

Presented by: INGVAR SODAL

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(Norway)

Record: Aqua Viking V 301 a or RCA LPM 9910

Formation: Couple dance. Any number of couples. Free hand on hip, thumb forward. Open, and closed shoulder-waist position.

Steps: Walking steps, open two-step, pivot.

Sequence:

1. Forward and back, hands joined, walking steps, two-steps forward, pivot around. Repeat.
2. Same as Fig I, except with individual turns on first fwd and back. Repeat.
3. "Pan-cake-turn" on first fwd and back, otherwise same as I. Repeat.
4. On first measure, W turns once CW fwd und M arm, R hands joined. On meas 2 turn back CCW. On 3rd measure w turns twice CW, keeping same position. On 4th measure take closed position and turn twice around together as for the other figures. Repeat.

Repeat 1 thru 4.