

## Feiar med vals

(Norway)

Feiar med vals (FAY-ahr meh VAHLS) is a couple dance from Ringerike in eastern Norway. The title "Sweeper with Waltz" refers to the sweeping motion of the second figure. This dance with contrasting rhythms originated in the early 1800's when Norway was experiencing considerable cultural contact with foreign lands through seafaring commerce. Gordon E. Tracie learned the dance in Norway in 1951 and presented it in 1957 and again in 1962 at the University of the Pacific Folk Dance Camp. Bruce Taylor taught the dance there in 1971. Invar Sodal and Alix Cordray have also taught this dance at various camps and institutes.

RECORD: Aqua Viking V300 (45) (Some labels are reversed); 3/4, 2/4 meter  
Harmoni TD-3 (45) Side A/1; EMI C054 37340 Side A/6.

CASSETTE: EMI C254 37340 Side A/6.

FORMATION: Cpls spaced about the floor in shldr-waist pos, M back to ctr.

STEPS: Waltz\*, two-step\*.

Hamborgar Pivot (2 to a meas): Step on the full ft with knee relaxed and ankle flexed (ct 1); lift heel from floor, straightening knee and ankle a bit to raise body while turning on ball of ft (ct &); repeat exactly on other ft (cts 2,&). Dance 2 steps (1 meas) to make 1 CW turn.

STYLING: All steps are relaxed and somewhat springy (svikt), yet done with dignity. "Svikt" is a Norwegian word that describes the down-up movement of the body caused by flexing and stretching the ankles and knees.

\*Described in Steps and Styling, published by the Folk Dance Federation of Calif., Inc.

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MUSIC	3/4, 2/4 meter	PATTERN
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Measures

3/4  
4 meas INTRODUCTION No action.  
NOTE: The EMI recordings have an introduction consisting of pick-up notes and 2 meas of 3/4 music.

### I. WALTZ

1-15 Beg ML, WR dance 15 waltz steps turning CW and progressing in LOD (CCW).  
NOTE: Bruce Taylor gives the MR, WL as the beg ft. The first waltz is done almost in place. The notes of Alix Cordray also has MR, WL as beg ft but M starts the dance facing in LOD.

16 Pause in place with M back to ctr, ptrs facing. Prepare for Fig II by joining trailing hands (MR, WL) and holding them out about shldr-level to M R side. Place free hand on own hip, thumb fwd, fingers bkwd.

2/4 FEIAR (SWEEPER)

- 1 Beg ML, WR dance one two-step sdwd in LOD (cts 1,&,2); swinging joined hands fwd, pivot on ML, WR to end back-to-back (ct &). Joined hands are pointing in LOD.
- 2 Beg MR, WL dance one two-step sdwd in LOD (cts 1,&,2); swinging joined hands bkwd, pivot on MR, WL to end facing ptr (ct &). Joined hands are pointing in RLOD.
- 3 Repeat meas 1.
- 4 Stamp with wt (MR, WL) fwd in LOD (ct 1); turning to face ptr, stamp with wt (ML, WR) (ct 2). Release hands and join other hands (ML, WR), holding them out to M L at about shldr level. Free hand on own hip, thumb fwd, fingers bkwd.
- 5-8 Repeat meas 1-4 with opp ftwk and direction. End facing ptr.

III. HAMBORGAR PIVOT

- 1 M: Place R hand on W waist. Beg L, dance one two-step almost in place, stamping bkwd on L on ct 1 and turning slightly CCW. Lead W in a CCW arc to end ptrs facing, M facing LOD.  
W: Place L hand on M R shldr. Beg R dance one two-step in a CCW arc to end facing ptr and RLOD.
- 2-4 In shldr-waist pos and beg MR, WL, dance 3 two-steps turning CW  $1\frac{1}{2}$  times, progressing in LOD.
- 5-7 Beg ML, WR dance 6 Hamborgar Pivot steps turning CW and progressing CCW.
- 8 Music retards. Ideally, at this point, the W should have her back to ctr. If not, on ct 1 rotate CW a little more. Put wt on both ft and bend knees (ct 1); W jump, while M straighten knees and lift W up, turning  $\frac{1}{2}$  CW to gently set W down on the outside of the circle (ct 2). Stay in shldr-waist pos to start dance again.

DANCE SEQUENCE: On the Aqua Viking and Harmoni records the dance is played 4 times.  
On the EMI recordings the dance is played 3 times.