



Record: TD-3 Norsk Grammofonkompani A/S, Oslo, Norway, or  
Aqua Viking V 300 B.

Formation: Couple dance. Any number of couples.  
Free hand on hip, thumb forward.

Steps: Waltz, two-step, Hamborgarpols pivot.

Hamborgarpols pivot:

This is a distinctive turning step bordering betw. a ball-of-foot pivot and a step-hop. Described like this:

- ct 1. Step on the whole ft, with knee bent
- ct & lift heel from floor and straighten knee a bit to raise the body, while turning on ball of ft.
- ct 2. Repeat above motion with other ft.
- ct & Finish above motion with other ft.

There are thus two distinct motions on each meas. A smooth "bounce" is maintained, the knees flexing lightly, never completely straight.

- Sequence:
- 1. Waltz
  - 2. Feiar (Sweeper). (Two-step fwd and back, with stamping).
  - 3. Hamborgarpols pivot and lift.

Introduction: 4 measures.

- 1. Closed shoulder-waist pos. 15 waltz steps LOD. M starts on L ft. On 16th meas, cpl stops, facing each other, inside hands joined at shoulder level, held out to M's R.
- 2. Start on outside ft. 3 open two-steps LOD, face to face with arms projected back, back to back with arms projected fwd, and face to face with arms back again. Release hand hold. Join opposite hands, while turning half around (M CW, W CCW), stamping on both steps. Repeat the 3 open two-steps etc. in opposite direction, starting with outside ft (W's L, M's R), ending with 2 stamps on last meas, facing RLOD.
- 3. In shoulder-waist pos, M dances a two-step (L, close, L) more or less in place, but turning to his L (CCW), with stamp on last beat, while bringing W over in front of him, W dancing a longer two-step (R, close, R). Closed shoulder-waist pos, and repeat above step in opp. direction (CW). Starting on opp. ft and with stamp on 1st beat. Cont. turning CW with 2 two-steps, no stamp, but with a trace of a hop on last beat of each meas. Pivot CW with 6 Hamborgarpols pivot steps. Final meas M lifts W from his L to his R side.

Pause during pick-up notes. Repeat entire dance.