

FEIAR MED VALS (SWEEPER WITH WALTZ)
(Norway)

The Feiar Med Vals (Fay-ahr meh Vahls), Sweeper With Waltz, is a folk couple dance from Norway from the region of Ringerike. This is a pleasant little dance with a variety of steps and contrasting rhythms, originating in the early 1800's when Norway was experiencing through seafaring commerce considerable cultural contact with foreign lands. In addition to the waltz, this dance employs two figures common to Norwegian dances of the period: first, the "feiar" or sweeper, in which the couple "sweeps" fwd and back as it were; then the so-called "hamborgarpols" including a pivot turn with partner lift. Though the latter figure can be vigorous, a definite element of dignity should be retained. Often in Norway the dancers will sing to this dance.

Source: As learned in Norway in 1951 by Gordon E. Tracie, and taught at Skandia Folkdance Club, Seattle. Described in "Norske Folkedansar," Vol II, Oslo, 1956.

Record: Aqua Viking V300B

Formation: For any number of cpls. Closed shoulder-waist, others as described. Hands, when free, on hips Norwegian style (thumb fwd, fingers back). Footwork is opp throughout.

Steps: Waltz, Two-step, Hamborgarpols Pivot
Hamborgarpols Pivot: This is a distinctive turning step bordering between a ball-of-foot pivot and a step-hop. It is described in the Norwegian textbook thus:
ct. 1 - step on the whole ft, with knee bent
ct. & - lift heel from floor and straighten knee a bit to raise the body, while turning on ball of ft.
ct. 2 - repeat above motion with other ft.
ct. & - finish above motion with other ft.
There are thus two distinct motions on each meas. A smooth "bounce" is maintained, the knees flexing lightly, never completely straight.

Styling: Relaxed and somewhat "springy," yet with dignity.

Measures
(3/4) (2/4)

Pattern

I. Waltz Turn
1 - 8 Following musical pickup notes, during which cpl stands still, in closed shoulder-waist pos, cpl dances (M beg on L) 15 CW waltz steps, progressing fwd in LOD. On last (16th) meas, cpl stops, and changes pos to face one another, inside hands joined at shoulder level held out to M R, free hands on hips.

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FEIAR MED VALS (SWEEPER WITH WALTZ) (CONT.)

<u>Measures</u>	<u>Pattern</u>
	<u>II. ("Sweeper") Two-step Fwd and Back</u>
1 - 3	Beg on outside ft, 3 open two-steps fwd LOD; face-to-face with arms projected back, back-to-back with arms projected fwd, and face-to-face with arms back again.
4	Release hand hold to join opp hands, while turning half about (M CW, W CCW) with two steps (M L R, W R L) stamping (appell) on both steps.
5 - 8	Repeat the action of meas 1-4 in opp direction beg with opp ft, ending with two stamps on last meas.
	<u>III. Over and Back, Turn and Lift</u>
9	Placing R arm around W waist, M dances a two-step (L, cl, L) more or less in place but turning to his L (CCW), with stamp on 1st beat, while bringing W over in front of him, W dancing a longer two-step (R, cl, R).
10	Ptrs take closed shoulder-waist pos, and repeat above step in opp direction (CW), beg on opp ft, and with stamp on 1st beat.
11 - 12	Cpl continues turn CW with 2 two-steps, no stamp, but with a trace of a hop on last beat of each meas.
13 - 15	Maintaining closed shoulder-waist pos, cpl pivots CW with 6 "hamborgarpols" pivot steps.
16	On final meas M lifts W from his L to his R side. Retain closed shoulder-waist pos, pause during pickup notes, and repeat entire dance from Fig I.

Presented by: Gordon E. Tracie