

STEGVALS  
(Norway)

The stepwaltz was known many places in Norway, but was not really popular just the same. The dance varies in style and rhythm from region to region: this description is based on a film made in 1967 with Brita Tra and Lars S. Velken from Granvin in Hardanger.

Pronunciation: STAYG-vahls

Source: Egil Bakka, Danse, danse lett ut på foten, Oslo 1970.

Formation: Circle of cpls, M facing LOD, W facing RLOD. Ptrs stand with R sides together. M R hand on W waist, holding her R upper arm with L hand. W R hand holds ptrs upper L arm, her L hand comfortably on his R upper arm or shoulder.

Music: Triola TNLP 38, side A, band 1 "Vossavalsen". 3/4 meter.

Steps: Stegvals step used throughout the dance.

<u>Meas</u>	<u>Pattern</u>
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I. REST

Cpl progresses in LOD around hall, M dances directly fwd, W dances directly bkwd.

Transition into turn

Instead of directly fwd with R ft, M steps diag R with R ft and begins to turn CW. W notices this and places R ft somewhat across behind her L ft, instead of directly bkwd. On the next step the M steps behind and the W fwd and the cpl has begun the turning figure.

II. TURN

Using the stegvals step each cpl executes a full turn CW each 2 measures, progressing in LOD. Both M and W take one step fwd, one step bkwd, one step fwd, and one step bkwd, but when M steps fwd, W steps bkwd. In order to come around both M and W must place R ft diagonally R when they step fwd, and across behind L ft when they step bkwd.

SEQUENCE: Vary fig I and fig II as desired, but the dance should begin with fig I and fig I should not be used too long each time.

Presented by Bruce Taylor