1975 SAN DIEGO STATE UNIVERSITY FOLK DANCE CONFERENCE

Presented by Ingvar Sodal

(Norway)

Record:

NKG TD 7 (Norway) or RCA FEP 11.

Formation:

Couple dance, any number of couples. Open and closed pos

as described.

Steps:

Walking steps, pivot, two-steps.

Sequence:

1. Walking fwd, LOD.

2. Pivot.

3. Two-steps CCW (any number).

Repeat 2-3

- Walking LOD, open pos, M's R arm around W's waist. W's L hand on M's shoulder, other hand swinging freely. Springy walk, opp ftwk, start each step with heel in floor as in a natural walk. Each step has a slight springy dip.
- Closed pos: Face to face, close. M's R arm around W's waist, M's L hand holding W's shirt gently out to the side (not up). W's R hand high on M's back under M's L arm. W's L hand on M's R shoulder.

Start pivot on M's L and W's R ft. Step is symmetrical. R ft always between partner's feet, starting with heel in floor, twist CW and pivot on ball of foot. Slight dip on beginning of step. L ft step same. Note: Place L ft close to partner's R on the outside. Pivot is completely smooth and well balanced. Make any number of turns.

 To break up the pivot, assume open pos and walk fwd, as described at beginning of dance, or keep closed pos and make any number of two-steps CCW and CW.

VOSSARULL Page 65 Fig 2, add the following paragraph: One two-step, starting on outside ft, M leading W in front, M's step in place, W's step long enough to get in front facing M. On 2nd two-step CW (M's R, W's L) take closed pos. Continue with one more two-step CW.

Paragraph that starts "Start pivot on M's L... is Fig 3.

Add under Steps: Meter 2/4

Paragraph marked Fig 3, delete, and insert the following:
Note: Fig I (walk) is usually only used at the beginning of the
music. After doing Fig 1.2 and 3, only Fig 2 & 3 are repeated from
then on. (After doing any number of pivot steps (fig 3) do any number
of two-steps (Fig 2) turning CCW, finish with at least 2 two-steps
turning CW before starting pivot again. Begin each figure with the
phrase.

Sequence, change numbers to read as follows: 1,3,2.