

Varsouviennne

This dance has been called by various names in various places, e.g. "vals i enden", "Marsouviennne" and "mars åleine".

Source: Klara Semb, Norske Folkedansar II, Noregs Boklag, Oslo 1975.

Record: TD-3, Norsk Grammofonkompani A/S, Oslo.

Music: 3/4.

Steps: Running step (with only the suggestion of a leap; almost walking), polkamasurka step, vals change-of-step.

Starting position: Couples facing counterclockwise around the room, woman on man's right with open shoulder-waist hold. Free hands on hips, courtesy style. Man holds woman's right hand.

Measure

- 1 Both beginning with left foot, man does three running steps in place while he moves the woman to his left side. She turns once to her left and they resume starting position on opposite sides (man's left arm around woman's waist). Man can move back slightly while the woman is turning in front of him. The first two running steps are on the toe; the third on the flat foot.
- 2 Bending the left knee, extend right leg forward and place heel on the ground, toes pointing up.
- 3-4 Repeat measures 1-2 with opposite direction and footwork to end in starting position.
- 5-8 Repeat measures 1-4.
- 9-10 Dance two polkamasurka steps forward beginning with the left foot.
- 11-12 Repeat measures 1-2.
- 13-16 Repeat measures 9-12 with opposite footwork. Woman is on man's left to begin, and ends on his right. At the very end of measure 16, the man leads the woman around to face him; she steps on her extended left foot.
- 17-24 Dance vals, beginning with man's left, woman's right. On the last measure, open out into starting position. Woman must get left foot free to start again.

Alix Cordray