

VOSSARULL

(Norway)

RECORD: NKG TD7 (Norway) or RCA FEP 11

SOURCE: Ingvar Sodal, at 1970 S.D.S.C. Conference.

FORMATION: Couple dance, any number of couples. Open and closed pos.

STEPS: Walking steps, two-steps, pivot.

SEQUENCE: 1. Walking forward, LOD  
 2. One two-step CCW, two two-steps CW (transition from open to closed position)  
 3. Pivot  
 4. Walk

Repeat 2-4

1. Walking LOD, open position, M's arm around W waist. W L hand on M shoulder, other hand swinging freely. Springy walk, opp ftw, start each step with heel on floor as in a natural walk. Each step has a slight springy dip.
2. One two-step CCW, starting on outside foot, M leading W in front, M's step in place, W's step long enough to get in front facing M. On first two-step CW (M's R, W's L) take closed position. Continue with one more two-step CW.  
  
Closed pos. Face to face, close, M's R arm around W's waist, M's L hand holding W skirt gently out to the side (not up). W R hand high on M back under M L arm. W L hand on M R shoulder.
3. Pivot starts on M R and W L ft. Step is symmetrical. R always between ptrs feet, starting with heel on floor, twist CW and pivot on ball of ft. Slight dip on beginning of step. L ft step same. NOTE: Place L close to partner's R on the outside. Pivot is completely smooth and well balanced. Make any number of turns.
4. To break up the pivot, assume open position and walk fwd, as described at beginning of dance.

Presented at the 1977 Folk Dance Federation Teacher Training Program  
 by Ned & Marian Gault.