

Familjevals Sweden

As taught by Gordon E. Tracie

Couple dance, couples in one circle, W on R side of M, W-Position. Meter 3/4.

In these notes, outside foot refers to M L foot and W R foot, inside foot referst to M R foot and W L foot.

Measure Count Step

- | | | |
|-----|-----|---|
| 1 | 1-3 | Step on outside foot, starting to turn towards corner (1), close inside foot to outside foot finishing turn towards corner (2), step on outside foot in place (3) |
| 2 | | Repeat measure 1 with opposite footwork and turning towards partner. |
| 3-4 | | Repeat measures 1 and 2. |
| 5-8 | | Taking ballroom position with your corner, W facing LOD, do four waltz steps, turning once. At the end of measure 8, place W on M R. |

As taught by Michael and Mary Ann Herman

Couple dance, couples in one circle, W on R side of M, W-Position. Meter 3/4.

In these notes, outside foot refers to M L foot and W R foot, inside foot referst to M R foot and W L foot.

Measure Count Step

- | | | |
|-------|-----|---|
| 1 | 1-3 | Facing center, step forward on outside foot (1), step forward on inside foot (2), step in place on outside foot. |
| 2 | | Repeat measure 1 with opposite footwork and in opposite direction. |
| 3-4 | | W: In six steps, starting onto outside foot, step across M on your R, while making one complete turn over R shoulder. M: take six steps in place starting on your outside foot while guiding W across with his L hand. At the end of measure 4, W should be on M R and M and W should drop hands and rejoin inside hands. |
| 5-16 | | Repeat measures 1-4 three times. |
| 17-32 | | Taking ballroom position with M facing LOD, W facing RLOD, do sixteen turning waltz steps. At the end of measure 8, place W should once again be on M R. |

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