

FAMILJEVALSEN (THE SWEDISH FAMILY WALTZ)
(Sweden)

The Familjevalsen (fah-mill-yeh vahls-en) is a folk dance circle mixer, done generally throughout Sweden. Although the variant described here is Swedish, this is as truly an "all-Scandinavian" group dance as can be found. A lively waltz mixer, it has long been a favorite throughout the Northern Countries. As the first dance introduced at Skandia Folkdance Club upon its founding in Seattle over a dozen years ago, Familjevalsen has been danced at nearly every meeting (up to 4 times a week) ever since, and still remains the club's favorite "warmer-upper." In addition to providing practice on a rather fast waltz step, this easy mixer affords the opportunity for nearly everyone to get acquainted dancewise, in no time at all. Incidentally, make sure the dancers exchange smiles while dancing the balance--it makes for a real "happy family" waltz.

Source: As first learned in Sweden in 1948 by Gordon E. Tracie and taught at Skandia Folkdance Club, Seattle. Described in "Samkväms and Gillesdanser," Stockholm, 1950.

Record: Aqua Viking--any of several "Swedish Waltz" selections.

Formation: Cpls, W on M R, in large ring facing ctr, all hands joined at shoulder height, elbows V-shaped so that dancers are fairly close together. Simple ring hold; Swedish waltz pos. Footwork is opp throughout, waltz only.

Styling: Lively, but with grace. When two or more circles of dancers are used, care should be taken to avoid forming a spiral.

Measures
(3/4)

Pattern

- I. Balance to Corner and Partner
- 1 In ring formation, hands joined at shoulder height, beg on M L, balance to corner (M to W on his L, W to M on her R) with waltz balance, thus: for M, step L (ct 1), step R in front of L (ct 2), step L in place (ct 3), slightly raising and lowering body between cts 2 and 3.
- 2 Beg on M R, balance to present ptr (M to W on his R, W to M on her L) with waltz balance in same manner as above.
- 3 - 4 Repeat the action of meas 1-2 (Fig I).

- II. Waltz Turn With Corner
- 5 - 8 Break ring formation, retaining hand hold with corner, and take closed Swedish waltz pos (arms extended straight out from shoulder, M L grasps W R fingers with her palm down instead of palm-to-palm as in regular waltz hold)

FAMILJEVALSEN (THE SWEDISH FAMILY WALTZ) (CONT.)

Measures Pattern

with this corner person, and waltz 4 meas turning CW, making sure to keep in circle, which moves CCW about the floor. On last meas person just danced with is placed on "partner" side (W to R of M).

All hands are again joined in a ring, and the entire dance is repeated with new corner. Dance is repeated to end of music, changing partners every 8 meas.

Presented by: Gordon E. Tracie