

Aleksandra Valss

S.E. Estonia

This dance was presented by Jussi Aronen at Stockton Folk Dance Camp 2003

TRANSLATION: Alexandra's Waltz

PRONUNCIATION: AH-LEHK-sahn-drah VAHL-ss

MUSIC: CD: Estonian Dances by Jussi Aronon, #1

FORMATION: Cpls in a circle with M back to ctr. Partners face and join inside hands at shldr ht.

STEPS: Side-by-side-close (2 meas: Step to side (cts 1-2); close (ct 3). Step to side (cts 1-2; close (no wt) (ct 3).

METER: 3/4

PATTERN

Meas

INTRODUCTION: 4 meas, no action.

FIG I: FACE-TO-FACE & BACK-TO-BACK

- 1-2 Facing ptr and moving sdwd in LOD - step, side-close-side moving in LOD (M beg L, W-R) - inside hands joined at shldr ht and slightly twd RLOD (cts 1-3, 1-2); bounce on wt'd ft pivoting to face almost back-to-back with inside ands moving fwd twd LOD, arms slightly rounded (ct 3). (Cue: face-to-face)
- 3-4 Continue moving fwd in LOD (bk-to-bk), again moving side-close-side-close. M beg R, W-L Remain in back-to-back pos. (Cue: bk-to-bk)
- 5-6 Repeat meas 3-4 with opp ftwk, moving sdwd (bkwd) twd RLOD (cts 1-3, 1-2); bounce on wt'd ft pivoting to face ptr (ct 3). (Cue: bk-to-bk).
- 7-8 Repeat meas 1-2, with opp ftwk, sdwd in RLOD (face ptr, except end facing ptr. (Cue: face-to-face)
- 9-16 Repeat meas 1-8. (2 time total)

FIG. III: INDIVIDUAL TURNS

- 1-2 Facing ptr with both hands joined low - turn away from ptr (ML-WR) while doing 2 two-steps in LOD, M beg L, W-R. Release hands during turn then rejoin.
- 3-4 Facing ptr with hands rejoined low - step, side-close-side-close (M beg , WR) in LOD.
- 5-9 Moving in RLOD repeat meas 1-4, with opp ftwk and turn.

- 9-16 Repeat meas 1-8. End with M facing LOD, W RLOD with R hips adjacent - hands are joined at shldr ht with arms parallel to floor. M R hand in front of own chest, L hand sdwd R, W hands joined with M hands.

FIG III: WALKS

- 1-2 Moving in LOD - walk L,R (1 step per meas). On last ct of meas 2 (R), pivot ½ in place. M now faces RLOD, W-LOD.
- 3-4 Do 2 more steps in LOD (L,R).
- 5-8 Moving in RLOD - repeat meas 1-4 with same ftwk.
- 9-16 Repeat meas 1-8.

FIG. IV: IN & OUT OF CTR

- 1-2 Joining in closed social dance pos, with M L and W R shldr twd ctr - move sdwd twd ctr with a side-close-side-close, M beg L, W-R.
- 3-4 Repeat meas 1-2, with opp ftwk, moving sdwd away from ctr.
Note: During meas 4, both pivot 1/4 CW. End with M facing out and W facing in.
- 5-8 Do 2 two-steps turning once while moving in LOD M beg L, W-R.
Note: During meas 8, pivot 1/4 CW. End with M facing LOD and W-RLOD.
- 9-16 Repeat meas 1-8.

Dance notes by Lu Sham, and Dorothy Daw
R&S'd from observation and video by dd. 8-03

Presented by Lu Sham
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