

Stegvals

(Norway)

Stegvals is known many places in Norway, although it appears to have been little used. It probably came from Sweden, and is not very old in Norway. In Sweden it is danced in both directions, but in Norway it is usually danced only with CW rotation. The source is Egil Bakka, *Danse, Danse Lett Ut På Foten*, Noregs Boklag, Oslo 1970.

Pronunciation: STAYG-vahls

Music: Dans Norsk, Heilo PAK 1004, side 2 band 4, "Vals - Draumen om Straumen". 3/4 meter
Heilo HO 7012 (LP) or HK 7012 (cassette), Side 2/3 "Bakkedalsvalsen".
EMI 038-1374731 (LP) or 238-1374734 (cassette).
Aage Grundstad's Norwegian Folk and Figure dances III, Side 1/4.

This dance can be done to any waltz.

Formation: Stand beside ptr, R hip to R hip, M on inside facing LOD, W facing RLOD. R arm around ptrs waist. L hand rests on ptr's upper R arm (waist-upper arm pos).

Steps: Stegvals step: Step fwd on R (ct 1-2); step fwd (or nearly in place) on L (ct 3). Wt lowers (ct 1); raises (ct 2); lowers (ct 3).

Characteristics: The dance has exactly the same up-down movements as the regular Norwegian waltz: down on cts 1 and 3, and up on 2. The rotation should flow smoothly.

Meas

Pattern

I. REST FIGURE

- 1 Dance 1 stegvals step in LOD, M dancing fwd and W dancing bkwd.
2-x Repeat meas 1 until M decides to change.

II. ROTATION

- Use 2 meas (2 stegvals steps) to turn once CW as follows:
1 M steps diag fwd to R on R (step "around" W), W steps on R diag bkwd to L (ct. 1-2); both step fwd on L, completing rotation half way around (ct 3).
2 M does what W did in meas 1; W does what M did in meas 1.
3-x Repeat meas 1-2 until M decides to change.

THE DANCE

The dance alternates between the Rest figure and Rotation. It normally begins with the Rest figure. The Rest figure is usually of much shorter duration than the Rotation. To make the transition into the Rotation, the M steps on R twd the R diagonal. The W feels this and follows. To stop the Rotation, M dances straight fwd with his R, holding ptr firmly so she knows to step straight bkwd.

Stegvals—continued

VARIATION IN HOLD

Those who want a “faster” dance can hold as follows: Put R hand on ptrs R shoulder. Join L hands in a thumb-grip under R arms.

DANCING WITH CHANGE OF ROTATION DIRECTION

Today this is often seen in Norway although it is probably not traditional. When M is dancing fwd, dance one regular waltz step pushing W over to the other side. (As a variation, he can turn her once CW under joined M-L and W-R hands.) End in waist-upper arm pos, L hip to L hip. W is on inside facing RLOD, M on outside facing LOD. Repeat the entire dance starting each stegvals step with the L ft and rotating CCW. A similar transition with opp direction and ftwk at the end of the turn brings you back to the R footed stegvals.

Presented by Alix Cordray