

TYROLERVALS
(Norway)

This dance is a waltz variant written down by Klara Semb, one of the great figures in Norwegian folk dance. It appears in her book, Norske Folkedansar II, Oslo 1956. Unfortunately, her description does not pinpoint the place of origin but waltz variants including both a waltz turn and various figures (turning away, the girl turns under the arm, etc.) were danced in many areas of Norway. Other names for these waltzes include "fikservals" and "laus vals." In some places the dance acquired a fixed form as is presented here.

Pronunciation:

Music: Heilo HO 7012 (LP) or HK 7012 (cassette) Side 1, band 6
"Geistdalsfossen";
No. 26 in Klara Semb, Norske Folkedansar III, Oslo 1952
Any Norwegian waltz that fits the dance 3/4 meter

Formation: Cpls in a circle facing CCW, inside hands joined at shldr level. Free hands on hips, fingers fwd and thumb bkwd.

Norwegian ballroom hold: As normal ballroom hold, except that M L and W R are joined in an unusual way. W holds her hand palm down. M places his hand palm on top of hers and holds the outside edge of her hand with his 4 fingers. M L and W R arm are somewhat bent.

Characteristics: A Norwegian waltz has a feeling of down-up-down on cts 1,2,3 which is maintained throughout the dance. On the last part of ct 3 it is necessary to rise slightly to prepare for the down on the following ct 1.)

<u>Meas</u>	<u>Pattern</u>
	I. <u>WOMAN TURN UNDER</u>
1	Step fwd on outside ft (ct 1); the joined hands move fwd and there is a slight turn away from ptr - raise wt onto ball of ft, swinging free leg slightly fwd until straight (ct 2); lower heel (ct 3). This is called a "slengsteg."
2	Repeat meas 1 with opp ftwk. The joined hands move bkwd and there is a slight turn twd ptr.
3-4	Repeat meas 1-2.
5-8	Raise joined hands high, M slightly behind W. W turns twice to her R (CW) with 4 waltz steps. M repeats meas 1-4 without movement of joined hands. It is usual for the M to offer the W 1 or 2 fingers which she holds while turning.
	II. <u>TURN AWAY</u>
1-4	Repeat meas 1-4, Fig I.
5-8	Release the joined hands, and put free hands on hips. Turn away from each other twice (M CCW, W CW) with 4 waltz steps.

TYROLERVALS (Continued)III. COUPLE WALTZ

- 1-4 Repeat meas 1-4, Fig I.
5-8 Take Norwegian ballroom hold and dance 4 waltz steps together, turning CW twice and progressing in LOD.

IV. COUPLE WALTZ

- 1-8 Repeat Fig III.

Presented by Alix Cordray