

FEIAR MED VALS
Norwegian Couple Dance

This dance comes from Ringerike in eastern Norway. The melody was collected by Thor Ødegaard, who played with a country orchestra in Ask. The orchestra consisted of first and second fiddle, clarinet and bass, a common arrangement for the period (1883). The title "Sweeper with waltz" refers to the sweeping motion of the second figure.

Source: Hermann Olsen, Bergen. Klara Semb: Norske Folkdansar, bind II, rettleiing om dansen, Noregs Boklag, Oslo 1956.

Music: 3/4 count, 1,2,3 2/4 count, 1,&,2,&

Tempo: ♩ = 144, Waltz = 20 sec ♩ - 96 Sweeper and Hambourgar - 25 sec

Formation: Cpls in a circle, shoulder waist pos, M BACK TO CTR.

Record: Harmonica TD-3, Aqua Viking V 300

Meas

Figure

I. WALTZ

- 1-15 Waltz, M begin by stepping onto R ft after 3 note upbeat.
Ptrs finish waltz facing each other, M with back to ctr of circle.
M take W L in his R, free hds on hips, thumb fwd, fingers bkwd.
16 *pause, ready for Fig II*

II. SWEEPER

- 1 Step sdwd CCW along ring with outside ft (ct 1). Close inside ft to outside (ct &). Side step CCW along ring with outside ft (ct 2). Sweep joined hds CCW along ring so ptrs pivot on outside ft and stand back to back (ct &).
2 Step sdwd CCW along ring with inside ft (M R, W L) (ct 1). Close outside ft to inside (ct &). Step sdwd CCW along ring with inside ft (ct 2). Sweep joined hds CW along ring and pivot on inside ft so ptrs face each other (ct &).
3 Repeat meas 1, Fig. II.
4 While turning to face ptr, stamp outside ft (ct 1). Stamp inside ft (ct 2).
Change hands so M holds W R hd in his L, free hds on hips.
5-8 Dance 3 Sweeper steps CW along ring. End turning to face ptr with stamps.

continued -

FEIAR MED VALS (continued)

III. HAMBOURGAR STEP

- 1 W place L hd on M shoulder, M place R hd at W waist. M stamp L ft slightly bkwd, W step R ft slightly fwd (ct 1). M begins to place W R hd on shoulder. Cpl begins to turn slightly CCW. M close R ft to L, W close L to R (ct 2). M step slightly bkwd with L ft, W slightly fwd with R (ct 2). W R hd is now on M shoulder.
- 2 Place L hd at W waist. Cpl begins to turn slightly CW. M step R ft slightly bkwd, W step L slightly fwd (ct 1). M close L ft to R, W close R ft to L (ct 2). M step R ft slightly bkwd, W step L slightly fwd (ct 2).
- 3-4 Using ftwork of meas 1-2, Fig. III, cpl makes 1 full turn CW. Omit initial stamp.

IV. PIVOT AND LIFT

- 5 M step around CW with L ft, W step ~~bkwd~~ ^{fwd between ptrs ft} with R ft. Cpl turn 1/2 turn CW (ct 1). M step bkwd with R ft, W step around CW with L ft, cpl turns 1/2 turn CW (ct 2).
- 6-7 Dance meas 5, Fig. IV twice more.
- 8 M lifts W (ct 1), sets her gently down at his R side (ct 2).

Begin dance with Fig. I, Waltz, again.

Presented by Bruce Taylor