



THE FOLKLORE PROGRAM
OF SYMRA

USA 2008

OPENING

The opening is a choreographed combination of the songdances **Rotneims Knut** and **Eg ser deg**. **Eg ser deg** is a folksong (slåttestev) from Voss with the rhythm of the dance Vossarull. Therefore we add a short round of this dance using the same music. **Rotneims Knut** is a slåttestev from Hallingdal with halling rhythm.

REINLENDER

This is a combination of the popular Norwegian figure dance **Gamal reinlender** and the songdance **Hans og hånan** from Gudbrandsdalen. The section starts with a choreography of the song **Bringebærslåtten**.

CONTRA DANCES

After a march we dance **Fandango fra Austlandet** (Fandango from eastern Norway) and subsequently two tours of **Fransese**. These dances were popular among the upper classes in eastern Norway during the 19th century.

REEL

Here we start with the typical "reel step" before we dance **Reel from Oppdal** for three persons, where two women or two men strive for the attention of the person in the middle. From this reel we jump directly to a second reel, **Reel from Sandsvær**, and finish with a third reel called **Eikerril**. **Reel from Oppdal** resembles the Scottish reels, whereas **Reel from Sandsvær** and "Eikerril" are typical Norwegian style reels.

PRESENTATION OF FOLK COSTUMES - BUNADER

The costumes are presented in four groups- northern Norway, western Norway, the valleys of eastern Norway and the lowland eastern Norway.

VALDRES (A VALLEY IN NORWAY)

First a couple dances a part of the village dance **Springar from Valdres** (Valdrespringar), and afterwards they are joined by the other dancers in the figure dance **Kørsdans from Valdres**. The latter has adopted elements from the village dance, and in this dance also the less competent dancers could participate – those who did not master the "springar".

"STYLISH DANCES"

Menuett i mai is a well known Norwegian song. On basis of this song Vebjørn Bakken in Symra has created a new dance, which has become quite popular among folk dancers in Norway. In this presentation we have turned the ring "inside out" to face the audience. Afterwards we dance two tours of **Lancier from Vardø**, combined with half of the figure dance **Stjernetur from Hobøl**. These dances were much used on balls and by wealthy farmers in the 19th century.

ROW THE FJORD

Inger Frøydis Bakken sings the folksong **Ro Fjorden** from Valdres, about the woman who tends the cattle in the mountains waiting for her boyfriend, who may – or may not – be coming. She sings in the traditional way. Afterwards we present the songdance **Ro fjorden** which is based on the same folk song.

VESTLANDSSPRINGAR (SPRINGAR FROM WESTERN NORWAY)

Inger and Peder Varhaugvik, Inger Frøydis and Vebjørn Bakken dance **Vestlandsspringar** in its traditional form.

INSTRUMENTAL

Symra's fiddlers Solvor Sundsbø and Benjamin Kehlet present some traditional Norwegian folk tunes.

"ON THE DANCE FLOOR"

Marianne Dahl and Anne Grete Granseth sing the two first verses of **Åremålsdagen**, before the rest of the dancers and Hallvar Opheim on "torader" join. **Åremålsdagen** is a Swedish folk song, translated and adopted in Norway by the song group "Trispann". Vebjørn Bakken in Symra has composed the dance to it. The song is about a 50-year birthday party that transforms into a big drinking "happening". At the end they burn down the house and the wife is thrown into the well! We go on with a reinlender and a waltz as they are used on a typical "dance gathering" in Norway. During the waltz a small drama is about to develop...

FINNSKOGEN (A DISTRICT IN EASTERN NORWAY)

In its traditional form **Kørsdans from Grue** was performed by two male dancers across two sticks laid in a cross on the floor. It was a competitive dance which lasted until one of the dancers failed to do the steps. The variant being shown here is with two couples, and is composed by the Norwegian dancing master Reidar Warme. After the "Kørsdans" two couples dance **Polsdans from Finnskogen**, one of the most popular village dances in Norway today.

MØRE OG ROMSDAL

Symra has its roots in the county "Møre og Romsdal" in western Norway. First some couples show the village dance **Springar from Nordre Sunnmøre**, and thereafter two couples show a village dance from Nordmøre – **Nordmørspols**. We finish with the figure dance **Gilleråsen from Nordmøre**. Sunnmøre and Nordmøre are regions in Møre og Romsdal.

THE FINISH

In this last part there is a struggle between the major village dance traditions in Norway: "pols" and "springar". Which one is winning?



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Coreography: Inger Frøydis Bakken, Vebjørn Bakken,
Marianne Dahl and Anders Saxhaug
Fiddlers: Benjamin Kehlet and Solvor Sundsbø