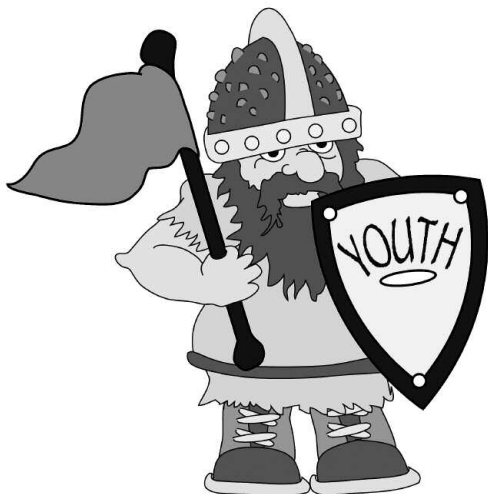


NORWEGIAN  
*Cultural Skills*  
PROGRAM

# UNIT 30

## FOLK DANCING



**SONS OF  
NORWAY**

1455 West Lake Street  
Minneapolis, MN 55408  
[www.sonsofnorway.com](http://www.sonsofnorway.com)

# UNIT 30: FOLK DANCING FOR YOUTH



Prepared by Dan Rude &  
Sons of Norway  
Fraternal Dept.  
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## INTRODUCTION

▶ Norwegian folk dancing has become a very popular activity for Norwegian Americans. There are folk dance groups for adult and youth all over the United States. Many of the dances have been passed down from those who came from Norway. Others are taught through different resources such as Klara Semb's "**Norske Folkedansar**". The book that I have found most helpful is Daniel Beal's "**Dances From Norway**".

▶ The guidelines for the Youth Folk Dancing Cultural Skills Program were written using Beal's book. The book is easy to follow, gives very good instructions and is available for purchase from Scandinavian Shops. The companion CDs are available from Sons of Norway Lending Library. For details, call Sons of Norway Headquarters at (800) 945-8851 or e-mail [culture@sofn.com](mailto:culture@sofn.com).

▶ As Beal points out, Norwegian dances can be divided into four groups: song dances (*sangdanser*), figure dances (*turdanser*), old time couple dances (*gammeldanser*), and provincial dances (*bygdedanser*).

▶ Note: song dances, figure dances, and couple dances are the only dances that are used in this Norwegian Youth Cultural



## Instructions

### TO DO

**\*1.** One of the most popular events throughout Sons of Norway is the annual Christmas Party. One of the important parts of that party is dancing around the Christmas tree. Therefore, you must learn the song and the dance that goes with it: *Å jul med din glede*. Song instructions with music scores can be found on pg. 177 of "**Dances From Norway**" by Daniel Beal while dance instructions can be found on pg. 40-41 of the same book.

At the next Christmas party you will be ready to perform this dance. If your lodge does not practice this tradition you can perform the dance with your youth or dance group!

**\*2.** From the book, "**Dances From Norway**", learn and perform one (1) dance from the following type of dances - song dance, figure dance, and couple dance. See listed below. The performance can be at a lodge meeting, festival, folk dance gathering, retirement home, as part of a school presentation, or at any function where you will have an audience. Choose one from each type of dance listed:

#### Song Dance

- *Eg gjætte Tulla* (for older children)
- *Å kjære vatten*
- *Jeg gikk meg over sjø og land*

#### Figure Dance

- *Seksmannsril* (for older children)
- *Rugen*
- *Tretur fra Fana*
- *Krossadans med seks* (for older children)
- *Sju gjenter går i ringen*

#### Couple Dance

- ▶ *Klappdans*

**\*3.** Select and complete one of the elective activities.

#### Elective Activities

**a.)** Become a member of a Sons of Norway youth group, Junior Lodge, or youth dance group. Attend at least five (5) or six (6) meetings. Write an essay about the importance of belonging to a Sons of Norway youth group and what you gained from the experience.

**b.)** As a part of your youth group, perform three (3) Norwegian folk dances - one (1) from each type (song dance, figure dance and couple dance) at a retirement home. Write a brief report telling about the retired home and the dances.

**c.)** Learn four different Norwegian dances that are not listed in this Cultural Skills unit. Write a brief report telling which dances you learned.

**d.)** Teach a Norwegian dance to another youth group. Groups such as scout troops, classes at schools or church groups are possible ideas. Write a brief report telling about the group you chose and which dance(s) were taught.

**\*4.** Fill out the Report Form, ask a lodge officer or designated person to sign the form. Be sure to include the following information in the envelope sent to the address below:

- Report Form (pg. 3)
- Elective Activity requirements
- Evaluation Form (pg. 4)

#### SEND MATERIALS TO:

CULTURAL SKILLS REPORTS  
SONS OF NORWAY  
1455 WEST LAKE STREET  
MINNEAPOLIS, MN 55408

# Partial List of Resources

## Books

"Dances from Norway" . . . . . Daniel Beal, 1988

"Norske folkedansar og Songdansar" . . . . . Klara Semb,

"Norwegian Songbook" . . . . . Mike and Else Sevig, Skandisk Inc, 1985

"Norwegian Folk Dances" . . . . . Helen Sjørusen

"Dance a While, Handbook of Folk, Square and Social Dance" . . . . . Jane A. Harris, Anne M. Pittman, Marlys Walker, McMillian College Publishing Co. (Contains a chapter on Scandinavian dances).

"Folk Dance and Lore from Norway" . . . Jeanne Reek, Kay Seamonson and Shirley Ralph, Wisconsin House, Ltd, 1971

"Norsk Folkedans Stemne" handbooks . . . . . describes hundreds of dances. Contact Carol Ollestad, Norsk Folkedans Stemne, P.O. Box 17099, Seattle, WA 98107, or call (206) 402-4582.

"Scandinavian Folk Dances and Tunes" . . . . . Folklore Village Farm, 3210 County Highway BB, Dodgeville, WI 53533, or call (608) 924-4000.

## Music

Haug Forretning . . . . . 2428 NW 56, Ballard, WA 98107

Norsk Ltd. . . . . Jofrid Sodal call (303) 443-6452 or e-mail norsk@csd.net.

Scandisk Music, Inc. . . . . 6667 West Old Shakopee Rd., Suite 109, Bloomington, MN 55423 www.skandisk.com

## Instructional Videos

Norwegian Folk Dance Instructional Video I . . . . . Four dances demonstrated by the Dassel Leikarring (30 minutes).

Norwegian Folk Dances II . . . . . A continuation of the first volume, four more dances performed by the Dassel Leikarring (30 minutes).

Norwegian Dances for Children . . . . . A companion to the book titled: Dances from Norway (35 minutes).

Valdres Springar . . . . . Instructional video of the Valdres springar dance.



# Report Form

# Norwegian Cultural Skills Program

## Unit 30: Folk Dancing for Youth

I have completed:

- Å jul med din glede
- Elective activity requirements (include report or essay) for activity a b c d (circle appropriate letters(s)).

I have learned the following dances:

Song dance: \_\_\_\_\_  
Figure dance: \_\_\_\_\_  
Couple dance: \_\_\_\_\_

I performed the dances at: \_\_\_\_\_  
(name of location)

Name: \_\_\_\_\_ Lodge Name/District/Number: \_\_\_\_\_

Membership Number: \_\_\_\_\_ Age (if younger than 16): \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail address: \_\_\_\_\_ Home Telephone: \_\_\_\_\_

Have you received Cultural Skills Program pin awards previously?  Yes  No If yes, please specify: \_\_\_\_\_

Signature (Applicant) \_\_\_\_\_ Date \_\_\_\_\_

Printed name of Lodge Cultural/Social Director or other designated person \_\_\_\_\_ Date \_\_\_\_\_

Mailing address of Cultural/Social Director, other designated person \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail address of above person \_\_\_\_\_ Daytime telephone of above person \_\_\_\_\_

Signature Headquarters \_\_\_\_\_ Date \_\_\_\_\_

**Mail this form and your report to: Sons of Norway  
Cultural Skills Reports  
1455 West Lake St.  
Minneapolis, MN 55408**

# EVALUATION FORM

Please keep this original and make the necessary copies to complete your report.

## CULTURAL SKILL COMPLETED: FOLK DANCING FOR YOUTH

**Instructions:** For each of the seven questions below, please check the box which fits your opinion most accurately. The choices are: **Agree (A)**, **Neutral (N)** and **Disagree (D)**.

	<b>A</b>	<b>N</b>	<b>D</b>
1. The instructions for this unit were easy to follow	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. The requirements for this unit were reasonable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. There were enough varied choices for optional activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. There were enough instructions and guidelines for doing the activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. The unit provided interesting activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. The unit increased my understanding of Norwegian heritage	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. The unit promoted my involvement in the lodge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**SPECIFIC COMMENTS:** In the space below, add comments and suggestions you may have about this unit. Your comments are confidential and in no way affect the awarding of your completed pin/bar.

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Please send the Evaluation Form to:  
**Cultural Skills Report**  
**Sons of Norway**  
**1455 West Lake Street**  
**Minneapolis, MN 55408**