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**Norsk Folkedans Stemne 1983  
with Hardangerringen  
Trollhaugen**

Teaching demonstration filmed at Norway Center, Seattle WA  
August 1983

**Hardanger Springar**

Instructors  
Wigdis Espeland and Steinar Øydvin

*Tusen takk* to the following organizations for their partial funding of  
this digital conversion:

Sons of Norway Foundation  
Skandia Music Foundation

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