

Presented by James LaVita

*från*  
REALÄNDER FROM VEMDALEN

Source

*Sweden*  
*RAY-uh-len-der*      *VEM-dahl-on*

This dance was collected by Inger and Goran Karlholm at Vemdalen, in Harjedalen, in 1971. It is a schottis variant.

Music

Any scottis tune from Harjedalen or a nearby region.

Hold

Forestep:

Inside hands joined, M holding W's hand from above, at about or slightly below shoulder height.

Pivot:

Polska hold.

Steps

Forestep:

M: ct 1) step LOD with L, ct 1&) step up to L with R, ct 2) step LOD with L, ct 3) step R, ct 4) raise up slightly on sole of R (but do not hop!), while coming forward and raising L knee slightly.

On next four counts, repeat the above except that on ct 4) M should pivot slightly towards W.

W: Opposite footwork; both measures LOD.

Pivot:

M & W: conventional pivot, beginning M's L, W's R, soft in the knees.

Comments:

The whole point of this dance is to do nothing but these simple steps, but to do the two foresteps across the phrase line. In other words, the first fore step should be begun four beats before the end of a phrase, so that the second forestep is done at the beginning of the next phrase. The couple can pivot for more than one phrase as long as the transition rule is observed.