

Presented by Gordon Tracie

STEGVALS
Stigvals
Sweden

It is a traditional old time dance, primarily done in Western and Northern Sweden. The Literal translation is: Stride, walk, or step-waltz. It was researched in Sweden from 1951 on by Gordon Tracie.

Although this dance can be (and not infrequently is) done to most any Scandinavian waltz tune, the historically correct music is that of pre-polska (and therefore pre-waltz) "långdans" (long-dance) rhythm, which appropriately lends itself to the "stegvals" and "bakmes" steps, since they are essentially identical to the basic polska step itself. It is known, for example, that both Stegvals and Bakmes were danced in Scandinavia before the "real" waltz made its appearance in the first decade or two of the 19th century.

PRONUNCIATION: Stayg-vahls

RECORD:

FORMATION: Cpls in a circle (W on M's R) moving in LOD (CCW) in Sidecar polska pos (see Preface).

STYLE: Very legato and flowing; free form.

RHYTHM: Triple meter; pre-polska "stegvals/långdans? rhythm; legato and "lilting" temperament.

METER: 3/4

PATTERN

NOTE: The following parts are not figures in the regular sense, but merely non-turning and turning segments which can be alternated at will, with no fixed number of meas for either.

PART A: R-FT OPEN POLSKA FWD (FORSTEG)

Cpls in R sidecar polska pos, M facing fwd, W bkwd: 2 (or more if felt needed) R open polska steps fwd in LOD, M stepping fwd, W bkwd on 1st ct of each meas.

PART B: TRANSITION AND HALFTURN POLSKA (STEGVAKS)

Whenever desired, cpls begin turning with R 1/2 turn polska steps, completing 1 full turn CW per 2 meas, thus:

Ct 1: M step R diag R to initiate CW turn, while W step R somewhat behind L.

Ct 2: Hold allow body to "float" around CW.

Ct 3: M and W close L to R.

Ct 4: M step R behind (in LOD), while W step R fwd (in LOD).

Ct 5: Knees bent slightly as CW pivot continues (no wt change).

Ct 6: M and W close L to R.

Cpls may continue this turn with M stepping fwd while W step bkwd, and vice-versa, (in order to make a full turn CW per 2 meas) as long as desired, after which they may revert to initial R-ft open polska fwd, or L-ft open polska fwd as follows:

continued...

PART C: TRANSITION TO L-FT OPEN POLSKA FWD:

If desired, at a given point (preferably the last meas of a 4 meas phrase), M and W can each step R,L,R while shifting position so that ptr is on opp side, thus assuming reverse-sidecar pos, M facing fwd, M bkwd; they may then take 2 or more L-ft open polska steps fwd in LOD.

PART D: TRANSITION AND REVERSE-HALFTURN POLSKA (BAKMES)

Whenever desired, cpls begin turning CW with reverse-halfturn polska steps (as described for Vasterdalsk bakmes), in same manner as with "stegvals", above, but always beginning on L on 1st ct of each meas.

NOTE: If preferred, the R,L,R transition step may be used to change directly from CW "stegvals" turn to a CCW "bakmes" turn. Just remember that M should begin the turn facing LOD: R diag fwd to R on CW turn, L diag fwd to L on CCW turn.