

**Norsk Folkedans Stemne 2005
with Blanda Drops
2005 Norwegian Centennial Event
Camp Brotherhood
Dance instructions
Performance
Tuesday, August 2, 2005**

- Track 1: *Bygdedansar* / Country or parish dances
 Finnskogspols / Finnish forest pols
Gammeldansar / Old-time dances
 Dobbel Reinlender / Double Reinlender
 Knutereinlender / Knot Reinlender
 Springpolka etter Arnesen / Running polka by Arnesen
 Stegvals / Step waltz
 Stigar'n
 Skrupolka / Screw polka
Bygdedansar / Country or parish dances
 Hallingspringar, a regional dance from Hallingdal
- Track 2: *Hallingspringar*, a regional dance from Hallingdal (cont.)
 Laus dans known as *halling*
- Track 3: *Laus dans* known as *halling* (cont.)
Turdansar og rekkedansar / Figure dances and longways dances
 Tridans frå Meråker, Sør-Trøndelag / Dance for three from Meråker in South Trøndelag
 Firetur I fra Namdalen / Four figures I from Namdalen
 Hopsar fra Ogdalen / Hop dance from Ogdalen
 Linerender / Line dance reinlender
- Track 4: *Linerender* / Line dance reinlender (cont.)
 Tuluttoog / That One Comes from England
Stordans / Big Dance
 Zinklars Vise / Sinclair's Ballad
Songdansar / Songdances
 Bendik og Årolilja / Bendik and Årolilja
 Åslaug Møy / Maiden Åslaug
 Ola, so heite guten min / Ola, that's my boy's name
 Nøringen
- Track 5: *Nøringen* (cont.)
 Eg veit ei lite jente / I know a little girl
 Grand March
 Description of *bygdedans*, *gammaldans/runddans*, and *turdans*
- Track 6: Description of *turdans* (cont.) and *sangdans*
 Hallingspringar (performance)
 Lausdans (performance)

Blanda Drops members

Alix Cordray	Bjørn Ove Opheim
Ingebjørg Forberg	Arne Martin Lerstøl
Lisbeth Fydenlund	Oddvar Fydenlund
Lisa B. Hansen	Michael Furulund
Sølvi Lillerud	Ulf-Arne Johannessen
Toril Willoch	Gert-Fredrik Malt
Birger Snekkermoen	

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**Norsk Folkedans Stemne 2005
August 5, 6, and 7
Camp Brotherhood, WA**



Blanda Drops

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