

# STIGVALS OCH BAKMES FRÅN KALL

Sweden

This "step-waltz" and "Backwards" dance is from Kall in the province of Jamtland, Sweden. It was collected by Göran Karlholm as part of four related dances: polska, waltz, polka and schöttische. The Goller's learned this dance in Sweden in 1974, and later from Margareta and Per Jennische at Oregon State Folk Dance Conference in 1978.

**PRONUNCIATION:** Steeg-vahls oh Bahwk-mess from Kah-ll

**RECORD:** OLAB SLP-022, "Nu Bjo Mæe Opp" (LP), Side 2, Band 2.

**MUSIC:** Waltz from Jamtland played slowly.

**POSITIONS:** Polska Position: M's R hand on W's waist, while his L hand grips W's R upper-arm. W's L hand on M's R upper-arm, while her R hand is on the M's L upper-arm. M and W stand to the L of each other.

**STEPS:** Step I. Introductory & Rest Step: Both start R. Step R fwd (ct 1), hold (ct 2), step on L slightly past the R (ct 3). Repeat with same ftwk. M moves fwd, W bkwd.

Step II. Stigvals: (1 turn CW per 6 cts or per 2 meas)  
Man: Meas 1 - Step fwd on R, toe points to R (ct 1), hold (ct 2), step L sdwd, toe points to R (ct 3). Meas 2 - Step R bkwd (at R angle to L) (ct 1), hold (ct 2), turn on L heel 1/4 CW (ct 3). Move R ft fwd (ct &) smoothly to repeat again.

Woman: Same as M's step, except start on ct 1 of meas 2 as described above. M and W start dancing at the same time, but the steps are displaced by 1 meas.

Step III. Bakmes: (the rotation is bkwd, 1 turn CCW per 6 cts or per 2 meas)  
Men: Meas 1 - step fwd R (ct &), step L 1/2 step in front of R, toe turned to L (ct 1), hold (ct 2), step R ft fwd with toes pointing L (ct 3), make 1/4 turn CCW on R sole (ct &). Meas 2 - Step L 1/2 ft behind R (ct 1), hold (ct 2), pivot 1/4 turn CCW on both heels (ct 3), step R fwd (ct &). Repeat with same ftwk.

Women: Same as M's step, except start on ct 1 of meas 2, as described above. M and W start dancing at the same time, but the steps are displaced by 1 meas.

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**METER:** 2 3/4

**PATTERN**

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Alternate according to the desire of the dancers at the beginning of any musical phrase between Step I, II and III (Introductory & Rest Step, Stigvals and Bakmes).

Presented by Edward & Carol Goller  
Idyllwild Workshop 1979