

FEIAR MED VALS (SWEEPER WITH WALTZ)

(Norway)

The Feiar Med Vals (Fay-ahr meh Vahls), Sweeper With Waltz, is a folk couple dance from Norway from the region of Ringerike.

SOURCE: As learned in Norway in 1951 by Gordon E. Tracie.

RECORD: Aqua Viking V300B

FORMATION: For any number of cpls. Closed shoulder-waist, others as described. Hands, when free, on hips Norwegian style (thumb fwd, fingers back). Footwork is opp throughout.

STEPS: Waltz, Two-step, Hamborgarpols Pivot

Hamborgarpols Pivot: This is a distinctive turning step bordering between a ball-of-foot pivot and a step-hop. It is described in the Norwegian textbook thus:

- 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.

STYLING: Relaxed and somewhat "springy," yet with dignity.

(3/4) (2/4)

PATTERN

Measures

- I. Waltz Turn
 - 1-8 Following musical pickup notes, during which cpl stands still, in closed shoulder-waist pos, cpl dances (M beg on L) 15 CW waltz steps, progressing fwd in LOD. On last (16th) meas, cpl stops, and changes pos to face one another, inside hands joined at shoulder level held out to M R, free hands on hips.
- II. ("Sweeper") Two-step Fwd and Back
 - 1-3 Beg on outside ft, 3 open two-steps fwd LOD; face-to-face with arms projected back, back-to-back with arms projected fwd, and face-to-face with arms back again.
 - 4 Release hand hold to join opp hands, while turning half about (M CW, W CCW) with two steps (M L R, W R L) stamping (appell) on both steps.
 - 5-8 Repeat the action of meas 1-4 in opp direction beg with opp ft, ending with two stamps on last meas.

Continued..

FEIAR MED VALS (SWEEPER WITH WALTZ) (continued)

- 9 III. Over and Back, Turn and Lift
 Placing R arm around W waist, M dances a two-step
 (L, cl, L) more or less in place but turning to his L (CCW),
 with stamp on 1st beat, while bringing W over in front of
 him, W dancing a longer two-step (R, cl, R).
- 10 Ptrs take closed shoulder-waist pos, and repeat above step
 in opp direction (CW), beg on opp ft, and with stamp on
 1st beat.
- 11-12 Cpl continues turn CW with 2 two-steps, no stamp, but with
 a trace of a hop on last beat of each meas.
- 13-15 Maintaining closed shoulder-waist pos, cpl pivots CW with
 6 "hamborgarpols" pivot steps.
- 16 On final meas M lifts W from his L to his R side.
 Retain closed shoulder-waist pos, pause during pickup notes,
 and repeat entire dance from Fig I.

Presented at the 1977 Folk Dance Federation Teacher Training Program
 by Ned & Marian Gault.