

Presented by Ingvar Sodal

VOSSARULL

Norway

RECORD: NKG TD 7 (Norway) or RCA FEP 11

FORMATION: Couple dance, any number of couples. Open and closed pos.

STEPS: Walking steps, two-steps, pivot.

SEQUENCE: 1. Walking forward, LOD
2. One two-step CCW, two two-steps CW (transition from open to closed position).
3. Pivot
4. Two-steps CCW (any number).

Repeat 2-4

1. Walking LOD, open position, M's arm around W waist. W L hand on M shoulder, other hand swinging freely. Springy walk, opp ftwk, start each step with heel on floor as in a natural walk. Each step has a slight springy dip.
2. One two=step CCW, starting on outside foot, M leading W in front, M step in place, W step long enough to get in front facing M. On 2nd two-step CW (M R, W L) take closed pos. Continue with one more two- step CW.
3. Start pivot on M R and W L ft. Step is symmetrical. R always between ptrs feet, starting with heel on floor, twist CW and pivot on ball of ft. Slight dip on beginning of step. L ft step same. NOTE: Place L close to partners R on the outside. Pivot is completely smooth and well balanced. Make any number of turns.
4. To break up the pivot, assume open position and walk fwd, as described at beginning of dance, or keep closed pos and make any number of two-steps CCW and CW.

2, add a 2nd paragraph as follows: Closed pos. Face to face, close, M R arm around W waist, M L hand holding W skirt gently out to the side (not up). W R hand high on M back under M L arm. W L hand on M R shoulder.