

VARSOUVIENNE
Norwegian Couple Dance

Found throughout Norway with several names -- an illustration of the Norwegian proverb "beloved children have many names."

Source: Herman Olsen, Bergen. Klara Semb: Norske Folkedansar bind II, Rettleing om dansen, Noregs Boklag, Oslo 1956

Forma- Cpls in a large ring facing CCW. W at M R side. M R arm
tion around W waist. W L arm on M shoulder. W grasp M R hd with her R hd. M free hd on hip in a fist, knuckles fwd.

Music: 3/4, ct 1, 2, 3.

Tempo: ♩ = 138 Once through dance = 30 sec.

Record: Harmoni TD-3

Intro- 3 meas
duction:

MeasFigureI. VARSOUVIENNE STEP

- 1 M step L ft slightly bkwd, W step L ft across in front of M and turn CCW (ct 1). M close R to L, W step R to M L side and continue CCW turn (ct 2). M step L slightly fwd, W close L to R completing 1 full turn CCW (ct 3). Using opp hds and arms take starting pos.
- 2 M and W extend R leg and place heel on floor.
- 3-4 Using opp ftwork from meas 1-2, W returns to M R side.
- 5-8 Dance meas 1-4 once more.

II. MASURKA STEP I

- 1 Step L ft fwd (ct 1). Replace L ft by R, moving L ft slightly fwd (ct 2). Kick L ft slightly fwd (ct 3). *R heel slightly*
- 2 Dance meas 1, Fig. II once more.
- 3-4 W dance over to M L side using Varsouvienne step of meas 1-2, Fig. I.
- 5-6 Two Masurka steps I fwd beginning with R ft.
- 7-8 W dance bkwd to M R side using Varsouvienne step of meas 3-4, Fig. I.

III. WALTZ

- 1-6 Take shoulder waist pos and dance waltz beginning with M stepping on L ft.
- 7-8 Maneuver to starting pos.

Presented by Bruce Taylor

FOLK DANCE CAMP - 1971