

FEIAR MED VALS

(Norway)

RECORD: TD-3 Norsk Grammofonkompani A/S, Oslo, Norway, or
Aqua Viking V 300 B.

MUSIC: 3/4 and 2/4

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 between ball-of-foot pivot and a step-hop. Describes as follows:

Ct. 1 -- Step on the whole foot w/ knee bent.

& -- Lift heel from floor and straighten knee a bit to raise the body, while turning on ball of foot.

Ct. 2 -- Repeat above motion with other foot.

& -- Finish above motion with other foot.

There are thus two distinct motions on each measure. A smooth "bounce" is maintained, the knees flexing lightly, never completely straight.

SEQUENCE: 1. Waltz
2. Feiar (Sweeper). (Two-step fwd and back, w/ stamping.
3. Hamborgarpols pivot and lift.

INTRODUCTION: 4 measures.

1. Closed shoulder-waist position.
15 waltz steps LOD. M starts on L foot.
On 16th meas., couple stops, facing each other, inside hands joined at shoulder level, held out to M's R.
2. Start on outside foot.
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 CW, W CCW), stamping on both steps.
Repeat the 3 open two-steps, etc. in opposite direction, starting with outside foot (M's R, W's L), ending with 2 stamps on last measure, facing RLOD.

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3. In shoulder-waist position, M dances a two-step (L, close, L) more or less in place, but turning to his L (CCW), with stamp on last beat, while bringing W over in front of him, W dancing a longer two-step (R, close, R).

Closed shoulder-waist position, and repeat above step in opposite direction (CW). Starting with opposite foot and with stamp on 1st beat.

Continue turning CW with 2 two-steps, no stamp, but with a trace of a hop on last beat of each measure.

Pivot CW with 6 Hamborgarpols pivot steps.

Final measure, M lifts W from his L to his R side.

PAUSE during pick-up notes.

Repeat entire dance.

Presented by HIGVAR SODAL.