

## Swedish/Norwegian Waltz

(Sweden/Norway)

Gordon Tracie introduced this dance to the Scandinavian dance community and international folk dancers during his teaching career. I had the pleasure of learning it from Gordon Tracie at one such workshop. The following information is taken from *Dance a While* 1978 and 1988 editions.

“This dance has been popular in the United States for at least fifty years. Gordon E. Tracie in his study of dances in Scandinavia in 1948 discovered that such a Swedish waltz was not danced in Sweden. However, an elderly couple from the country (Dalarna, Sweden) recognized it as the nearly forgotten "Norsk Vals" (Norwegian waltz), which they had danced in their youth. Scandinavian immigrants undoubtedly brought the dance to this country at the turn of the century.”

**Music:** 3/4 meter Any good Scandinavian waltz with a comfortable tempo and 8-meas phrases.  
**CD:** *At the Jonsson's, Traditional dance tunes from central Sweden*, Bands 3 or 4

**Formation:** Couples facing LOD/CCW around the dance space.  
**Open pos:** Join inside hands at approximately chest level, outside arms hang at side.  
**Shoulder/Shoulder-blade pos:**  
**Equilateral hold:**

**Steps and Styling:** **Step-lift** (*dalsteg* in Swedish): or waltz balance step, one step per measure.  
**Waltz step:** 3 steps in a meas turning CW or CCW making a full turn in 2 meas.  
**Svikt:** A slight down (ct 1); up (ct 2); down to normal (ct 3).

**Dalsteg:** Cpls in open pos. Step and bend outside leg (ML, WR) (ct 1); lift to ball of outside ft (ML, WR) (ct 2); come down with wt on full outside ft (ML, WR) (ct 3). Step alternates.

Cts	1	2	3
<b>Steps</b>	Step		
<b>M</b>	Step L and bend knee	Lift up onto sole of ft	Lower to whole ft
<b>W</b>	Step R and bend knee	Lift up onto sole of ft	Lower to whole ft
<b>Svikt</b>	Going down	Going up	Coming down to normal

**Waltz step:** Steps are for M. W uses opp ftwk and direction. Step bkwd on L (ct 1); step on ball of R ft next to L (ct 2); step on L next to R (ct 3).

Cts	1	2	3
<b>Steps</b>	Step	Step	Step
<b>M</b>	L back to LOD	R ball of the ft	L
<b>W</b>	R fwd to LOD	L ball of the ft	R
<b>Svikt</b>	Going down	Going up	Coming down to normal

