

RESEARCH COMMITTEE: Miriam  
Lidster and Dorothy Tamburini

## FYRAMANNADANS (*Four-Man Dance*)

(Swedish)

Swedish dance for two couples. Presented at the 1952 Folk Dance Camp, Stockton, California, by Anta Ryman.

**MUSIC:** Piano: Svenska Folkdanser och Sällskapsdancer by Svenska Ungdomsringen for Bygdekultur redigerad by Gustaf Karlson.

**FORMATION:** Two couples facing each other with W on M's R, hands on hips, fingers forward, palms resting on hips.

**STEPS:** Ostgota: ALWAYS BEGIN WITH L FT., step L (ct. 1), close R to L, (ct. &), step L (ct. 2), take a very small leap fwd. onto R (ct. 3).

MUSIC 3/4	PATTERN
Measures	
4 measures	<i>INTRODUCTION</i>  Couples stand in place facing opposite couple, W on M's R. Keep hands on hips, palms down, throughout introduction.
1-8	<i>I. CIRCLE AND WHEEL</i>  All four join hands and circle CW with 8 östgöta steps. Keep shoulders parallel as if facing center of circle.  Note: This gives a twist to the body with the R ft. crossing over L on the leap.
1-8 repeated	On measure 1, clap own hands and turn CCW with one östgöta step. Immediately grasp (with R. hands) the wrist of the person to the L; L hands grasp the upper arm (just above the elbow) of the person to the L, and continue circling CW with 7 östgöta steps.  Note: The movement of the circle should continue as the wheel formation is made.
9	Again clap own hands and turn CCW with 1 östgöta step.
10	M grasp each other's hands with ring-grip: ring-grip is usual hand clasp with arms rounded.  W grasp each others' hands in ring-grip above hands of M.
11	W lift joined hands over M's head and behind their backs.
12	M lift joined hands over W's head and behind their backs.
13-16	Dance 4 östgöta steps CW.
9-16 repeated	Continue moving CW with 8 östgöta steps.