

Duggan

Norwegian

Furetur fraa Romerike
(Little Four Dance)

Sets of two couples arranged in double circle, one couple facing counterclockwise, the other couple facing clockwise. Hands are joined in circle with elbows bent. Feet are held close together, feet and body turned toward the L. All begin L.

I.

6 resting steps forward, alternating L and R. (Resting step- step L, close R toe to L instep without taking weight and hold) 6 measures
Step L so as to face center of small circle, close R to L (heel to heel) and hold 1 measure
Step backward R, point L forward, straight knee, and hold 1 measure
Repeat all in opposite or counter clockwise direction, beginning L 8 measures

II.

Face partner and chain (grand R and L) with 16 resting steps, 16 measures
beginning L

III.

Partners bow to each other 4 measures
(Man: L hand at hip, R at side, and feet together. As the trunk is bent forward, the R hand is swung sideward, then forward and placed over heart. The trunk is straightened while the R hand is swung forward, sideward, and lowered to side.

(Woman: Feet together and skirt held by thumbs and forefingers, palms straight backward. The R foot is pointed in front, then circled around to the back; knees and trunk are bent and the weight is taken on the R foot. Knees are straightened and the L foot brought to the R, after which the trunk is straightened.)

12 waltz steps in social dancing position. Finish in position to repeat the dance. 12 measures