

**Norsk Folkedans Stemne 2004
with Hedmark Danselag
August 6, 7, and 8, 2004
Camp Brotherhood
Dance instructions**

1. Introduction

Gammeldansar / Old-time dances

2. Hamborgar with variations

3. Reinlender fra Nord-Østerdal / Reinlender from Northern Østerdal

Bygdedansar / Country or parish dances

4. Elverums pols, a regional dance from Elverum in the county of Hedmark

5. Rundom, a regional dance from Trysil-Engerdal in the county of Hedmark

6. Rendalspolsk / Polsk from Rendalen

7. Springleik fra Folldal / Springleik from Folldal

8. Laus dans known as halling

9. Tremannspols / Pols for three people

Turdansar og rekkedansar / Figure dances and longways dances

10. Sekstur II fra Namdalen / Six figures II from Namdalen

11. Djup helsing / Deep bow and curtsy or formal greeting

12. Seksmannsril / Six person reel

13. Treklappdans / Three Clap Dance

14. Klappdans / Clapping dance

Barnedansar og songleikar / Children's dances and song games

15. En liten tid / A little time

16. Jeg satte brillene på min nese / I put my glasses on my nose

17. Sju vakre jenter / Seven pretty girls

Dancers

Elin and Stein Bjørnsmoen

Eli Skyberg and Roland Paltiel

May-Lise and Egil Engebretsen

Anne-Grete and Rolf Bjørgan

Nina and Oddbjørn Kleppen

Gunn and Willy Mellum

Kirsti and Steinar Stenvik

Tove Engh

Per Kristian Taug

Inger Birgit Larsen and Tor Magne Tangen

Thor Sørum

Hilde Korsmo

Musicians

Marit and Thomas Westling, fiddles

Thomas Nilssen, accordion and torader

**Norsk Folkedans Stemne 2004
with Hedmark Danselag
August 3, 2004 Performance
Leif Erikson Hall
2245 NW 57th
Seattle WA 98107**

F *Velkommen* by Noel Wannebo, President of Norsk Folkedans
O Stemne

L *Velkommen* by Lori Elken, President of Leikarringen
K Greetings from Wilhelm Qvigstad, President of Leif Erikson
E Lodge No. 1

D Troll scene

A *Snoa*

N *Reinlender fra Nord Østerdal*

S *Rendalspolsk*

Program leader, Eli Skyberg

S *Firetur fra Stange*

T *Trolldans*

E *Pols and masurka*, played by Marit and Thomas Westling on fiddle
M and Thomas Nilssen on accordion or torader

N *Tyrolervals*

E *Eikerril*

Åttepardansen

2004 *Springleik fra Folldal*

Program leader, Eli Skyberg

H *Fandango fra Stor-Elvdal*

E *Rundom*

D *Polka*, played by Marit and Thomas Westling on fiddle
M and Thomas Nilssen on accordion or torader

A *Tremannspols*

R *Sekstur II fra Namdalen*

K *Hamborgar*

Elverumspols

D Program leader, Eli Skyberg

A *Lars Lenkel i fot* (note: this is a third version of this particular song)

N *Pols*

S *Parhalling*

E *Halling*

L *Parhalling*

A *Langedans*

G Presentation

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