

Familievals

Norway

This version from Norway was presented by Alex Cordray at the 1992 University of the Pacific Stockton Folk Dance Camp.

Cassette: "Dans Norsk" Heilo PAK 1004 Side A/2.

Formation: Same as in Familjevals.

Steps and Styling: Slengsteg L: Step on L (ct 1); swing R leg fwd slightly across L while lifting L heel (cts 2-3). The R leg is straightened as it is swung. Step alternates.

To look Norwegian, the slengsteg and waltz steps should have a pattern of down-up-down: Bend knees and ankles on ct 1; straighten on ct 2; bend and straighten on ct 3.

| Measures | 3/4 meter | PATTERN |
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I. SLENGSTEG TO CORNER AND PARTNER.

- 1 Beg M L ft and W R ft dance one slengsteg twd corner.
- 2 With opp ftwk and direction, dance one slengsteg twd ptr.
- 3-4 Repeat meas 1-2.

II. WALTZ TURN WITH CORNER

- 1-4 Dance 4 waltz steps as described in the Swedish version.

SEQUENCE: Repeat dance to end of music, changing ptrs every 8 meas.

Note: There are several other Scandinavian dances called "Family Waltz," all authentic but maybe danced a little differently. A knowledgeable M.C. can prevent confusion on the dance floor.