

# Jeg gikk meg ut i lunden grønn

(Norway)

This is a song dance, a kind of dance done almost exclusively by organized folk dance groups. The dance form is based on the living Faroe Islands tradition, also thought to have existed in Norway at one time, but it has been changed considerably in the Norwegian revival. The Norwegian form was created mostly by Hulda Garborg just after 1900, with the primary motive of getting people to sing Norwegian songs. New song dances are still being created today.

In Norway the only accompaniment is singing. Because of this, song dances have also been used in some places where there is a religious objection to dancing. I have taken the liberty of dancing to a recording because of the difficulty of learning song words in Norwegian.

## Pronunciation:

**Music:** "Jeg gikk meg ut i lunden grønn", Heilo 7007. The dance was composed for another song, "Hans og hånån", but fits equally well to this tune since both are reinlenders. It is described in Klara Semb, *Norske Folkedanser I, Songdansar*, Oslo 1985, ISBN 82-521-2621-9.

**Meter:** 2/4 (reinlender).

**Formation:** Couples in a circle holding hands, W on M R. Hold hands R over L, palm against palm, thumbs crossed. This is called a "heavy" hand hold. Bring your R arm against your R side, palm up. Each dancer is responsible for his own R arm; the L hand simply rests in the R hand of the dancer in front.

**Steps:** Kvilesteg: Step fwd on L (ct 1); step slightly fwd or beside L on R (ct &); step fwd on L (ct 2); lift (ct &); step fwd on R (ct 3); lift (ct &). Repeats with same ftwk.

Reinlender step: Step fwd on L (ct 1); step fwd on R (ct &); step fwd on L (ct 2); lift or hop (ct &). Repeats with opp ftwk. M dances bkwd in this dance. Also danced to side, closing ft on the first "&" ct.

## Meas

## Pattern

### Introduction.

1-6 All dance 4 kvilesteg fwd (CW).

7-8 Release corner's hand. M raise joined hands with ptr slightly. They turn once CCW, M dancing bkwd, W fwd, using 2 reinlender steps.

9-11 Resume starting pos, and dance 2 Kvilesteg fwd.

12 Step fwd on L (ct 1); step slightly fwd or beside L on R (ct &); step fwd on L (ct 2); step beside L on R (ct &). On the last movement, release hands, turn to face ptr, and join R hands in a thumb grip at shoulder height.

13 Dance one reinlender step sideways to L, M twd ctr and W away from ctr.

14 Dance one reinlender step sideways to R, M away from ctr, W twd ctr. At the same time, change hands to L thumb grip by joining L hands over R and then releasing R hands.

## Jeg gikk meg ut i lunden grønn—continued

15-16 Maintain joined L hands, and join R hands over L in a thumb grip. Dance 4 step-hops (or step-lifts) starting with L, approx once around CW. Then, get ready to start again, with M dancing straight fwd into place.

The recording has 4 verses, then meas 9-16 are repeated.

Jeg gikk meg ut i lunden grønn,  
der møtte meg ei piga skjønn.  
“Å vi’ du vera vennen min  
og følga med meg hjem?”

I went out into the green grove,  
there I met a beautiful girl.  
“Oh, do you want to be my sweetheart (little friend),  
and come home with me?”

## Refrain:

Sjung fadderi, sjung fadderalla,  
sjung fadderi, og fadderalla lei.  
Repeat last 2 lines of verse.

Sing tralala, sing tralala,  
Sing tralala, and tralala lo.

“Om åtte dagar sko du få svar  
når eg hev fråga mor or far.  
Og viss at det æ viljen din,  
så sko eg bliva din.”

“In eight days you will get an answer,  
when I have asked my mother and father.  
And if it is what you want,  
I will be yours.”

Når åtte dagar forgangne var,  
da pigan seg en anden tar.  
Et oppslagsbrev hun til meg skrev,  
ho sviki har sin ven.

When the eight days have passed,  
the girl has taken another.  
She wrote me a letter breaking the engagement,  
she has betrayed her friend.

“Adjø min far, adjø min mor,  
adjø min søster og lila bror.  
No reiser eg til fremmande land,  
kjem alli meir igjen.”

“Good-bye my father, good-bye my mother,  
good-bye my sister and little brother.  
I am leaving now for foreign lands,  
never to return.”

Presented by Alix Cordray

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## Errata and Addenda for 1992 Folk Dance Camp Syllabus

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**Jeg gikk meg ut i lunden grønn**

Pronunciation: YAHEE YEEK MAHEE OOT EE LOON-duhn GRUHN

Music: Cassette “Dans Norsk” Heilo PAK 1004 Side A/4

Steps, Kvilesteg: On the lifts the free foot is parallel to the floor and close to the supporting foot. Free foot may or may not touch the floor.

Introduction: 4 meas