

## Vals - Norwegian country waltz

This is the Norwegian version of a simple waltz done in country style. When a waltz is used in a turdansk, it is generally more restricted than the version presented below.

Source: Klara Semb, Norske Folkedansar II, Noregs Boklag, Oslo 1975  
Egil Bakka, Danse Danse Lett Ut På Foten, Noregs Boklag, Oslo 1970.

Record: Any waltz on a gammeldans record.

Music: 3/4

Steps: Vals change-of-step, hesitation step

Starting Position: Couples with either closed shoulder-waist hold or Norwegian ballroom position. The man normally faces counterclockwise around the room to begin.

### I Basic Turning

The man and woman must begin on opposite feet; normally the man begins by stepping forward with his right while the woman steps back with her left. By the beginning of the second measure, the couple has turned nearly 1/2 turn clockwise.

On the first count of the second measure, the man steps back on his left while the woman steps forward on her right. During the second measure, the couple completes another 1/2 turn clockwise, ready to begin again.

In the basic turn, then, the couple rotates clockwise while progressing in a counterclockwise direction around the room.

While turning, many dancers modify the waltz step that begins on the left foot so that it becomes a hesitation step. This is possible because the dancer need not move very far in space on the left-footed step and because the hesitation step has exactly the same svikt as the waltz step. The left hesitation step is done by both men and women.

### II Reverse Turning

When doing a reverse turn, the couple rotates counterclockwise and continues to progress in a counterclockwise direction around the room. The relative positions of the partners, obtained by placing the right foot between partner's feet, remain constant even when doing reverse turning.

The starting position is normally the same as for basic (forward) turning. The man begins by stepping forward with his left while the woman steps backward with her right. By the beginning of the

next measure the couple has rotated  $1/2$  turn counterclockwise.

To start the next measure, the man steps backward with his right and the woman steps forward with her left. The couple completes another  $1/2$  turn counterclockwise, ready to begin again.

Because the reverse turn is more difficult than the forward turn, requiring more rotation of the couple in order to travel in a counterclockwise circle, the hesitation step is not often substituted. It may be done, however, by accomplished dancers when they need not move far.

### III Transitions and Interludes

The most common by far is simply to dance around the circle counterclockwise, man dancing forward and woman dancing backward. The couple may dance very slightly from side to side to make it easier. Hesitation steps are often substituted for waltz steps, especially when a rest is needed.

Except in cases of severe traffic problems or a thoroughly engrossing conversation, the interlude is usually not more than 5 or 6 measures, and is very often only one or two measures before beginning to rotate again.

To make the transition from basic, forward turning to reverse turning or vice versa, such an interlude is required. In its simplest form, the interlude is only one measure but it may be any odd number of measures. After an interlude of an even number of measures, the couple rotates in the same direction as before.

The man leads; that is, he decides the sequences and durations of rotations and interludes.

Alix Cordray