

Barne Rugen Norway

As taught by Alix Cordray at Norsk Stemne 2015

Music: Special melody for Rugen

Steps: walking and or little running steps and possibly step hops

Formation: twosomes (couples of people not gendered) holding hands

Practice:

Measures Motif Dance pattern

Meas 1 - 4 1 Everyone count to 7 two times. Use fingers to show numbers.

Meas 5 - 6 2 Everyone count to 3 two times. Use fingers to show numbers.

Meas 7 - 8 3 Each person turns L (CCW) around by themselves.

Meas 9- 10 2 Everyone count to 3 two times. Use fingers to show numbers.

Meas 11-12 3 Each person turns L (CCW) around by themselves.

The Dance:

Begin with twosomes facing each other in a ring or circle formation around the dance space.

Meas 1- 2 Each twosome moves sideways towards the center of the circle taking 7 steps. Mark the last step with a bit of a stamp.

Meas 3 - 4 Follow this by moving sideways away from the center taking 7 steps. Mark the last step with a bit of a stamp.

Meas 5 Each twosome moves sideways towards the center of the circle taking 3 steps. Mark the last step with a bit of a stamp.

Meas 7 Followed by moving sideways away from the center taking 3 steps. Mark the last step with a bit of a stamp.

Meas 7 - 8 Walk/run (or step hops) CW around with partner taking 7 or 8 steps.

Meas 9 - 12 Repeat meas 5 - 8

Repeat from the beginning of the dance moving towards the center with 7 steps.