

Mona's Festvals

(Sweden)

Mona's Festvals is a pattern waltz danced to the music "Födelsedagsvals till Mona" composed by Benny Andersson. He was a member of the Swedish musical group "Abba," and is now the leader of Orsa Spelmannslag. He wrote the music in honor of his wife, Mona, for her birthday. The choreographer is Ann-Louise Jönsson. The dance is also called "Mona's Waltz."

Cassettes: Mona's Waltz F 593; Sojourn to Solvang, MP 1016SE Side A/5. 3/4 meter

Compact Disc: Årsringar, Svensk folkmusik 1970-1990. 2-CD set. MNWCD 194-195. Tune name "Födelsedagsvals till Mona"; also on CD titled Klinga mina klockor. MML G01.1987.

Formation: Single circle of cpls, W to R of ptr; hands joined in W-pos.

Steps: Waltz: 3/4 meter. Step on L (ct 1); step on R (ct 2); step on L beside R (ct 3). Step alternates. Can be danced in any direction or while turning. Can start with either foot.

Waltz Balance: 3/4 meter. Step on L (ct 1); step on R beside L while raising heels slightly off the floor (ct 2); step on L in place, lowering the heels (ct 3). Step alternates. Can be danced in any direction. Can start with either foot.

Measures	3/4 meter	PATTERN
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8 meas INTRODUCTION No action.

I. CHANGING PARTNERS

1-4 Beg ML,WR waltz balance to corners and ptrs (2 meas). Corners exchange places with 2 waltz steps, W turn once CW (R) and M once CCW (L) (2 meas). M pass behind W. Rejoin hands in the circle with new ptr.

5-20 Repeat meas 1-4 four more times (five in all). At end, turn to face latest ptr (person just passed in meas 19-20) and give R hands.

II. CHAIN AND WALTZ

1 With R hands joined, pass this person with one waltz step (beg M L, W R).

2 Giving L hands, pass the next person with one waltz step.

3-4 Giving R hands to the third person, M turn the W CW under the joined hands, both dancing two waltz steps.

5-8 Starting with the current ptr, repeat meas 1-4.

- 9 Take new ptr in Ballroom pos, M facing in LOD (M L hand grasps W R hand, both palms down; arms extended nearly straight out from shoulder). Step sdwd on M L, W R (ct 1); touch ball of free ft near the instep of the other ft (ct 2); hold (ct 3).
- 10-15 Waltz 6 steps in LOD, making 3 CW turns.
- 16 Dance 1 more waltz in place to end facing ptr and join R hands.
- 17-31 Repeat meas 1-15.
- 32 Dance 1 more waltz to end in a single circle, W to R of ptr, hands joined in W-pos.
- 52 meas Repeat entire dance from the beginning, ending facing in LOD with W on M's R, inside hands joined in W-pos. M L W R ft free.

III. CODA

- 1-2 Waltz balance away and together with ptr.
- 3-4 With two waltz steps, M turn W CW under joined hands into Ballroom pos.
- 5-8 Waltz 4 meas in LOD turning CW.