



Norske Runddansere Scandinavian Dance

Member Handbook



**NORSKE
RUNDDANSERE**

www.norskerunddansere.org

NORSKE RUNDANSERE

The Norwegian Round Dancers

Welcome to Norske Rundansere

We are a recreational group dedicated to enjoying and teaching traditional Scandinavian dance. We dance and teach couple and circle dances and lively mixers from all five Scandinavian countries. Everyone is welcome: young and old, singles and couples, beginners and experienced dancers. We govern ourselves with a constitution and bylaws that provide for elected officers and an elected board of directors. We have been dancing together weekly since 1983.

About dances and dance names

Pols/Polska is a turning step in 3/4 time. The step is called pols in Norway and polska in Sweden. The step sometimes varies from dance to dance.

Hambo is a polska variation from Sweden. The hambo known and loved by North Americans is Hälsinge Hambo from Hälsinge, Sweden.

The following diagram illustrates pols/polska and hambo.

Hambo

		Count 1	Count 2	Count 3	Pols/Polska
			Count 1	Count 2	Count 3
Woman	Man	R	L	Both	R
	Woman	L	Touch R/ Both	R	L

Schottis/Reinlender are families of dances in 4/4 time which are very similar to each other. Schottis is from Sweden, Reinlender from Norway. There are hundreds of variations for these dances and the names vary too. They may be called ringlender, rheinlander, realander, and in southern Norway they are called polkas.

Gammal means old or old-fashioned. **Bakmes** means backward and describes a reverse turn. **Steg** means step. **Familje** means family and denotes mixers, although mixers have many other names as well. **Vals** means waltz.

Dance names usually include a step, and/or a place of origin and/or a description. Rørospols is the pols variation from Røros, Norway. Boda Polska is the polska danced in Boda, Sweden. Dances developed over time in isolated Scandinavian villages and were named independently of each other. So sometimes there are two names for the same dance. Sometimes there are two or more dances with the same name. And dances that come from places that seem near to us may be very different or quite similar.

Decoding the dance cards

The colored dots indicate the difficulty of the dances.

- Green dot — Easy. If you can walk, you can dance these dances.
- Blue dot — Intermediate. These dances require instruction, practice and a partner who knows the dance.
- Red dot — Advanced. These dances require even more instruction and practice.

The **flags** indicate the country of origin for each dance.

Denmark	Red background with white cross
Finland	White background with blue cross
Iceland	Blue background with red and white cross
Norway	Red background with blue and white cross
Sweden	Light blue background with yellow cross

Numbers and **letters** on the right side of the card identify the tunes. These enable you to request a specific tune for a dance.

Music

We dance to old and new renditions of traditional Scandinavian dance tunes, and an occasional non-traditional tune that we can't resist. Regular Monday dances feature recorded music, but members who are musicians often bring their instruments and play for a dance or two. If you would like to play, consult the DJ. You may request dances by writing them on the white board near the sound system or talking to your friendly DJ.

Yes, we give lessons!

Lessons start in September with basic dance steps and the easiest dances. Instructors build on those basics until mid-June, progressing to intermediate and advanced dances. We teach by demonstration, explanation and practice, with frequent partner changes.

We enjoy very high caliber dance instruction. Nearly all of our teachers have many years of dance and teaching experience. Some have international certification.

Help for new dancers

- Dance all the mixers. These are easy dances that repeat short patterns with many partner changes. Mixers will build your dance skills and help you meet lots of nice people who will ask you to dance later. Or you can ask them. We dance several mixers every Monday.
- Dance as much as possible.
- Dance with people who know the dance. It can be frustrating and not very helpful to dance with another beginner.
- Attend the lessons offered on Mondays.
- Listen to Scandinavian dance music.
- Watch teaching videos or DVDs from our library. Or buy your own set.
- During lessons, join the circle whether you have a partner or not. The instructor will facilitate frequent partner changes and as the circle moves, everyone gets a turn to practice with many different partners.
- Wear shoes that let you turn easily. Non-skid or non-slip shoes will not work.
- Bring a second pair of shoes for dancing. This helps protect the floor from debris tracked in on street shoes.

Membership

While non-members are always welcome at all Norske Runddansere events, membership offers the following benefits:

- Free entry to Monday evening dances and lessons
- Reduced entry fees for parties, workshops, and special dances
- Access to library materials
- Listing in member directory (optional)
- Voting privileges
- Ability to run for office

Membership dues/Drop-in fee

Annual memberships are due October 1st and are prorated monthly after that. Non-members pay a nominal fee for regular Monday dances. Lessons are free with dance admission.

Adult membership	\$50
Family membership	\$100
Adult drop-in fee	\$4
Under 30 drop-in fee	Free
Non-member special event fee	\$12
First admission to regular Monday dances	Free!

NR is a non-profit organization. We use our income to rent the hall, buy and maintain equipment and host special events. We occasionally support other Scandinavian organizations with small donations.

Schedule

We dance on Monday evenings, except major holidays. Note that summer dances start later and do not include lessons.

Fall to Spring schedule	7–7:30	Warm up Dancing
	7:30–8:30	Lesson
	8:30–10	Request Dancing
Summer schedule	7:30–10	All Request Dancing

Teens and children

Teens and children are always welcome at Norske Runddansere.

We also encourage families to investigate **Leikarringen of Portland**, a youth performance group for traditional Scandinavian dance. Children from 4 years through college-age dance on Tuesday evenings during the school year at St. Philip Neri Church, 2408 SE 16th (SE Division), Portland. They enjoy themselves immensely! Leikarringen members and their parents are admitted to all Norske Runddansere events at member prices. Contact Christie Stilson, 503-449-9004 or christiestilson@yahoo.com.

We dance at...

Norske Runddansere currently dances at the Polish Hall, 3832 N. Interstate Ave., Portland, OR 97227. It is at the corner of N. Interstate and N. Failing St. Use the side entrance of the building. We have a sign on the sidewalk marking the entrance. Parking is available on the street.

The entry table

Please sign in so we can track our attendance. Find information about upcoming events, read mail from our friends who are far away, inquire after lost items or library items. For more information, we make announcements at about 8:30 on Mondays, or visit our website at www.norskerunddansere.org.

Library

Members may check out books, DVDs or VHS tapes. A deposit may be required for some materials. Speak with the DJ for more information.

NR maintains a library of dance descriptions. Please see the person running the sound system if you wish to view these or obtain copies.

Participate!

There are many ways to contribute in addition to dancing.

- Serve on a committee. Standing committees include Social, Publicity, Dance, Music, Equipment and Membership.
- Bring finger food or drinks for a party.
- Help set up or clean up for a party.
- Run for office. We elect 4 officers and 9 board members to 1-year terms each March.
- Attend board meetings.
- Learn to be a DJ.
- Bring your fiddle, whistle, accordion or trombone and play a tune for dancing.
- Put a suggestion in the suggestion box or give your idea to a board member.
- Request a dance you'd like to have taught via the Dance committee.

Parties and special events

Parties feature live music and food. These Monday night events are good opportunities to wear your Scandinavian costume or just dress up.

Halloween/Harvest Dance in October

We get in the spirit the Monday before Halloween. Come as a ghoul, a celebrity or...? Sometimes there is a prize for the best or worst costume, and the band often has a holiday surprise for us.

Snoball in December

We go to Mazama Lodge on Mt Hood for a Scandinavian dinner, dance, sleepover and breakfast. Some years there is snow. Bring your cross-country skis, or snowshoes. This is a very popular event – be sure to sign up early.

Knut Dance in January

Just like in Norway, we celebrate the end of the Christmas season by throwing out the tree. It is a special dance evening and a nice way to finish the season.

Birthday Ball in May

We celebrate the anniversary of our constitution with cake and dance party.

Special events

Norske Runddansere frequently hosts visitors from Scandinavia – a band from Sweden, a dance troupe from Denmark, a teacher from Norway, dancers from Norway and more. We host workshops that focus on a particular dance or region.

Bunad or folkdräkt?

While never required at Norske Runddansere, some people enjoy wearing folk costumes. Traditional Scandinavian costumes represent the home village or region of the wearer. A Norwegian outfit is called a bunad and a Swedish costume is a folkdräkt.

Be nice!

- Bring a second pair of shoes for dancing. This helps protect the floor from debris tracked in on street shoes.
- If someone asks you to dance, it is polite to accept. If you must decline, do so kindly.
- Silence your cell phone during the evening
- You are welcome at Norske Runddansere with or without a partner. If you bring a partner, it is good form to share.
- Be aware of your personal hygiene. Perfumes and colognes are discouraged.
- Women often ask men to dance.
- Avoid talking during lessons, announcements and while music is played without amplification
- When you become an experienced dancer, continue to participate in the lessons. You will help new dancers learn and you might learn something, too!

Our dance card...

We started with 3 dances in 1983. Our repertoire is flexible because we regularly learn new dances. During any year we teach about 20 dances and dance about 60 different dances.

Following is a list of our current dance repertoire:

Norske Runddansere Dance List

Updated September 2014

Name of Dance	Country	Type	Level
Åtabakspolska från Föllinge	Sw	Cpl	Adv
Bingsjø Polska	Sw	Cpl	Adv
Bitte Mand I Knibe	Den	2Cpl	Easy
Boda Polska	Sw	Cpl	Adv
Bondpolska från Viksta	Sw	Cpl	Adv
Busserull	Nor	Cpl	Adv
Den Muntre Kreds	Den	Mxr	Easy
Dobbel Reinlender	Nor	Cpl	Intm
Døla Mazurka	Nor	Cpl	Intm
Engelska från Stigtoma	Sw	Mxr	Easy
Familje Hambo	Sw	Mxr	Intm
Familjevalsen	Sw	Mxr	Easy
Festvals till Mona	Sw	Mxr	Intm
Finnish Masurka	Fin	Cpl	Intm
Finnskogpols	Nor	Cpl	Adv
Firetur fra Vejle	Den	Mxr	Easy
Gammal Polska	Sw	Cpl	Intm
Gammalpolska från Föllinge	Sw	Cpl	Adv
Gammal Reinlender	Nor	Cpl	Intm
Gammalvänster från Öviken	Sw	Cpl	Adv
Gånglåt-Snoa	Sw	Cpl	Intm
Gustafs Skål	Sw	Cpl	Easy
Hälsinge Hambo (Hambo)	Sw	Cpl	Intm
Hambo fran Föllinge	Sw	Cpl	Intm
Hambo fran Svartnäs (Reverse)	Sw	Cpl	Adv
Hamborgar	Nor	Cpl	Intm
Hamborgar w/ variations	Nor	Grp	Intm
Hamborg Skotsk	Den	Cpl	Easy
Hamburska I	Sw	Cpl	Intm
Hopsa	Fin	Cpl	Intm
Hörksvalsen	Sw	Cpl	Intm
Innherreds Pols	Nor	Cpl	Intm
Jämpolska från Ramsele	Sw	Cpl	Adv
Kalle Pers Vals	Nor	Cpl	Easy
Karelian Mazurka	Karelia	Cpl	Intm
Kerenski	Fin	Cpl	Intm
Klack Masurka	Sw	Cpl	Adv

Längdansen från Sollerö (Sollerö-Landgdans)	Sw	Grp	Easy
Malmin Hummpa (Hummpa Promenade)	Fin	Cpl	Easy
Malungs Polska	Sw	Cpl	Adv
Medelpad Senpolska	Sw	Cpl	Intm
Mellparing från Stugun	Sw	Cpl	Intm
Norsk Masurka	Nor	Cpl	Intm
Odina Jonssons Bakmes	Sw	Cpl	Adv
Oige Ja Vasemba	Estonia	Grp	Easy
Orsa Polska	Sw	Cpl	Adv
Parisarpolka	Nor	Cpl	Intm
Pero	Den	Mxr	Easy
Pigernes Fornojelse	Den	Grp	Easy
Polka		Cpl	Easy
Polka från Kall	Sw	Cpl	Intm
Polkett	Fin	Cpl	Intm
Pols	Nor	Cpl	Intm
Polska och Bakmes från Kall	Sw	Cpl	Intm
Portland Polska		Cpl	Intm
Rasmus Storm	Den	Cpl	Intm
Rättvik Polska	Sw	Cpl	Adv
Reinlendar	Nor	Cpl	Easy
Reinlender and Stigar	Nor	Cpl	Intm
Rørospols	Nor	Cpl	Adv
Scandinavian Polka (Seattle Polka)	Nor	Cpl	Easy
Schottis	Sw	Cpl	Easy
Schottis från Bingsjø	Sw	Cpl	Intm
Schottis från Delsbo	Sw	Cpl	Intm
Schottis i Turer	Sw	Cpl	Intm
Schottis från Kall	Sw	Cpl	Adv
Schottis med variant	Sw	Cpl	Intm
Sekstur Paa Raekke	Den	Grp	Intm
Sick Sack Schottis från Hede	Sw	Cpl	Intm
Skepparschottis	Fin	Cpl	Adv
Slangpolska från Skane	Sw	Cpl	Adv
Smygvalsen	Nor	Mxr	Easy
Snoa	Sw	Cpl	Easy
Snoa Mixer	Sw	Mxr	Easy
Snoa från Kall	Sw	Cpl	Adv
Sønderhoning/Fannikedans	Den	Cpl	Adv
Springleik fra Vågå	Nor	Cpl	Adv
Stabberinglender	Nor	Cpl	Adv
Stegvals (Stigvals)	Sw	Cpl	Intm
Stigaren (Stigar'n)	Nor	Cpl	Intm

Sväv	Sw	Cpl	Adv
Svensk Mazurka	Sw	Cpl	Intm
Swede-Finn Mixer	German	Mxr	Easy
Telegangar	Nor	Cpl	Adv
Telespringar	Nor	Cpl	Adv
Ti Ti Ti Jenkka (Sottissi)	Fin	Mxr	Easy
To Ting	Den	Cpl	Easy
Totur fra Veijle	Den	Mxr	Easy
Trommelvals	Den	Grp	Easy
Tuusteppi	Fin	Cpl	Intm
Vals	Sw	Cpl	Easy
Vals Mixer	Nor	Mxr	Easy
Vossarull	Nor	Cpl	Intm

More Scandinavian stuff...

Dance

Scandinavian Heritage Foundation (Portland, OR)	www.scanheritage.org
Scandia Folkdance Society (Seattle, WA)	www.skandia-folkdance.org
San Francisco's local Scandinavian events	www.scandinavius.com
Stockton (CA) Folkdance Camp	www.folkdancecamp.org
Northwest Folkdancers, Inc.	www.scn.org/nfdi
Portland Country Dance Community	www.portlandcountrydance.org
Junction City Scandinavian Festival	www.scandinavianfestival.com
Astoria Midsummer Festival	www.astoriascanfest.com
Leikarringen of Portland (Youth)	christiestilson@yahoo.com
Nordlys (Portland)	www.nordlysdancers.com
Leif Ericson Lodge (Seattle)	home.comcast.net/~ja_visst/leikarringen/index.html

Costumes

Norske Bunader	www.lailas.net/bunads/index.htm
Bildsidor Folkdräkter	www.folkdrakt.se/bildsidor.htm
Husfliden	www.norskflid.no/hunf