

**SNURRVALS FRÅN HEDE (Harjedalen)**  
 Turning waltz from Hede

Couples in an open circle which moves CCW

**MUSIC** A rather slow waltz from Harjedalen (3/4 meter) with even accents on all three beats of the measure.

**POSITIONS** During the introductory waltz steps: The man takes a hold of the woman's left hand from above with his right hand, and holds them shoulder high; the outside arms hang down.  
 During the individual turns: Arms hanging down.  
 During the turn as a couple: The man holds the woman's left hand with his right hand behind her back, and her right hand with his left hand behind his own back.

**STEPS** Waltz steps, the whole foot touching the floor, flexible knees. Equal accents on each beat of the measure.

**THE DANCE** I Introductory waltz steps: Both starting with the outside foot dance two waltz steps forward, turning naturally away from each other on the first measure and toward each other on the second measure. Individual turns: Taking two waltz steps individually, make one turn (the man CCW and the woman CW). The man starts with his left foot and the woman with her right foot.  
 II Introductory waltz steps. Make two individual turns (4 waltz steps).  
 III Introductory waltz steps. Make three individual turns (six waltz steps).  
 IV Turn as a couple: After the third individual turn, turn as a couple for an unlimited number of melody phrases. Turn either CW and/or CCW. Then start the dance from the beginning.