

SNURRVALS FRÅN HEDE  
(Sweden)

This is a "twirl-waltz from Hede," Härjedalen, and was presented by Per and Margareta Jennische.

RECORD: a rather slow waltz (3/4 meter) from Härjedalen, with even accents on all three beats of the measure. Viking SMF-200

Formation: couples in an open circle which moves CCW (LOD).

POSITIONS

During the introductory waltz steps: the man takes hold of the woman's L hand from above with his R hand and holds them shoulder-high; outside arms hang free.

During the individual turns: both arms hang free.

During the turn as a couple: man holds woman's L hand with his R hand behind her back, and her R hand with his L hand behind his own back.

STEPS

Waltz steps with the whole foot touching the floor and flexible knees. Each beat of the measure should receive an equal accent.

THE DANCE

- I. Introductory waltz steps: both starting with outside foot, dance two waltz steps forward, turning naturally away from each other on the first measure and toward each other on the second measure.  
Individual turns: partners drop hands and, taking two waltz steps, each make one turn (man turns CCW, woman turns CW). Man starts L, woman starts R.
- II. After two introductory waltz steps, make two individual turns (four waltz steps).
- III. After two introductory waltz steps, make three individual turns (six waltz steps).
- IV. After the third individual turn, turn as a couple for an unlimited number of melody phrases. Turn CW and/or CCW. Then start the dance from the beginning.