

# SEKSMANNSRIL

*Source:* Seksmannsril, pronounced SEX-mahns-reel, (Six person reel) is a “turdans” (figure dance). Most Norwegian “turdans” have their general roots in English-style country dancing.

*Rhythm:* 2/4    *Presented by:* Lee Otterholt, Autumn Leaves, 2006

*Formation:* Three couples in a circle. W to R of M. All hold hands at shoulder height.

## FIGURES

- 1            **Circle L, circle R**  
Beginning with L foot free, skip 14 steps to the L (CW) in a circle. Stamp 3 times. REVERSE.
- 2A          **Star**  
Face partner, hold hands with partner out to the side (M’s L hand and W’s R hand slightly lower than other hands) and all three couples touch M’s L hands and W’s R hands in center. In this position, do 14 step-hops CCW (M FWD and W BKWD). During the 3 final stamps partners turn individually and take similar position with new partner. Continue to skip 14 steps CCW, this time W FWD and M BKWD. Turn back to own partner on final 3 stamps. (Remember to clap own hands on count 1 before each “star”)
- 3            **Chain**  
Clap own hands on count 1, then immediately begin chain: M skip CCW, W CW giving R hand to partner, L hand to next and continuing so on until you meet your partner the second time, getting into position to begin the dance again.
- 1            **Circle L, circle R**  
Same as above.
- 2B          **Clapping**  
As in FIGURE 2A, but instead of holding hands, clap each beat as you repeat the steps, formations and movements of FIGURE 2A; hands moving alternately up-and-down to clap, not side-to-side.
- 3            **Chain**  
Same as above

*VARIATION:* Both M and W may freely “twist” themselves back and forth under their own arms during FIGURE 1, greeting both partner and corner, as long as they do not break the hand-hold and do not disrupt the flow of the circle.

