

This is a simple mixer having many northern European variants.

Source: Klara Semb, Norske Folkedansar II, Noregs Boklag, Oslo 1975.

Music: Cord-1. Any march (marsj, gongslått) in 4/4 time is acceptable if played at a tempo suitable for the dance.

Meter: 4/4

Starting position: Couples, woman on man's right, facing counterclockwise around the room in a circle. Partners join nearer hands at shoulder height. Free hands hang at sides.

Measure Count Action

- Forward and back
- 1 Walk 4 steps forward (cts. 1,2,3,4). Begin with man's left and woman's right. On the fourth step, release hands and make $\frac{1}{2}$ turn toward partner. End facing clockwise with nearer hands joined.
- 2 Walk 3 steps backward (cts. 1,2,3) and close the free foot (ct. 4). Begin with man's left and woman's right. The circle still progresses counterclockwise.
- 3-4 Repeat meas. 1-2 with opposite footwork. The circle now progresses clockwise.
- Balance and cross over
- 5 1-2 Balance away from partner, man to left and woman to right. To balance (to left): Step on left to left (ct. 1). Place ball of right foot on ground next to left and raise up on balls of both feet (ct. &). Lower the weight, ending with all the weight on the left (ct. 2).
- 3-4 Balance toward partner, man to right and woman to left.
- 6 Walk 4 steps (cts. 1,2,3,4), beginning with man's left and woman's right. Man dances essentially in place while leading woman across in front to his left side, changing hands; she makes a full turn to her left. End facing counterclockwise with nearer hands joined.
- 7 1-2 Balance toward partner, man to left and woman to right.
- 3-4 Balance away from partner, man to right and woman to left.
- 8 Walk 4 steps (cts. 1,2,3,4) beginning with man's left and woman's right. Man brings woman around to face him and then turns her a full turn to her right (approx. cts. 1-2). Passing his partner on the inside, he walks forward to the next woman in the circle and joins nearer hands. After being released, the woman may also walk forward to meet her new partner.

Presented by Alix Cordray at Scandia Camp Mendocino, 1980.