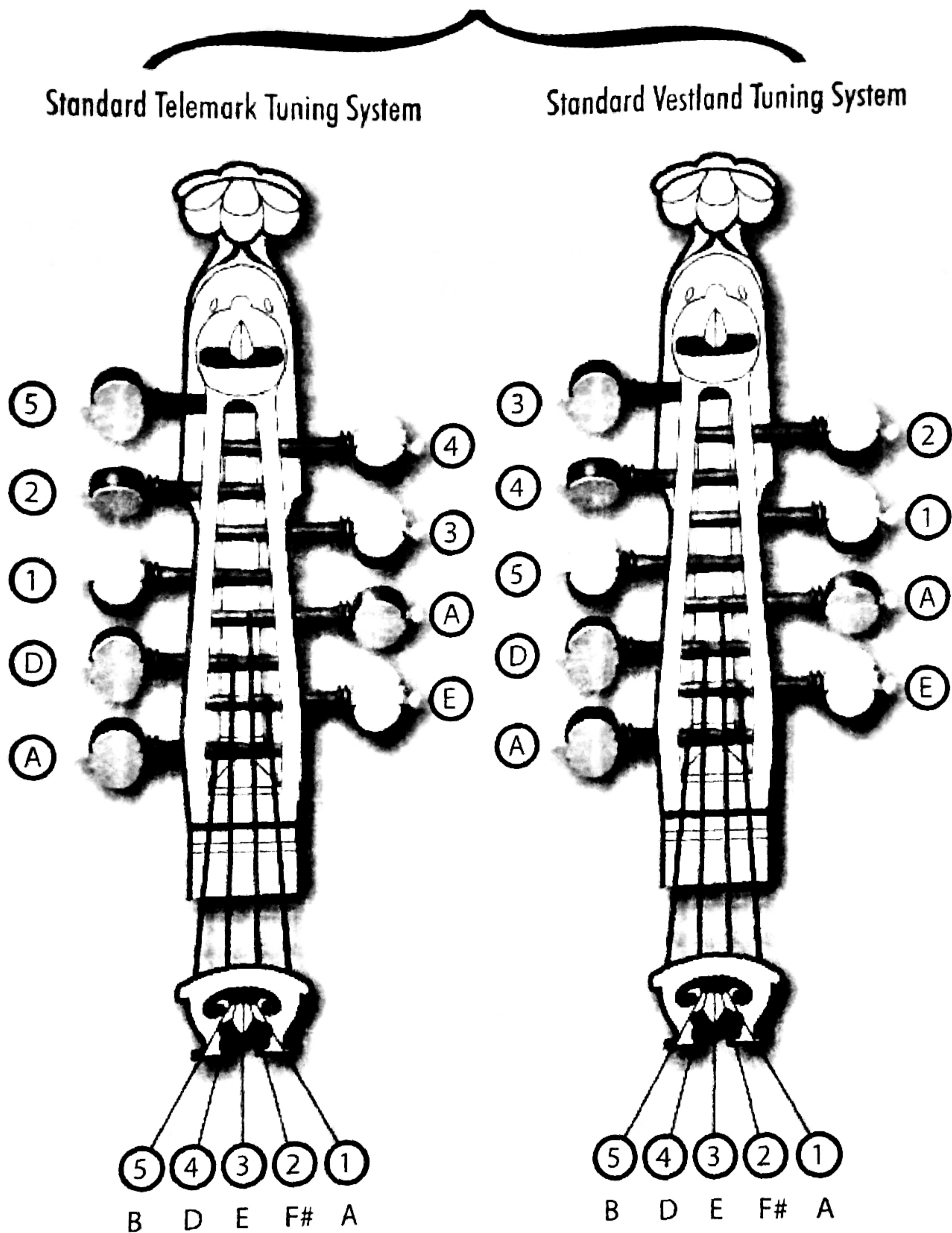


# Typical Hardanger String Configuration and tuning



## String order.

**Most hardanger fiddls use the Telemark system for understring order.** The number 5 and 4 strings are the most frequently tuned and so with this system are the easiest to access.

## Tuning the sympathetics.

The understrings are very light gauge strings (20 to 24 weight) and will break easily. Make sure you know the string order and tune them carefully. You can use a tooth pick to reach between the overstrings and pluck the understrings as I tune them. The understrings will resonate best if they are slightly sharp.

## About the understrings.

The heaviest weight string is 24, then 22 and 20. Strings 5 and 4 are 24 weight. Strings 3 and 2 are 22 weight, and string 1 is 20 weight. Strings 5 and 4 should be attached to the 1st wire hook on the tail piece, 3, 2, and 1 should be attached to the second wire hook.

# Reinlender etter Ringnesen

BlueRoseMusic.org (#1254)

Printed by Karen Myers



# HALLING

Etter Jens A. Myrø, Al. Hallingdal. (N)

M.M. ♩ = 86

5/8

Fine

1 2

1 2

Del Se Del Se  
at Fine

The musical score consists of three staves of music. The first staff begins with a treble clef, a key signature of one sharp (F#), and a 3/4 time signature. The tempo is marked 'M.M. ♩ = 86'. The music is written in a rhythmic style characteristic of halling, with many eighth and sixteenth notes. A '5/8' annotation is placed above the first staff. The piece concludes with a 'Fine' marking. The second and third staves continue the melody. The third staff includes first and second endings, marked '1' and '2' above the notes. The piece ends with the instruction 'Del Se Del Se at Fine'.

161 h

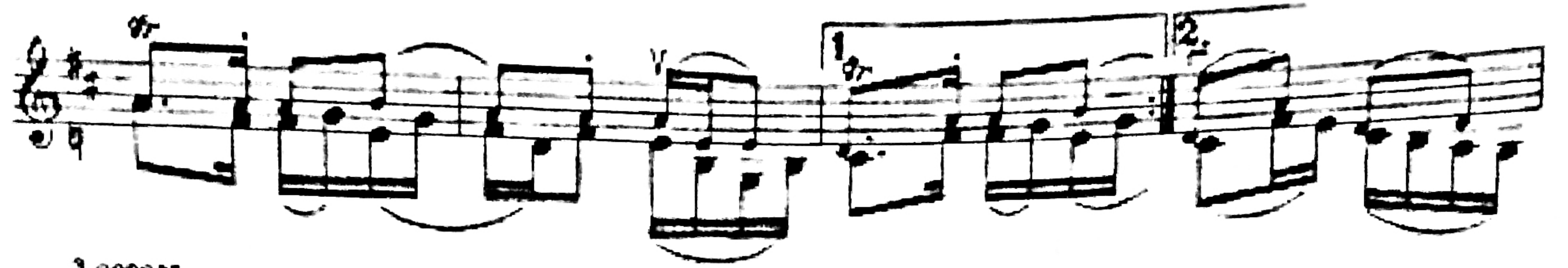
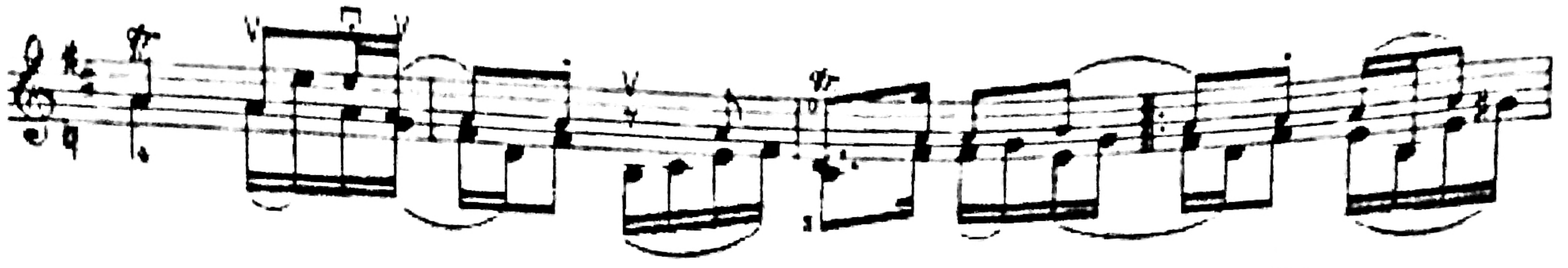
# HALLING

Halling

etter Myllarguten, Sauherad,  
Telemark (S.)

after Myllarguten, Sauherad,  
Telemark (S.)

Fleatide Tuning      Understranger Sympathetic strings



# Norwegian Dances

**Pols and Springleik:** In eastern Norway, pols and springleik are dances which travel around the room, similar to the Swedish polska. In addition, these dances include walking figures and a slow turn (which can be clockwise or counterclockwise), to the fast one-measure clockwise turn. Pols dances from different areas of Norway are distinguished by variations in rhythm that drive the style and energy of the dance. Examples are Rørospols, Finnskogspols, and Springleik.

**Springar and gangar:** In these dances from the south and west of Norway, the man has a lot of freedom to improvise using figures often specific to the region and a lot of ornamentation consisting of fancy footwork, stamps, occasional acrobatics, and extra turns. These dances can be compared to American swing dancing in that the man decides and leads the figures and the woman follows, although the actual figures and styling are quite different. Some springars also include slow or fast couple turns.

The rhythm of the music for springars varies between different regions of Norway. The faster springars are done to music with three uneven beats per measure, which gives each dance its own characteristic svikt pattern. The relative lengths of the beats is specific to each region. Slower gangars are done to music with 2 even beats in a measure.

The music for springar and gangar is traditionally played solo on a hardanger fiddle, a special violin type instrument with sympathetic strings in addition to the played strings, which gives it a lovely, haunting sound. The music also does not usually follow a set pattern of 8-measure phrases familiar to us from other music. Examples are Valdrespringar, Hallingspringar, Vossaspringar, and Setesdalgangar.

**Telespringar:** This particular springar from the Telemark region of Norway is an improvised dance done on one spot. The dance has its own characteristic svikt and is done to music with three uneven beats. The figures are unique to this dance and are characterized by flowing turning of the couple both clockwise and counterclockwise, often described as imitating the floral curlicue patterns of the traditional, painted rosemaling designs. Changes in turning speed, couple hold and variations in the men's steps add endless variety and excitement to this favorite dance. A similar dance, Telegangar is done to slower music with an even beat.

**Rull or rudl** in western Norway is usually done to music with 2 beats per measure, of which Vossarull is an example. It combines a fast clockwise pivot turn with a slower polka type turn in either direction.

**Halling** is a solo men's dance in which athletic and dance skills combine and culminate in kicking a hat off a stick held above the dancers' heads.