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).

<u>Dalsteg</u>: 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
Steps	Step		
M	Step L and bend knee	Lift up onto sole of ft	Lower to whole ft
\mathbf{W}	Step R and bend knee	Lift up onto sole of ft	Lower to whole ft
Svikt	Going down	Going up	Coming down to normal

<u>Waltz step</u>: 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
Steps	Step	Step	Step
M	L back to LOD	R ball of the ft	L
W	R fwd to LOD	L ball of the ft	R
Svikt	Going down	Going up	Coming down to normal

Meas Music: 3/4 meter Pattern

INTRODUCTION

I. DANCE SEQUENCE

- One step-lift (Dalsteg) or waltz balance (step-touch) almost in place turning the body slightly away from ptr, inside hands reaching fwd as arms are extended fwd at shldr level. M step L; W step R.
- M step R, W step L slightly fwd, taking one step-lift (Dalsteg) or waltz balance turning body slightly twd ptr, inside hands moving bkwd as arms are extended bkwd at shldr level.
- M beginning L, W with R, take two waltz steps or six steps in waltz rhythm in LOD.

 More advanced dancers make one solo turn, turning away from ptr (M turning L/CCW, W turning R/CW) while progressing in LOD.

This turn is facilitated by M stepping bkwd in LOD on R, WL, on second waltz step before continuing turn.

M ends this sequence with his back to LOD and facing his ptr.

Take closed pos using either the shoulder/shoulder-blade or equilateral hold.

M beginning to waltz bkwd with his L and W beginning fwd with her R, take four waltz steps, turning CW. M turns W out under his L arm on last waltz step to return to open cpl pos with inside hands joined and ready to begin the dance again.

Dance repeats from the beginning.

To dance as a mixer: M steps fwd to next W in LOD during meas 1, while the W steps either in place or bkwd to meet new ptr.

Presented by Roo Lester