

RIL FRA VEGÅRDSHEI
(Norway)

This is a reel dance from Øst Agder, along the southern coast of Norway. The dance is unusual in that changes of facing happen at the end of the musical phrase rather than at the beginning.

Pronunciation:

Source: Egil Bakka, Danse Danse Lett Up Pa Foten, Noregs Boklag, Oslo 1970.

Music: EMI 038-1374731 (LP) or 238-1374734 (cassette) Aage Grundstad's Norwegian Folk and Figure Dances III, Side B/2 2/4 meter

Formation: Cpls in a circle, W on M R, all join nearer hands at shldr level.

Steps: Reel step-hop: Step (ct 1); hop (ct &). There are 2 step-hops per meas, alternating ft. The feeling is light and the rhythm even.

Meas
2 meas

Pattern

Introduction.

I. CIRCLE LEFT AND RIGHT

1-8 Starting with L ft and facing slightly L, dance 16 reel step-hops fwd moving CW.
9-16 Repeat meas 1-8 with opp ftwk and direction.

II. FIGURERING

1-8 Face ptr and join R hands with a thumb grip. Dance 16 reel step-hops starting with L ft, moving LOD. M dances fwd and W bkwd. Free hand on hip as if with fist but relax fingers. At end turn 1/2 around, M to L and W to R, to face corner.
9-16 Join R hands with a thumb grip, dance 16 reel step-hops starting with L ft, moving LOD. M dances bkwd, W fwd. Free hand on hip.

III. CHAIN

1-8 Chain in the direction you are now facing (M CW; W CCW) using reel step-hops, starting L ft. Counting the hand you are holding as 1, chain to the 6th hand (a L hand). This is about 1 meas per hand. Use normal "shaking-hand" hold. When you meet the 6th person, turn 1/2 around with them holding L hands joined so that M face LOD and W RLOD. Change to R thumb grip.

Repeat Fig II and III until the end of the music. (Fig I is only danced once at the beginning and never repeated.)

Presented by Alix Cordray