

Vingelvals

(Föllinge, Sweden)

A waltz variation introduced in Sweden and the U.S. by Ernst Grip with Beret Bertilsdotter. Vingelvals means “wobble waltz.”

Pronunciation:

Music: Any waltz music, preferably from Jämtland. 3/4 meter

Formation: Cpls in closed pos progressing CCW around the dance space.

Hold: Use polska hold throughout the dance.

Steps: SPRINGVALS: Step on each beat with the whole ft making a small svikt on each beat/step.

Cts	1	2	3	1	2	3
M	L	R	L	R	L	R
W	R	L	R	L	R	L

VINGELVALS: Step only on the first beat of each meas.

Cts	1	2	3	1	2	3
M	L	pivot on L & lift R bkwd	pivot on R L	pivot on R & lift L fwd	pivot on R	
W	R	pivot on R & lift L fwd	pivot on L R	pivot on L & lift R bkwd	pivot on L	

Dance Sequence: Beg in closed pos, using the polska hold with M facing the dance direction, W faces her ptr and has her back to the dance direction. R ft between ptr's ft.

Dance spring vals steps CW, then dance springvals steps CCW, finishing the phrase ready to dance CW.

Both M and W can dance the vingelvals steps, or only one. If only one dances the vingelvals steps, the other dances the springvals. Note that the vingelvals step is only dance CW.

When finished with the CW vingelvals steps, return to springvals steps CW and repeat the dance sequence.

There is not a set number of meas for each part, however it flows well when one follows the musical phrases.

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Presented by Roo Lester