

STIGAREN
(Norway)

To the best of my knowledge Stigaren is found only in Numedal in Norway. The dance is the same as stegvals, except that it is danced to reinlender music. Unlike stegvals, it is often danced in both directions.

Pronunciation:

Source: Svein Aasen, Oslo and numerous others at parties, etc.

Music: Heilo HO 7012 (LP) or HK 7012 (cassette) Side A/7
"Seperatorlåttén." 2/4 meter
This dance can be done to any reinlender.

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

Step: Stigaren step: Step fwd on R (ct 1); step fwd on L (ct 2).

Character- Wt is lower on ct 1 than on ct 2. Ct 2 is often done
istics: with a slight leap. Rotation should be smooth.

Meas

Pattern

I. REST FIGURE

1 Dance 1 stigaren step in LOD, M dancing fwd, W bkwd.
Repeat until M decides to change.

II. ROTATION

Use 2 meas and 2 stigaren steps to turn once CW as follows:

1 M step on R diag fwd to R (step "around" W), W step on R diag bkwd to L (ct 1); both step fwd on L, completing rotation half way around (ct 2).
2 M does what W did in meas 1; W does what M did in meas 1.
Repeat until M decides to change.

The Dance

The dance alternates between the Rest figure and the Rotation. It normally begins with the Rest figure. To make the transition into the Rotation, the M steps with the R twd the R diag. The W feels this and follows. To stop the Rotation, M dances straight fwd with his R, holding ptr firmly so she knows to dance straight bkwd.

Dancing with change of rotation direction.

It is possible, but not required, to alternate between CW and CCW rotations.

On last meas of CW rotation, dancers do not rotate as a cpl, but each turns 1/2 to R to 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 stigaren step with the L ft and rotating CCW. A similar transition at the end of the turn brings us back to the

STIGAREN (Continued)

R footed stigaren.

There is no fixed method of changing ft when changing direction. Most people take one step on ct 1 and hold for ct 2, although a quick change-of-step is also possible (step fwd on ct 1, step beside on ct &, step fwd on ct 2). It doesn't matter how you do it - just do it.

Dancing with the L ft leading (CCW) is much more difficult than with the R ft leading. If you are having problems or dancing in a small space it might be wise to leave out the L footed variation.

Presented by Alix Cordray