

1965 SANTA BARBARA FOLK DANCE CONFERENCE

Presented by Gordon E. Tracie

FAMILJEVALSEN

(The Swedish Family Waltz) - Folkdance Circle Mixer from Sweden

Pronunciation: fah-MILL-yeh vahls-en

SOURCE: Altho the variant here described is Swedish, this is as truly an "all-Scandinavian" group dance as can be found. A lively waltz mixer, it has long been a favorite thruout the Northern Countries. As the first dance introduced at Skandia Folkdance Club upon its founding in Seattle over a dozen years ago, "Familjevalsen" has been danced at nearly every meeting (up to 4 times a week) ever since, and still remains the club's favorite "warmer-upper". In addition to providing practice on a rather fast waltz step, this easy mixer affords the opportunity for nearly everyone to get acquainted dancewise, in no time at all. Incidentally, make sure the dancers exchange smiles while dancing the balance -- it makes for a real "happy family" waltz.

TRANSLATION: The Family Waltz**REGION:** General thruout Sweden.**MUSIC:** 3/4.**RECORDING:** RCA FAS-663 (LPM-9910).

FORMATION: Cpls, W on M's R, in large ring facing center, all hands joined at shldr height, elbows V-shaped so that dancers are fairly close together.

POSITION: Simple ring hold; Swedish waltz position (as described).**FOOTWORK:** Opposite thruout; waltz only.**CHARACTER:** Lively but with grace.A. Balance to corner and partner:

1 In ring formation, hands joined at shldr height, bgng on M's L, balance to corner (M to W on his L, W to M on her R) with waltz balance, thus: for M: step L (ct. 1), step R in front of L (ct. 2), step L in place (ct. 3), slightly raising and lowering body between cts. 2 and 3.

2 Bgng on M's R, balance to present partner (M to W on his R, W to M on her L) with waltz balance in same manner as above.

3-4 Repeat 1-2 above.

B. Waltz turn with corner:

5-8 Break ring formation, retaining hand hold with corner, and take closed Swedish waltz posn (arms extended straight out from shldr, M's L grasps w's R fingers with her palm down

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FAMILJEVALSEN (CONT'D) Page 2

instead of palm-to-palm as in regular waltz hold) with this corner person, and waltz 4 meas turning CW, making sure to keep in circle, which moves CCW about the floor. On last measure person just danced with is placed on "partner" side (W to R of M), ...

all hands are again joined in a ring, and entire sequence is begun anew at A, with new corner. Sequences are repeated to end of music, changing partners every 8 measures.

Advice: when two or more circles of dancers are used, care should be taken to avoid forming a spiral!