

Tremannsdans Telemark, Norway

Tremannsdans, dancing with three, is done to both springar and gangar rhythm/music.

I learned the suggested 'figures' listed below from Karin and Arnhild Brennesvik as taught to Karin by her teacher from Tuddal, as well as from Olav Sem who was also from Tuddal. There is not a huge variety of 'figures' that have been preserved.

NOTE: The suggested options below are **not** a choreography and do not need to be danced in the order presented, nor all used when dancing. Each group of three decide how they want to do the dance.

- Music: 2/4, 6/8 Gangar meter even length beats
Asymmetrical 3/4 springar meter, 1 longer, 2 medium, 3 shorter
- Formation: 3 people, dancing on the spot and traveling in the dance space
- Svikt: Down and up with each step/beat in 2/4 or 6/8.
~ Normal step ct1, going down during ct 2 and coming up on ct 3 in 3/4
- Steps: Gangar: Dancing walk, going down and up on each step, often ball of the foot contacts the ground first.
Springar: 1 Normal, 2 going down, 3 coming up and stepping on the ball of the foot. Usually 3 steps in each measure, thus alternating starting foot each measure.
One can begin with either foot.
- Character: Dancing tall, proud, elegant, regal

A Dance Sequence:

Leader offers R hand palm up
2 followers offer their L hand to the Leader's R w/palms down

Beginning of 3-somes

- Leader turns CW under joined hands while followers progress CCW around leader
- Leader can lead one or both of followers around the leader having each progress CCW around leader
- End up w/shorter follower in front of other follower in leaders R hand

L "Zig Zag" hold and under/over

- Leader can take front person to their L hand
- Turn each follower; CW (or CCW or ~'egg beater' towards or 'egg beater' away)
- Leader lowers L arm of follower in leaders' L hand into L arm of leader (zig zag arms) and this person backs under Leaders R arm and other followers L arm several times. Leader tries to progress fwd facing the L follower who is moving bkwards in CW direction.

Under/Overs ~ Arms

- Leader changes L hand person to their R hand w/Leader's L hand
- Turn each of the followers (CW or CCW or ~'egg beaters' toward or away from each) Followers try not to crowd each other while turning!

- Lead one of followers under raised arm of other follower & alternate who goes under and over. There is no rush here! Take your time.

“Pretzel” 1

- Close the circle and progress CW as a 3some.
- Leader raises back/trailing arm and turns (a little CCW) such that leaders' lower arm comes across their body in front then ducks under followers raised joined hands taking the lower armed person 1st then the higher armed person 2nd. I.E. Leader goes under the arms first, followed by the lower arm person and last the person with the higher arm. NOTE: There are other ways to do this, but this gives each person space and time to go under the arms and not be crowded.
- The circle then progresses CCW – I.E. Each time dancing a complete “pretzel” #! the circle changes rotation to the opposite direction.
- Repeat the sequence of “pretzel” w/leader raising back arm and turning towards it, taking lower armed follower 1st then higher armed follower 2nd.
- Repeat CW and CCW as desired

“Pretzel” 2

- Leader raises back/trailing arm, turns as if going to do pretzel 1 and changes followers to one in each of leaders hands. Followers put their joined hands at neck or upper back of leader. Leader is in the middle and all 3 are facing the same direction.
- Dance as a 3some to a new position in the dance space or CW or CCW on the spot.
- Begin “pretzel” 2 by leader raising one arm and lowering the other arm, and ducking under followers joined arms and progressing (behind first) around one of followers.
- Pull/guide follower in lower arm first, then follower in upper arm 2nd
- Leader is the last to turn to return to original position w/leader in the middle all facing the same direction.
- This sequence can be repeated each direction any number of times and altering which direction the leader goes, thus changing which follower comes 1st and 2nd.

Exiting to Lausdans

- To exit this position, leader pulls leaders arms forward forcing followers to let go of their joined hands behind leaders back.
- This results in the leader turning the followers ~‘egg beater’ style towards each other. Leader needs to keep their arms spread wide so followers do not crash into one another.
- Leader can then let go of followers and all dance a short lausdans progressing CCW/LOD in their small circle on a spot.
- Leader can dance fwd or bkwd in the small circle. Followers tend to dance fwd and either watch leaders extra/ornamented steps or leader may signal followers to turn, usually CW individually as they progress around their small circle.

Choices:

The leader may choose to either repeat Tremannsdans thus inviting the followers by offering R hand palm up to followers, OR may dance a as a twosome with one of the followers and then the other before finishing or repeating Tremannsdans

Couple dance section

- Leader takes one of the followers and dances one time through the dance (We USA dancers tend to think of this as one figure) with this partner.

- Leader often connects L in L into the zigzag hold and dances the figure logical with it.
- After dancing the armkrok with this person, they are turned out back to lausdans.
- Leader takes the other follower into couple dance and goes one time through the dance with this person.
- When leader finishes with the armkrok leader may pick up the other follower and begin the 3some dancing again starting usually as done at the beginning, or however the leader chooses.

Some Alternate step options for leader (and sometimes followers) that may be danced during tremannsdans and/or if there is a partner dance section:

1. foot slaps (foot to hand)
2. marking or making a small sound on the ground
3. turning CW
4. turning CCW
5. modified grapevine steps
6. step lift behind or swing fwd and lift behind
7. Squats
8. Dancing backwards
9. Squats and turns together
10. 2 steps in one measure
11. Etc.

Most of the terminology used to differentiate various parts or sequences (example: pretzel) is my own and does not come from my teachers.

Dancers choose whether to follow the dance sequence in this document. Each threesome has the option to vary the sequence as they choose. It is not necessary to dance all of the sequences to have a rich fun dance.

Presented by Roo Lester and Larry Harding at Texas Camp 2016