

Labajalg

(Estonia)

Labajalg (LAH-bah-YAHLG) means Flat-Footed Waltz. Years ago, this was Estonia's most popular dance and was danced throughout the country, except its very southeastern corner. This dance was presented by Liina Teose at Stockton Folk Dance Camp in 2024.

Music: 3/4 meter Liina's SFDC 2024 music and sheet music.

Video: 2024 SFDC Downloads. To view, contact a camper who donated to camp and received access to the downloads. In addition, there are some variations of this dance on YouTube that include the steps noted here.

Formation: Circle of couples in waltz pos with arms not extended straight out, but relaxed holding position with the partner. When walking, outside hands are on the hips, forming a fist.

Steps & Styling: Since it was danced throughout the country, there are many variations in steps and handholds. The old people characterized the dance this way: "You must roll like an egg across the floor." It is danced smoothly and calmly, without swaying to the side or head motion.

Labajalavalss Step: M's ftwk is described. W uses opp ftwk.

Step-bend fwd (rõhksamm) on entire L ft (ct 1); step on the ball of the R ft next to L (ct 2); small step fwd on the entire L ft (ct 3).

Ftwk alternates, and the couple turns CW moving CCW around the circle, making a full rotation in 2 measures.

Meas	3/4 meter	PATTERN
16 meas		INTRODUCTION. No action.
	I.	WALTZING WITH PARTNER.
1		One Labajalavalss step making a half-rotation CW while moving CCW around circle.
2-7		Repeat meas 1 six times.
8		Drop joined hands. M: Heavy step on R, taking weight, facing CCW (ct 1); stamp L, without weight, next to R (ct 2); hold (ct 3). W: Step L in place, opening to R to face CCW next to M (ct 1); stamp R to R (ct 2); pause. Note: The W may continue to adjust her position on cts 2-3. Retain shoulder-waist hold while facing fwd. Place outside hands on hips in a fist.
	II.	WALKING WITH PARTNER.
1-7		Beg with outside ft, both walk slowly fwd, one step per meas. Option for M only: Labajalavalss steps fwd moving CCW, but without turning.
8		Repeat Fig I meas 8, using the ftwk to adjust to facing ptr and rejoin M's L, W's R hand.



Liina Teose dancing Labajalg with Mason Embree at Stockton Folk Dance Camp, July 2024.

Sequence: Fig I, Fig II. Repeat to end of music.