

OXDANS
(Sweden)

MUSIC: Folk Dancer MH 1055

FORMATION: Two men facing each other. This dance, for men only, may be done with just one pair, or any number of pairs scattered around the room. It is best if they are situated so that all pairs have their backs to the same walls.

BACKGROUND: This is a "nock" fight between two men over the attentions of a girl.

CHORUS: Two men facing each other. Fists are clinched and held in front of the chest with the elbows out to the sides. Action is the same for each man.

Cts. 1 - Hop or scoot sideways to the R on L foot.
& - Step R next to L
2 - Step L next to R, no weight
3-4 - Stamp L twice.

NOTE: On Ct. 1, arms open straight out to sides. On Cts. 3-4, arms they "pump" up & down in front of the chest.

Cts. 5-8 - Repeat action above, moving to the L. End facing each other again. Only 1 stamp here.

Cts. 9-16 - Repeat action, moving away from each other to the L. Two stamps here.

Cts. 17-24 - Repeat action moving to the R. End facing in original position.

PART I: SQUAT-BOW (Pairs stand very close together: face-to-face)

Cts. 1-2 - Man #1, with hands on hips, sinks down to a squat position. Man #2 bows over him.
3-4 - Man #1 and Man #2 straighten up.
5-6 - Man #2, with hands on hips, sinks down to a squat position. Man #1 bows over him.
7-8 - Man #2 and Man #1 straighten up.
9-16 - Repeat Cts. 1-8.
17-32 - Repeat above, double time. i.e.,
Ct. 1 - squat and bow.
Ct. 2 - Straighten
Ct. 3 - Squat and bow
Ct. 4 - Straighten
etc.

PART II: SCISSORS or TOE STAMPING.

Using the same rhythm as for part I, the men do the following action:

Jump, landing with right foot forward of left foot. Men have their R feet very close together, as if they are landing on each other's foot.

Jump, landing with left foot forward of right foot. Keep alternating feet forward and back. Hands are on own hips during the entire sequence.

PART III: ELBOWING or BOOSTER FIGHTING

Using the same rhythm as for part I, the men do the following action:

With hands on own hips, jump, landing with right sides together, and hitting R elbows together. Repeat with left side and elbows, Keep alternating sides.

(Oxdans, continued)

PART IV: BOXING:

Men stand facing each other squarely. Man #1 quickly "throws a punch" at Man #2 with his R fist. The "punch" should go in the space made by Man #2 who has his R fist on his R hip. Man #1 quickly "rebounds" his punch, and Man #2 reacts as if he has been hit in the mid-section. ----- Man #2, then throws a "punch" with his R hand. Man #1 then throws a left punch, then Man #2 a left, etc. They alternate trading punches in the same rhythm as for Part I.

PART V: PULLING HAIR

Men stand facing each other squarely. Men place own R hand on partner's head as if grabbing his hair. Man #1 pulls Man #2 head down. Then #2 pulls #1, etc. in the same rhythm as for Part I. Men react as if they are really getting their hair pulled.

PART VI: MAKING FACES

Man #1 puts his thumbs at his ears and wiggles his fingers and at the same time sticks out his tongue, and leans backwards. At the same time, Man #2 puts his thumbs to his nose, wiggles his fingers and makes a "face" while leaning forward over Man #1. They alternate "ears" and "nose" in the same rhythm as for Part I.

PART VII: FIGHTING

Man #1 hauls back and swings his R hand at Man #2 as if he is slapping him hard across the face. At the same time, Man #2 ducks to his right as if he has been hit and loudly claps his own hands by his R side, making the slapping sound. Man #2 then swings at Man #1, etc.

The dance ends with both men jumping into the air and making a full turn to the right and then shaking hands.

NOTE: The dance begins with the Chorus, and then the Chorus is repeated between each Part. There is no specific sequence for the steps. The fighting is generally the last step. This dance is for MEN ONLY. Girls should not do it, and NEVER should a Girl and a Boy do it together.