










AMANOR WALTZ (Continued)

MUSIC 3/4	PATTERN	ILLUSTRATIONS	
	IV. Fast part and Retard		
1	a. With hands on hips M and W stamp lightly on L foot (ct. 1), swing R foot across L (cts. 2, 3).	   <small>IV FIRST PART & RETARD</small>	
2	Stamp lightly on R (ct. 1), swing L across R (cts. 2, 3).		
3	Step on L foot (ct. 1), swing R across L (cts. 2, 3).		
4	Step on R at L side of L and L pirouette turn to L, finishing with weight on L.		
5-8	Repeat action of meas. 1-4, beginning R and turning R.		
9-10	b. Assume varsouvienne position facing counterclockwise. M and W take two two-steps, L, R, moving forward in line of direction.		
11	Step forward on L (ct. 1), close R to L keeping weight on L (ct. 2), hold (ct. 3).		
12	Repeat action of meas. 11 beginning on R.		
13-14	Step on L (ct. 1), describe a small arc with R foot as you swing it across the L (cts. 2, 3). Point R toe across L, touching R toe to floor (ct. 1), hold (cts. 2, 3).		
15	Step to R side on R (ct. 1), describe small arc with L foot as you swing it across the R (cts. 2, 3).		
16	Both point L toe across R, touching L toe to floor (ct. 1). M releases W L hand, makes 1/4 turn R and steps back of R on L (ct. 2), points R toe on floor toward partner and places L hand over his L hip pocket as he bows slowly to partner on retard in music (ct. 3). W pivots to R on R making a 3/4 turn (ct. 2). W steps back on L pointing R toe on floor toward partner as she takes deep bow (ct. 3).		
	NOTE: On pause between phrases of this and the next step, partners step toward each other on R foot and assume varsouvienne position facing counterclockwise in circle.		
	V. Waltz in Varsouvienne position		
1-2	Beginning L. M and W take 2 waltz steps moving forward in circle.	  <small>V VARSOUVIENNE POSITION WALTZ</small>	
3-4	Take two waltz steps turning completely around to R to again face counterclockwise. On the turn M maneuvers W from his R side to his L.		
5-8	Repeat action of meas. 1-4 beginning on L foot again, turning L, and M maneuvers W from his L side to his R as they turn.		
9-12	Repeat action of meas. 1-4.		
13-14	Repeat action of meas. 5-6 (two waltz steps forward).		
15	M raises W R hand over her head turning her to her L to face him.		
16	M and W assume closed position in single circle (M facing counterclockwise, W clockwise) and W changes weight from R foot to L.		
	VI. Pursuit Waltz and Woman Turns		
1-2	Beginning M L, W R, partners take two pursuit waltz steps moving counterclockwise in circle (W travels backwards).	  <small>VI PURSUIT WALTZ & TURN</small>	
	NOTE: Pursuit waltz: To travel either forward or backward in a direct line without revolving.		
3-4	M turns W to her R under the extended arms on two waltz steps.		
5-16	Repeat action of meas. 1-4 three times (4 times in all).		
	NOTE: The two pursuit waltz steps are taken with longer steps than the two where the W turns.		
	VII. Circle Waltz and Bow in the Center		
1-12	a. Partners continue waltzing in closed position, revolving clockwise while progressing counterclockwise around the circle. On meas. 12 M turns W to R and they join R hands, M placing L hand over L rear pocket, W holding skirt in R hand.	  <small>VII WALTZ & BOW IN CENTER</small>	
13-15	b. Keeping R hands joined, partners move toward center of circle with three waltz steps (M backward, W forward).		
16	Partners bow to each other, W taking a very deep bow (almost to the floor), M closing R heel to instep of the L foot (modified 3rd position).		

AMANOR WALTZ

(American-Norwegian)





This dance was arranged several years ago by Arnold McMurray of San Francisco and has found wide popularity among California Folk Dancers.

Although the music is Norwegian, the dance pattern indicates the American influence—hence the name chosen is a combination of the first syllable in each of the two national titles.

MUSIC Records: Victor 25-8036-A *Vintergae Kken* New Release
Victor 15040-A *Vintergae Kken* Old Release

FORMATION Couples in double circle facing each other, M back to center.

STEPS Waltz*, Waltz balance*, Pirouette*, Two-Step*.

MUSIC 3/4	PATTERN	ILLUSTRATIONS
MEASURE	I. <i>Waltz Balance, Cross-Over, Waltz Turn</i>	
1-4	a. Partners with R hands joined, M L on hip, W L holding skirt, waltz balance toward each other on R foot (meas. 1), waltz balance away on L foot (meas. 2). Partners change places on 2 waltz steps, W turning L under joined hands (meas. 3, 4).	 <p style="text-align: center;">I WALTZ TURN</p>
5-8	Repeat action of meas. 1-4, returning to original position.	
9	b. Arms outstretched and hands joined at shoulder level, palms together. <i>Man's Part:</i> Step to L side on L (ct. 1), close R to L (ct. 2), change weight to R (ct. 3).	
10-11	On 2 waltz steps make one complete turn to L while moving counterclockwise in circle.	
12	Step to L side on L (ct. 1), swing R across L (ct. 2, 3). NOTE: M releases his L hand on meas. 10 (ct. 1). He swings his R hand, which is still joined with W L, through between them and releases it on meas. 10 (ct. 2). As he completes his turn, he rejoins outstretched hands with partner on meas. 12. W does counter-part (meas. 9-12).	 <p style="text-align: center;">II CIRCLE WALTZ</p>
13-16	Repeat action of meas. 9-12 beginning on the opposite foot and progressing clockwise in circle.	
1-16	Repeat all of Fig. I.	
	II. <i>Circle Waltz and Turn</i>	
1-12	Partners assume closed position and waltz for 12 meas. turning clockwise and progressing counterclockwise around the circle (M starts back on L, W forward on R).	 <p style="text-align: center;">III WAIST TURN + SEPARATE</p>
13	W turns R under the joined, extended hands.	
14	M turns L under the joined, extended hands.	
15-16	Both turn simultaneously under joined hands. Note: During turns both keep free hands on their own respective hips.	
	III. <i>Waist Turn and Separate</i>	
	Partners face in opposite direction with R hips adjacent; M R hand and W L hand joined on W L hip, M L hand and W R hand joined on M L hip.	
1-3	a. Beginning R foot both take 3 waltz steps turning clockwise in place.	 <p style="text-align: center;">III WAIST TURN + SEPARATE</p>
4	Step L (ct. 1), swing R across L (ct. 2, 3).	
5-8	Repeat action of meas. 1-4 beginning on R foot again, but with L hips adjacent and with arm positions reversed.	
9-11	b. M places closed fists on hips, W holds skirts. Beginning R foot and turning R, both take 3 waltz steps moving away from each other (M to center of circle, W to outside).	
12	Both step on L (ct. 1) and swing R foot forward (cts. 2, 3). (On the step-swing M faces center of circle, W faces directly to the outside.)	
13-15	Repeat action of meas. 9-11. Begin by stepping back on R foot and turning L to return to partner.	
16	Repeat action of meas. 12, at same time assuming the original waist hold position used at start of Fig. III.	
1-16	Repeat all of Fig. III.	
1-16	Repeat all of Fig. III again. NOTE: When partners return to each other the last time they pause to face each other (M back to center), omitting the step-swing on meas. 16.	