

Tretur fra Fana

Tretur fra Fana is a simple dance for three people. It belongs to the family of three person rils. This dance is a favorite performance dance for children, especially young children.

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

Music: Special melody, printed in Norske Folkedansar.
The dance is usually done to a particular melody, but any ril will do.
Camp CD with Alix's band Fanteladdane.

Meter: 2/4

Formation: Sets of 3 people, 1 M and 2 W facing the center (or the audience). M is in center. W join nearer hands behind the M. M joins hands with the W (their outer hands). All hands are at shldr ht.

Steps: Walking

Meas Pattern

1-2 Start L and walk 4 small steps fwd.

3-4 Walk 4 small steps bkwd.

5-16 Repeat meas 1-3 three times. The M looks at one W, then the other – try to play a bit with each other.

17-20 Do the "pretzel" with 8 walking steps. The M stamps on the first step, and backs up under the arch made by the two W. He walks around the L hand W, then turns under his own arm back to place. The L hand W accomodates him by walking in an opposite circular pattern. The R hand W turns almost in place. M pulls a little with his R hand to get R hand W to turn - as she starts he lifts his R hand over her head.

21-32 Repeat the pretzel 3 more times.

Variation: Use 4 sets standing in a square. Two facing sets do meas 1-4, then the other two meas 5-8. You can also stagger this so that two facing sets start, then the other 2 sets start on meas 3. You could also do the dance with just 3 sets – leave the last position open toward the audience.

Presented by Alix Cordray and Mari Nustad