

BARS

- 1-8 All four couples dance eight hands round and back.
- 9-12 1st man and 3rd woman dance half a figure of eight through 2nd couple while 1st woman and 3rd man dance half a figure of eight through 4th couple.
- 13-16 1st man and 3rd woman return to original places with a half-turn and a twirl and they star facing out. 1st woman and 3rd man do the same.
- 17-20 1st man turns 2nd woman with the right hand once round, while 1st woman turns 4th man with the left hand once round. 3rd man turns 4th woman with the right hand once round, while 3rd woman turns 2nd man with the left hand once round. All finish facing partners.
- 21-24 All set to partners and then turn partners with both hands once round using skip-change-of-step.
- 25-28 2nd man and 4th woman dance half a figure of eight through 3rd couple while 2nd woman and 4th man dance half a figure of eight through 1st couple.
- 29-32 2nd man and 4th woman return to original places with a half-turn and a twirl and they star facing out. 2nd woman and 4th man do the same.
- 33-36 2nd man turns 3rd woman with the right hand once round, while 2nd woman turns 1st man with the left hand once round. 4th man turns 1st woman with the right hand once round, while 4th woman turns 3rd man with the left hand once round. All finish facing partners.
- 37-40 All set to partners and then turn partners with both hands using skip-change-of-step.
- 41-48 The women dance right hands across half way round and then dance round the opposite man, passing him by the left shoulder, they dance right hands across halfway round to return to original places.
- 49-56 The men dance left hands across half way round and then dance round the opposite woman, passing her by the right shoulder, they dance left hands across half way round to finish beside their partners, having their partners on their right.
- 57-64 Taking promenade hold with partners, all dance round the set anticlockwise to return to original places.

Dance devised by John Drewry April 2004

Revised in June 2004 after teaching the dance in Morland in Cumbria

Music for the dance should be played:- A BC BC DD E where each letter represents an 8 bar phrase. If this is done, similar movements will be danced to similar parts of the music. DD could be BB and E could be a repetition of A.

NOTES-

I had a letter from Susan Hagen, who lives in Oslo, requesting a dance with this title. The dance is to be performed at a ball in the British Ambassador's Residence in October. She sent me a book/et about the residence, which is called "Villa Frognæs". I have based Bars 41-56 of the dance on the design above the oriel window.

I did go once north of the Arctic Circle in Norway with a Swiss friend. We flew separately to Oslo and then went by train to Narvik. From there we went by cargo boat northwards until, after calling in various ports, we rounded the North Cape and reached Honningsvåg where we stayed for a few days.

We were amused to see people from the various tourist ships taken to see a Lappish village with the Lapps living in tents made of reindeer skin. Once the busses had taken the tourists back to their ships, the Lapps returned to their comfortable houses in the town.

