

Research Committee:
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DALDANS (Dal-Dance)

(Swedish)

This dance was first presented at the Royal Theater in Stockholm on the occasion of the twenty-fifth anniversary of the coronation of King Karl XIV of Sweden. It was performed as a solo dance by a couple from the province of Dalarna. The music is a combination of old traditional melodies of that area.

MUSIC: Record: Kismet 162 "Dal Dance."

FORMATION: Couples in a double circle facing CCW, W at R of M, her L hand on his R shoulder, R hand on hip, fingers forward. M has arms folded on chest. Unless otherwise stated, he keeps his arms folded and she keeps her hands on her hips throughout the dance.

STEPS: *Dal step, *Running step, "Jumping step with out-flung arms," Kick Step, Lunge, Hambo Polska.

Note: Dal step starts R. unless otherwise indicated.

MUSIC $\frac{3}{4}$	PATTERN
meas.	
A.	I. DAL STEPS
1-16	Both beginning R dance 16 dal steps progressing LOD. (Step fwd R (ct 1), bending R knee slightly; straighten the knee and raise the heel of the R, at the same time swinging the L leg slightly across in front of the R with the ankle and knee extended, the foot lifted about 6 or 8 inches from the floor (ct. 2); lower R heel (ct. 3). Care should be taken not to scuff the ft as it is swung fwd. It is a smooth flowing step.)
B.	II. PANCAKE TURNS
1-2	Face partner and join both hands with partner, dance 2 dal steps R.L. Make a complete turn under joined hands (M turns L, W R) with 6 small walking steps, one to each ct.
3-4	
5-8	Repeat Fig. II, meas. 1-4.
C.	III. CROSS OVER
1-2	Partners change places passing R shoulders with 4 running steps, turn CW to face partner with 2 steps (Finish about 4 ft. apart).
3	Spring onto R extending L fwd. (ct. 1), spring L extending R (ct. 2), spring R extending L (ct. 3). This is a small kicking step in place.
4	Jump with ft. about 1 ft. apart, knees bent, toes out, arms flung outward, hands are fists (ct. 1); hold (ct. 2); jump with ft. together, arms in original position (ct. 3).
5-8	Repeat Fig. III, meas. 1-4, returning to place about 4 ft. apart.
9-16	Repeat Fig. III, meas. 1-8.
D.	IV. TOE MATCHING
1-8	Approach partner with 8 dal steps starting R.
9	Join both hands with partner. With a little spring M steps R, bending knee slightly and putting L heel fwd. toe up (ct. 1); hold (ct. 2). W does same with opp. ft., her R toe touching his L. M springs on L in place bending R knee so R ft. swings bwd. W does same on opp. ft. (ct. 3).
10	Repeat action of Fig. IV, meas. 9, using opp. ft.
11-16	Repeat action of Fig. IV, meas. 9-10 three times.
A.	V. MAN CIRCLES WOMAN
1-8	M dances 8 dal steps starting R CCW around W, clapping hands on ct. 1 of each meas. W turns CCW almost in place with 8 dal steps. Partners face each other all of the time.
B.	VI. SWING OVER
1-2	Pancake turn as in Fig. II, meas. 3-4.
3	M puts R hand on W head pushing her down on R knee (ct. 1). W keeps hands on hips, head low.
4	Clapping hands on ct. 1, M swings R leg over W head making a complete CCW turn pivoting on L toe. (ct. 2, 3). W stands on last ct.
5-16	Repeat Fig. VI, meas. 1-4 three times.

- C. VII. *WOMAN'S SOLO*
 1-2 M steps back and stands in place while W dances 2 smooth pas de basques starting R, moving LOD.
 3-4 W does 3 kicking steps and 1 jump step with arms out-flung. (Fig. III, meas. 3-4).
 5-8 Repeat Fig. VII, meas. 1-4.
 9-16 W returns to partner slowly with 8 "turning step-hops" starting R making 4 turns in 8 meas.
- D. VIII. *THE LUNGE*
 1 Partners facing about 2 ft. apart, M arms folded, W hands on hips. Leap fwd. on L, L shoulder twd. partner, R leg extended back (ct. 1); hold (ct. 2); hop on L (ct. 3).
 2 Turning to face partner, leap on R, L leg extended back, hands joined and arms extended sideward (ct. 1); hold (ct. 2); hop on R (ct. 3).
 3 Leap back to own place on L, arms in original positions (ct. 1); hold (ct. 2); hop on L (ct. 3), turning CCW to face partner.
 4 Jump with ft. together and slight knee bend (ct. 1), hold (cts. 2, 3).
 5-16 Repeat Fig. VIII, meas. 1-4 three times.
- A. IX. *ELBOW TURNS*
 1-4 Partners run toward each other and link R elbows, turn CW (12 running step in all).
 5-8 Repeat Fig. IX, meas. 1-4, linking L elbows and turning CCW.
- B. X. *LIFT OVER*
 1-2 Facing LOD in position as at beginning of dance, take 2 dal steps starting L.
 3-4 M puts both hands on W waist and lifts her over to his L side, W assists by putting both hands on his shoulders, giving a slight leap while straightening her arms and pushing on his shoulders.
 5-8 Repeat Fig. X, meas. 1-4 starting R and returning W to M R.
 9-16 Repeat Fig. X, meas. 1-8.
- C. XI. *MAN'S SOLO*
 1-8 W steps aside and stands while M dances 8 dal steps vigorously in LOD. On ct. 1 of each meas. he slaps his waist in front with one fist and the center of his back with the other. His L fist is in front as he steps R and swings his L leg fwd. His R fist is in front as he steps L and swings his R leg fwd.
 9-16 He returns to his partner with 8 "jumping steps with arms outflung" moving bwd. (Fig. III, meas. 4). Fists are out on ct. 1, in front of chest on ct. 3.
- D. XII. *CRACK THE WHIP AND PEEK-A-BOO*
 1 Partners side by side facing LOD, hands crossed in skaters' position. Retaining hand hold, W turns L moving to M L with 3 steps L, R, L.
 2 M moves to W L in same manner.
 3 W moves to M L again.
 4 Hold position 3 cts.
 5-8 Repeat Fig. XII, meas. 1-4, moving to R, starting R. Finish with W in front of M, hands on hips, M hands on hers.
 9-16 W steps L and leans to her L (ct. 1); raise R ft. and point toe to R (ct. 2), slight lift on L, not a hop (ct. 3). M does the same starting R. By changing ft. and leaning the other way partners peek at each other alternately over W R then L shoulder.
- A. XIII. *HAMBO POLSKA*
 1-8 Quickly take shoulder waist position and dance 8 very slow hambo polskas to end of music. M may lift W on last meas.
 (Hambo Polska-On each meas. M steps fwd. R with a slight knee bend and pivots CW on toe (ct. 1); steps sdwd. L and pivots CW on toe (ct. 2), touches R beside and slightly back of L (ct. 3). At the same time W steps L and pivots CW on toe (ct. 1), touches R toe back of L heel (ct. 2); leaps lightly onto R (ct. 3). Couples progress CCW around floor while turning CW.