

OSLO WALTZ

(England Scotland)

This old-time waltz mixer was introduced in San Francisco in the Spring of 1956 by Michael and Mary Ann Herman. Walter Grothe presented it at the 1956 Stockton Folk Dance Camp.

MUSIC: Record: Folk Dancer 3016-A "Oslo Waltz" - an old Norwegian tune

FORMATION: Circle of couples, all facing center, W to R of M, all hands joined at shoulder height.

STEPS: Waltz Balance*, Waltz.
Step-draws. Step in any direction (ct 1) and slowly draw free ft to the supporting ft (cts 2,3)

MUSIC 3/4

PATTERN

Measures

8

INTRODUCTION

I. BALANCE AND W PROGRESS

1

Waltz balance fwd. ML, WR.

2

Waltz balance bwd. MR, WL.

3 - 4

M Balance in place and lead L-hand W to MR while W makes one complete turn CW with 2 waltz steps.

5 - 16

All rejoin hands and repeat action of meas 1 - 4 three more times. On meas. 16 M face new ptr on his R.

II. TURN AND WALTZ

1

Join both hands and waltz balance sdwd twd ctr, ML, WR.

2

Waltz balance away from ctr, MR, WL.

3 - 4

Turn individually once around, M CCW, W CW, with a waltz step and 2 more steps moving slightly twd ctr. Hold last ct.

5 - 8

Repeat action of Fig. II, meas 1 - 4 starting away from ctr, MR, WL, This time M turns CW, W CCW, both moving slightly away from ctr.

9 - 12

With both hands joined take 2 step-draws twd ctr and 2 step-draws away from ctr. On last step-draw end M back to ctr.

13 - 16

In closed pos take 4 waltz steps turning CW and progressing CCW. All join hands and repeat dance from beginning.