

FEIAR MED VALS

(Norway)

Records: TD-3 Norsk Grammofonkompani AS, Oslo, Norway, or  
Aqua Viking V300B.

Formation: Couple dance. Any number of couples.  
Free hand on hip, thumb forward.

Steps: Waltz, Two-step, Hamborgarpols Pivot.

Hamborgarpols Pivot: This is a distinctive turning step bordering  
betw. a ball-of-foot pivot and a step-hop. Described like this:  
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.

Sequence: 1. Waltz  
2. Feiar (Sweeper). (Two-step fwd. and back, with stamping).  
3. Hamborgarpols Pivot and lift.

1. Closed shoulder-waist position. 15 waltz steps LOD. M starts on L ft. On  
16th meas., cpl. stops, facing each other, inside hands joined at shoulder  
level, held out to M R.

2. Start on outside ft. 3 open two-steps LOD, face-to-face with arms projected  
back, back-to-back with arms projected fwd., and face-to-face with arms back  
again. Release hand hold. Join opposite hands, while turning half around (M Cl.,  
W CCl.), stamping on both steps.

Repeat the 3 open two-steps etc. in opposite direction, starting with outside  
ft., ending with two stamps on last meas.

3. Placing R arm around W's waist, M dances a two-step (L, cl., L) more or less  
in place, but turning to his L (CCl.), with stamp on last beat, while bringing W  
over in front of him, W dancing a longer two-step (R, cl., R). Closed shoulder-  
waist pos., and repeat above step in opp. direction (Cl), Starting on opp. ft.  
and with stamp on 1st beat.

Cont. turning Cl. with 2 two-steps, no stamp, but with a trace of a hop on last  
beat of each meas. Pivot Cl. with 6 Hamborgarpols Pivot steps.

Final meas. M lifts W from his L to his R side.

Pause during pick-up notes. Repeat entire dance.