Dance in LOD, M diagonally in front of W. He turns to his own L (CCW), turning once every 2 meas.

- 1 Facing away from ctr, step on L to L (ct 1). Step on R beside L (ct 2). Turn to face LOD and step fwd on L (ct 3). During this meas he is holding W L hand in his R.
- 2 M changes hands by grasping imder W L hand with his L. Face center and step on R to R (ct 1). Step on L beside R (ct 2). Face RLOD and step bkwd on R. After this meas, M again changes hands by grasping over W L hand with his R.

III Transition: M turn, W turn

This motif is done once for each time through the dance. It starts when the M has his R ft free, such as after meas 1 of motif 2.

- 1 M dances a R three-step, turning once to his own R (CW) under the joined M-R and W-L. If this comes after motif 2, he must reverse direction. W stays diagonally behind M.
- 2 M dances a L three-step, as he starts turning W CCW under the joined hands. He faces W slightly on ct 1, but dances in LOD. W faces M steps on R to R (ct 1), L beside R (ct 2), and turns to face RLOD, stepping bkwd on R (ct 3).
- 3 W continues around under joined arms. Face out and step on L to L (ct 1), step on R beside L (ct 2), and face LOD and step fwd on L (ct 3).

The M has done his turn in one meas, while the W has used two. She usually ends facing M (depending on what he decides to do next).

IV W turn CW under raised arms

- 1 W does 2-meas turn CW under joined M-L and W-R. Facing ptr, step on R to R (ct 1), step on L beside R (ct 2), face RLOD and step bkwd on R (ct 3).
- 2 Continue to turn. Facing out, step on L to L (ct 1), step on R beside L (ct 2), face LOD and step fwd on L (ct 3).

A variation is to do a 1 meas turn. After meas 1 above, start a fast turn. Facing out, step on L to L (ct 1), svikt (bounce) on L (ct 2) while turning, step fwd in LOD on R (ct 3). Repeat this measure, that is, turn once per meas. Depending on what the M motif the M does next, the W may have to change ft to transition into it. She can do this by taking an extra step on her L (3&).

V 2-measure CCW couple turn

- 1 M dances a L three-step, while the W dances a R three-step. During the meas they turn 1/2 way round CCW (except for the 1st meas, which is only 1/4).

Start with M facing out from center. M steps on L to L side (ct 1), steps on R in place (ct 2), and steps fwd on L in LOD (ct 3). W steps on R to R (ct 2), steps on L in place (ct 2), and steps bkwd on R in LOD (ct 3). There are 3 even svikts, one for each ct.

- 2 Keep turning. The M does what the W did in meas 1, W does what the M did.

After the first meas, the placement of the steps is slightly different to accommodate turning with a partner. Usually, the couple does not turn far enough for the step on ct 1 to be taken directly to the side. In meas 2, for example, M starts facing LOD: M step on R fwd diagonally around W (ct 1), step L beside R (ct 2), step R bkwd in LOD (ct 3). W starts facing RLOD: step bkwd on L (ct 1), small step fwd on R (ct 2), small step fwd on L (ct 3).

VI 2-measure CW couple turn

This turn is the same technique as motif II, but the turn goes in the opposite direction. This turn is not usually used by traditional dancers, except perhaps as a short transition to part V. Today, it is a bit more common.

- 1 M dances a L three-step, while the W dances a R three-step. During the meas they turn 1/2 way round CW.

Start with M facing out from center. M steps on L to L side (ct 1), steps on R in place (ct 2), and steps fwd on L in LOD (ct 3). W steps on R to R (ct 2), steps on L in place (ct 2), and steps bkwd on R in LOD (ct 3).

- 2 Keep turning. The M does what the W did in meas 1, W does what the M did.

VII 1-measure CW couple turn

The couple makes one complete CW turn in each meas.

- 1 Start with M facing outside. M takes a large L step around W (ct 1), places R on the floor with feet about shoulder width apart, weight on both (ct 2), step fwd on R between Ws ft(ct 3). W steps on R twd M (ct 1), step on L toe behind R (ct &), step on R twd M (ct 2), and step on L around M (ct 3).

Dance sequence

The dance begins with motif 1, that is, dance fwd for a few meas, most commonly 4. Man can then perform motif 2, turning around his own arm, for several meas (commonly 4 meas).

Next do the transition motif 3 – M turn, W turn. M reverses directions to start this motif.

W reverses direction and turns CW under the joined arms for the rest of the phrase (motif 4).

End the dance with a phrase of fast turn (motif 7).

This completes one time through the dance, taking typically about 24 meas. Each time through the dance, the sequence can be varied slightly. However, each time usually starts with dancing fwd side-by-side (motif 1) and ends with the fast turn (motif 7).

For example, one can replace the W turning under the joined arm (motif 4), with the couple 2-meas turn CCW (motif 5). To transition into the fast turn, stop with M facing LOD and turn 1/4 CCW on a R three-step. The cpl is then in position to start the fast turn. They might also make one or two turns CW with a slow turn (motif 6) before the fast turn starts.

Another alternative is to add some meas of CW slow turn (motif 6) after the W turns under the joined arm (motif 4) and before the fast turn (motif 7).