

FEIAR MED VALS.

(Norway)

Record: TD-3 Norsk Grammofonkompani AS, Oslo, Norway , or
Aqua Viking V300B.

Formation: Couple dance. Any number of couples.
Free hand on hip, thumb forward.

Steps: waltz, Two-step, Hamborgarpols Pivot.

Hamborgarpols Pivot: This is a distinctive turning step bordering
betw. a ball-of-foot pivot and a step-hop. Described like this:
ct. 1 - step on the whole ft., with knee bent
ct & - lift heel from floor and straighten knee a bit to raise the
body, while turning on ball of ft.
ct. 2 - repeat above motion with other ft.
ct. & - finish above motion with other ft.
There are thus two distinct motions on each meas. A smooth "Bounce"
is maintained, the knees flexing lightly, never completely straight.

Sequence: 1. Waltz
2. Feiar (Sweeper). (Two-step fwd. and back, with stamping).
3. Hamborgarpols Pivot and lift.

1. Closed shoulder-waist position. 15 waltz steps LOD. M starts on L ft. On
16th meas. , cpl. stops, facing each other , inside hands joined at shoulder
level, held out to M R.

2. Start on outside ft. 3 open two-steps LOD, face-to-face with arms projected
back, back-to-back with arms projected fwd., and face-to-face with arms back
again. Release hand hold. Join opposite hands, while turning half around (M Cl.,
W CCl.), stamping on both steps.
Repeat the 3 open two-steps etc. in opposite direction, starting with outside
ft., ending with two stamps on last meas.

3. Placing R arm around W's waist, M dances a two-step (L, cl., L) more or less
in place, but turning to his L (CCl.), with stamp on last beat, while bringing W
over in front of him, W dancing a longer two-step (R, cl., R). Closed shoulder-
waist pos., and repeat above step in opp. direction (Cl), Starting on opp. ft.
and with stamp on 1st beat.
Cont. turning Cl. with 2 two-steps, no stamp, but with a trace of a hop on last
beat of each meas. Pivot Cl. with 6 Hamborgarpols Pivot steps.
Final meas. M lifts W from his L to his R side.

Pause during pick-up notes. Repeat entire dance.