

GAMMAL FAMILIE VALSE  
(Old Time Family Waltz)

Source: This dance was learned from Gordon Ekvold Tracie of Seattle, Washington, who is a leader of several Scandanavian groups in that city and at the present time is heading a group of thirteen young students from the University of Washington on a tour throughout the Scandanavian Countries on a good will exhibition of American Squares and Round Dances, and at the same time learning more Scandanavian Dances to bring back to this country. The dance is often used in the Seattle area as a "Goodnight Waltz."

Music: Victor Record 26-004-B Ockero Valsen, or any other light, smoothly flowing Swedish Waltz.

Formation: Single circle of couples, men facing counterclockwise and holding partners hands (not crossed).

Measure	Step Pattern
1-4	A smooth flowing waltz, keeping the circle constantly moving CCW, waltz four measures with partners.
5-8	Then all turn to face corners, men turning to left, women turning to right; then, keeping circle moving in same direction, M now moving backward, waltz four measures with corners in same two-hand hold.
9-16	Take this corner girl in regular ballroom position and do a right-turn waltz for 8 measures, finishing by placing that lady on M's right, with two hand hold and repeat dance from beginning as often as desired.

presented by George Murton