

Ril

(Norway)

Ril is the Norwegian term for reel, a traditional type of folk dance common to many countries. The music for the Norwegian Ril is identical with an Irish reel tune.

Formation: Any number of sets comprised of three couples in a single circle, M and L of partner, all hands joined and held at shoulder level, elbows bent.

Part I

1-7 Beginning L, all dance CW in a circle with 14 step-hops.
8 1&,2 3 stamps (L, R, L).
& Hold.
9-16 Repeat all, beginning R and progressing CCW (W does not take weight on last stamp in order to have R foot free to begin Figure II).

Part II

1-7 Partners facing in a single circle, both hands joined at shoulder level with arms extended sideward; M begins L and progresses fwd WHILE W begins R and progresses backward in a CCW circle with 14 step-hops.
8 1&,2 Couples drop hands and turn to face opposite partners (M turns L, W R), all clapping own hands on ct 1, with 3 stamps (M L, R, L, W R, L, R).
& Hold.
9-16 Repeat all with opposite partner continuing to move CCW around the circle (M begins R and moves bkwd, W begins L and moves fwd). Finish with partners facing. (W does not take weight on last stamp in order to have L foot free to begin Figure III).

Part III

1-8 Beginning L W progress CW, M CCW around circle in a Grand R and L, making one complete circle to meet own partner in original position, with 16 walking steps.

Part IV

1-16 Repeat Figure I as analyzed.

Part V

1-16 Repeat Figure II as analyzed, substituting cymbal clash on each step-hop instead of holding hands while dancing with opposite partner. In the cymbal clash, each dancer claps own hands together as they swing past each other in a vertical plane on cts 1, 2, 1, 2, etc.

Repeat entire dance as many times as desired.