

Margot's Valsen (Norway)

Margot's Valsen (MAHR-gohts VAHLS-en) is currently very popular in Norway. It was taught by Svein Olav Solli, Borghild Reitan (now Solli) and Margot Sollie at Mendocino Scandia Camp in 1997. Margot is from Røros, Norway, where dancers named this waltz after her. Roo Lester learned it from Margot, and taught it as a progressive at the 2009 Stockton Folk Dance Camp, although it can also be done as a non-progressive. The name translates as "the waltz of Margot."

A very similar version of this dance is known in Sweden as Kalle P's Vals. It was taught at Stockton Folk Dance Camp in a special workshop in 1998 by Alix Cordray, and described in *Let's Dance* in the October 1998 issue (vol. 55, no. 8, p. 9-10) by Ruth Ruling and Joyce Uggla. According to Alix, this type of dance appeared in Norway in the 1980's and quickly became very popular in both Norway and Sweden. Some say the dance came to Norway from Sweden, but this is contradicted by the claim (www.folkdans.se) that Kalle P's Vals was created in 1990 at Hässleholm, Sweden; perhaps this claim meant to say only that it was taught in 1990 with this new name. The dance has a reputation for being named after the person who taught the dance, although Kalle P. is reportedly a Swedish fiddler. In parts of California, the dance is known as Kvelstad's Vals. The dance with this name was introduced to California by Mikkel Thompson who learned it from Gunnar and Injerd Kvelstad who are from Lillehammer and claim to have learned it in Sweden. Sometimes the dance is known as the "MT Waltz" after Mikkel.

This dance is mostly taught as a non-progressive couple dance, and in this mode can be done by a single couple whenever waltz music is played. As a progressive, it has been taught with the man moving forward to a new partner during the last two measures of the dance. More comfortably, however, Roo's version described here progresses at the beginning of the dance pattern.

For much appreciated and helpful discussions about this dance, we thank: Alix Cordray, Judy Kropp, Roo Lester, Tom Sears, Ted Martin, Mikkel Thompson, and Donna Tripp.

CD: Roo Lester supplied two tunes for this dance on her CD "At the Jonsson's", bands 3 and 4. The dance can be done, however, to any sprightly Scandinavian waltz phrased in 8 (or 16) measures. 3/4 meter

Formation: Couples in a circle facing LOD (CCW) for the progressive version; otherwise cpls can be spaced anywhere in the hall. Inside hands are joined at shldr ht; the W is to the M's right.

Steps and Styling: Smooth running or turning waltz steps done throughout. For meas 13-16 (turning waltz), the standard pols hold is recommended, but shoulder/shoulder blade or ballroom holds are acceptable. In the pols hold, the M's left hand is placed on or near the W's R shldr while her R arm is below his arm with her hand on the M's L shldr blade; depending on relative heights, M's R hand is on or near the W's L shoulder blade with his arm supporting her L arm with the hand positioned on the M's R shldr. The similar Swedish polska hold can also be used, and differs mainly in that the M's L and W's R hands are on their ptr's upper arm. The arms are held up and rounded to make a firm connection between the ptrs.

Measures	3/4 meter	PATTERN
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INTRODUCTION. 2 meas with Band 3; no introduction or 8 meas with Band 4.

1-2 In open pos (inside hands joined at about shldr ht), waltz fwd with 2 running waltz steps.

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- 3-4 Turn twd ptr to face RLOD and join inside hands (shldr ht). Dance 2 running waltz steps backward in LOD. At end of meas 4, turn to face ptr, M's back to ctr.
- 5-6 Raise joined hands (W's R, M's L), M dances with 2 waltz meas under the W's R arm to ptr's pos and turns to face ctr; W dances fwd into ptr's pos and then turns to face ptr.
- 7-8 Again raise the same joined hands and change places with M going under the W's R arm to end on inside with back to ctr.
- 9-10 Cpl takes inside hands (M's R, W's L) and M leads W into an outside turn (to W's R) as both move fwd in LOD.
- 11-12 M takes ptr's R hand with his L and leads her into outside turn (to W's R) as both move fwd in LOD.
- 13-16 Cpl dances 4 turning waltz steps (M begins on L, W on R) to make 2 complete turns while moving fwd in LOD. For arm holds, see Steps and Styling. Open out at the end to face LOD with inside hands joined. [In the Kalle P's Vals version, the hold is specified as ballroom, and the dance is not progressive.]

Dance repeats to end of music. If the progressive mode is used, the M moves fwd in LOD to a new ptr as the dance begins again (meas 1). The W dances in place or dances only slowly forward, while waiting for her new ptr to arrive.
