

RIL FRA VEGÅRDSHEI
(Norway)

This is a reel dance from Øst Agder, along the southern coast of Norway. The dance is unusual in that changes of facing happen at the end of the musical phrase rather than at the beginning.

Pronunciation:

Source: Egil Bakka, Danse Danse Lett Up Pa Foten, Noregs Boklag, Oslo 1970.

Music: EMI 038-1374731 (LP) or 238-1374734 (cassette) Aage Grundstad's Norwegian Folk and Figure Dances III, Side B/2 2/4 meter

Formation: Cpls in a circle, W on M R, all join nearer hands at shldr level.

Steps: Reel step-hop: Step (ct 1); hop (ct &). There are 2 step-hops per meas, alternating ft. The feeling is light and the rhythm even.

Meas
2 meas

Pattern

Introduction.

I. CIRCLE LEFT AND RIGHT

1-8 Starting with L ft and facing slightly L, dance 16 reel step-hops fwd moving CW.
9-16 Repeat meas 1-8 with opp ftwk and direction.

II. FIGURERING

1-8 Face ptr and join R hands with a thumb grip. Dance 16 reel step-hops starting with L ft, moving LOD. M dances fwd and W bkwd. Free hand on hip as if with fist but relax fingers. At end turn 1/2 around, M to L and W to R, to face corner.
9-16 Join R hands with a thumb grip, dance 16 reel step-hops starting with L ft, moving LOD. M dances bkwd, W fwd. Free hand on hip.

III. CHAIN

1-8 Chain in the direction you are now facing (M CW; W CCW) using reel step-hops, starting L ft. Counting the hand you are holding as 1, chain to the 6th hand (a L hand). This is about 1 meas per hand. Use normal "shaking-hand" hold. When you meet the 6th person, turn 1/2 around with them holding L hands joined so that M face LOD and W RLOD. Change to R thumb grip.

Repeat Fig II and III until the end of the music. (Fig I is only danced once at the beginning and never repeated.)

Presented by Alix Cordray

STEGVALS
(Norway)

Stegvals is known many places in Norway, although it appears to have been little used. It probably came from Sweden, and is not very old in Norway. In Sweden it is danced in both directions, but in Norway it is usually danced only with CW rotation.

Pronunciation: STAYG-vahls

Source: Egil Bakka, Danse Danse Lett Ut Pa Foten, Noreg Boklag Oslo 1970.

Music: Heilo HO 7012 (LP) or HK 7012 (cassette), Side B/3
"Bakkesdalsvalsen."
EMI 038-1374371 (LP) or 238-1374734 (cassette) Aage Grundstad's Norwegian Folk and Figure Dances III, Side A/4 3/4 meter
This dance can be done to any waltz.

Formation: Stand beside ptr, R hip to R hip, M on inside facing LOD, W facing RLOD. R arm around ptrs waist, L hand holds ptrs upper R arm (waist-upper arm pos).

Steps: Stegvals step: Step fwd on R (ct 1); step fwd on L (ct 3).
Wt lowers (ct 1); raises (ct 2); lowers (ct 3).

Character-istics: The dance has exactly the same up-down movements of the regular Norwegian waltz: down on cts 1 and 3, up on ct 2. The rotation should flow smoothly around.

Meas

Pattern

- I. REST FIGURE
- 1 Dance 1 Stegvals step in LOD, M dancing fwd, W bkwd.
Repeat until M decides to change.
- II. ROTATION
- Use 2 meas (2 Stegvals steps) to turn once CW as follows:
- 1 M step diag fwd to R on R (step "around" W), W steps R diag bkwd to L (ct 1); both step fwd on L, completing rotation half way around (ct 3).
- 2 M does what W did in meas 1; W does what M did in meas 1.
- Repeat until M decides to change.

The dance

The dance alternates between the Rest figure and the Rotation. It normally begins with the Rest figure. The Rest figure is usually of much shorter duration than the Rotation. To make the transition into the Rotation, the M steps on R twd the R diag. The W feels this and follows. To stop the Rotation, M dances straight fwd with his R, holding ptr firmly so she knows to dance straight bkwd.

STEGVALS (Continued)Dancing with change of rotation direction

Today this is often seen in Norway although it is probably not traditional. On last meas of rotation, dance a regular waltz step without changing places, but each turning 1/2 to R to end in waist-upper arm pos, L hip to L hip. W is on inside facing RLOD, M on outside facing LOD. Repeat the entire dance starting each stegvals step with the L ft and rotating CCW. A similar transition at the end of the turn brings us back to the R footed stegvals.

Presented by Alix Cordray