FEIAR MED VALS.

(Norway)

Record: TD-3 Norsk Grammofonkompani A/S, Oslo, Norway, or
           Aqua Viking V·300 B.

Formation: Couple dance. Any number of couples.
           Free hand on hip, thumb forward.

Steps: Waltz, two-step, Hamborgarpols pivot.

           Hamborgarpols pivot:
           This is a distinctive turning step bordering betw. a ball-of-foot
           pivot and a step-hop. Described like this:

ct 1. Step on the whole ft, with knee bent
ct & lift heel from floor and straighten knee a bit to raise the body,
      while turning on ball of ft.
ct 2. Repeat above motion with other ft.
ct & Finish above motion with other ft.

           There are thus <u>two</u> distinct motions on each meas. A smooth
           "bounce" is maintained, the knees flexing lightly, never com-
           pletely straight.

Sequence: 1. Waltz
           2. Feiar (Sweeper). (Two-step fwd and back, with stamping).
           3. Hamborgarpols pivot and lift.

Introduction: 4 measures.

1. Closed shoulder-waist pos. 15 waltz steps LOD. M starts on L ft. On
    16th meas, cpl stops, facing each other, inside hands joined at
    shoulder level, held out to M's R.

2. Start on outside ft. 3 open two-steps LOD, face to face with arms pro-
    jected back, back to back with arms projected fwd, and face to face
    with arms back again. Release hand hold. Join opposite hands, while
    turning half around (M CW, W CCW), stamping on both steps.
    Repeat the 3 open two-steps etc. in opposite direction, starting with
    outside ft (W's L, M's R), ending with 2 stamps on last meas, facing
    RLOD.

3. In shoulder-waist pos, M dances a two-step (L, close, L) more or less
    in place, but turning to his L (CCW), with stamp on last beat, while
    bringing W over in front of him, W dancing a longer two-step (R, close,R).
    Closed shoulder-waist pos, and repeat above step in opp. direction
    (CW). Starting on opp. ft and with stamp on 1st beat.
    Cont. turning CW with 2 two-steps, no stamp, but with a trace of a hop
    on last beat of each meas. Pivot CW with 6 Hamborgarpols pivot steps.
    Final meas M lifts W from his L to his R side.

Pause during pick-up notes. Repeat entire dance.