

Presented by James LaVita

^{och}
STIGVALS AND BAKMES FROM KALL
 Sweden

(not taught)

Source

This dance was collected by Göran Karlholm in the 1960's, and is described in "Beskrivning av svenska folkdanser", del II, though these notes are based on Ken Seeman's English version. It was collected from a woman born in 1888, who learned it from her parents, born in the 1860's.

Music

"Music for Swedish Ethnic Dances", band b5.

Hold

Polska hold throughout, for both turns.

Steps

Opening and Resting:

M: (facing LOD) ct 1) step forward with L, ct 2) pause, as the R comes forward and prepares to step, ct 3) step R.

W: (facing RLOD) ct 1) step backward on R, ct 2) pause, as W moves L backward (LOD) and prepares to step, ct 3) step L.

Stigvals:

M: (measure one) ct 1) step forward with R, beginning to step around partner, ct 2) continue shifting weight as L begins to come around, preparing to step, ct 3) step L (forward, in LOD).

(measure two) ct 1) step behind (but still in LOD) with R, ct 2) pause with weight distributed on both feet, ct 3) while keeping R fixed, pivot on L heel, placing foot flat by count 3&.

W: does same two measures, but begins on measure two as M begins measure one.

Bakmes:

M: ct 6& of previous measure) step smoothly forward on R, rolling through heel to full foot, ct 1) step forward and slightly to left on L, ct 2) begin shifting weight, ct 3) step on R in LOD, ct 3&) pivot slightly

Continued...

on R sole.

(measure two) ct 1) step backwards onto L (still in LOD, though), so that both feet are now on ground, ct 2) pause as partner passes by, ct 2&) begin to turn on both heels, ct 3) both feet come down flat on floor.

W: W does same figure but begins with measure two as man starts with measure one.

Transitions:

Resting to Stigvals:

M: at the end of a phrase, M pauses, touching R to floor, but not stepping on it, to free R for first step of turn.

Stigvals to Bakmes:

M: on last count of measure, M pivots on both feet so as to arrive on W's other (left) side, ready to begin bakmes on beat 3&. Alternatively, M waits a bit to allow time to make transition.

Bakmes to Resting:

M: at end of bakmes, M again comes across W, winding up on original side, to begin resting step.

Comments:

This dance, from Kall in Jämtland, is actually one of several which are unified by the inclusion of the bakmes step. A polska, polka and schottis were also collected, which are in the appropriate meters, and the bakmes is adjusted to fit each particular rhythm.