

VINGAKERSDANS
(SWEDISH)

A-206

SOURCE: VINGAKERSDANS, (VEENG-OKERS) COMES FROM THE SMALL COMMUNITY OF VINGAKER IN DALARNA, SWEDEN. IT IS PRESENTED BY MONA ENGLUND OF SWEDEN AT THE STATEWIDE INSTITUTE, BAKERSFIELD, 1959.

MUSIC: RECORD: HMV OSB 612 'VINGAKERSDANS'
HARMONY 39, 'VINGAKERS'

PIANO: "SWEDISH FOLK DANCES" - NILS W. BERQUIST - A. S. BARNES & Co.,
1928

FORMATION: PRESENCE: O X O O=W (OR L SHOULDERS TWD MUSIC)
(AUDIENCE) 1 2 X=M

THREE DANCERS SIDE BY SIDE, M BETWEEN TWO W, ALL WITH L SHOULDER TWD "PRESENCE". M HOLD NEAR HAND OF EACH W, ELBOWS DOWN NEAR SIDES, HANDS ABOUT CHEST HIGH. FREE HANDS ON HIP, PALMS OUT.

STEPS

DAL STEP: STEP ON R (CT 1). WITH SLIGHT BEND OF SUPPORTING KNEE, SWING L DIAG FWD TWD R, TOES POINTING DNWD AND KNEE STRAIGHT, AT SAME TIME RISING SOMEWHAT ON TOE OF SUPPORTING FT (CT 2). RETURN L TWD FLOOR (CT 3). AT HEIGHT OF SWING FT IS ABOUT 12 INCHES FROM FLOOR. NEXT STEP BEGINS WITH STEP ON L (CT 1). ALWAYS START R UNLESS OTHERWISE INDICATED.

STEP-HOP-WALTZ: (2 MEAS) STEP FWD ON L (CT 1); LIFT R FT AND L HEEL (CT 2); HOP ON L, TURNING R (CT 3). STEP BWD R (CT 1); LIFT L FT AND R HEEL (CT 2); HOP ON R, TURNING R (CT 3).

OLD SWEDISH WALTZ: (2 MEAS) STEP FWD ON L (CT 1); TOUCH R TOE (R HEEL HIGH) BEHIND L HEEL, AT SAME TIME BENDING KNEES (CT 2); MOMENTARILY TAKING WT ON R TOE, STEP L TURNING CW (CT 3). STEP BWD ON R (CT 1); TOUCH L TOE BEHIND R HEEL, BENDING KNEES (CT 2); MOMENTARILY TAKE WT ON L TOE AND STEP R TURNING CW (CT 3). MAY ALSO TURN CCW.

VINGAKER STEP: BEND KNEES (CT 1); JUMP, LANDING IN PLACE ON HEELS, KNEES STRAIGHT, FT IN STRIDE POS (CTS 2-3). WITH 3 STEPS (L R L) TURN ONCE (CW) IN PLACE (CTS 1-2-3). (2 MEAS)

MUSIC 3/4

PATTERN

MEASURES

1. THE SQUARE

1-4 ALL DANCE FWD WITH 4 DAL STEPS.

5-8 M DANCE 4 DAL STEPS IN PLACE MAKING 1/4 L, WHILE W HOLD M FOREFINGERS AND DANCE STEP-HOP-WALTZ, W1 TURNING CW AND W2 CCW.

VINGAKERSDANS (CONTINUED)

PAGE 2

MEASURES

9-32

REPEAT ACTION OF MEAS 5-8 THREE TIMES (4 IN ALL). THE LAST TIME M MAKE 1/2 TURN L (CCW) SO THAT ALL WILL BE ACROSS THE CTR OF THEIR LITTLE SQUARE, FACING THE PRESENCE.

II. LADIES CHAIN

1-4

M DANCE DAL STEPS IN PLACE WHILE HE TAKES L HAND OF W2 WITH HIS L AND LEADS HER IN FRONT OF HIMSELF TO W1. W TAKE R HANDS AND GO TO OPP W PLACE (CHAIN). 4 DAL STEPS FOR W ACTION.

5-8

M FACE W1 AND, IN SHOULDER-WAIST POS, DANCE 1 TURN IN PLACE WITH STEP-HOP-WALTZ. W2 FACE THE PRESENCE AND DANCE 4 DAL STEPS IN PLACE.

9-16

REPEAT ACTION OF MEAS 1-8 (FIG 11) WITH M LEADING W1 IN FRONT OF HIMSELF AND DANCING A TURN WITH W2 WHILE W1 DANCES DAL STEPS IN PLACE. W HAVE NOW RETURNED TO OWN POS IN LINE OF 3, INSIDE HANDS JOINED WITH M.

III. ARCHES

ALL DANCE DAL STEPS THROUGHOUT THIS PATTERN. DO NOT RELEASE HANDS.

17-24

M AND W1 RAISE JOINED HANDS (M L - W R) TO FORM AN ARCH WHILE THEY DANCE IN PLACE. W2 PASS UNDER THE ARCH, FOLLOWED BY M, TO FINISH IN HER OWN PLACE ALL FACING THE PRESENCE.

25-28

M AND W2 FORM AN ARCH UNDER WHICH W1 DANCES. (SHE DOES NOT RETURN TO HER OWN PLACE.) AT ALMOST THE SAME TIME M LEAD W2 OVER TO HIS L SIDE. W ARE NOW IN OPP PLACES WITH THEIR BACKS TWD THE PRESENCE, M FACING THEM.

29-32

ALL DANCE DAL STEPS TWD THE PRESENCE.

1-8

M DANCE 8 DAL STEPS BWD, DRAGGING W AFTER HIM. W LEAN SDWD TWD EACH OTHER AND RESIST HIM.

9-12

ALL DANCE DAL STEPS TWD THE PRESENCE.

13-16

M DANCE IN PLACE WHILE HE LEADS W2 AND W1 BWD TO THEIR RESPECTIVE PLACES.

IV. CIRCLING THE MAN

M RAISE L ARM WITH L FOREFINGER POINTING DNWD. W1 HOLD M FOREFINGER WITH HER R. FREE HANDS ON HIPS.

VINGAKERSDANS (CONTINUED)

PAGE 3

MEASURES

17-24 WITH STEP-HOP-WALTZ, M TURN CCW IN PLACE WHILE W1 TURNS CW UNDER RAISED JOINED HANDS AS SHE DANCES CCW AROUND HIM. SIMULTANEOUSLY W2 DANCE OLD SWEDISH WALTZ, TURNING CW AND CIRCLING CCW, KEEPING JUST BEHIND M.

25-32 M FACE W2 AND RAISE R ARM. W2 HOLD M R FOREFINGER WITH HER L. WITH STEP-HOP-WALTZ, M DANCE 1 TURN CW IN PLACE WHILE W2 TURNS CCW UNDER HIS R ARM AS SHE DANCES CW AROUND HIM. W1 DANCE OLD SWEDISH WALTZ, TURNING CCW AND CIRCLING CW, KEEPING BEHIND M.

V. THE RING

FORM A RING OF 3 PLACING R HAND ON R SHOULDER OF PERSON ON R AND L ON L SHOULDER OF PERSON ON L.

1-16 WITH OLD SWEDISH WALTZ, CIRCLE 3 TIMES CW IN PLACE.

NOTE: M MAY PUT ARMS AROUND WAISTS OF W INSTEAD OF ON THEIR SHOULDERS.

VI. M KNEEL AND W PEEK

17-22 M KNEEL ON R AND W1 SIT ON HIS KNEE, HIS L ARM AROUND HER WAIST, HIS R AT HER R WRIST, WHILE SHE CLAPS ON CT 1 OF EACH MEAS. WITH OLD SWEDISH WALTZ, W2 TURN CW AND DANCE 1/2 CIRCLE CW AROUND M.

23-24 W2 FLING W1 FROM M KNEE AND TAKE HER PLACE.

25-30 WITH OLD SWEDISH WALTZ W1 TURN CCW AND DANCE 1/2 CIRCLE CCW AROUND M. W2 CLAP ON CT 1 OF EACH MEAS.

31-32 M RISE AND FACE THE PRESENCE, ARMS FOLDED ACROSS CHEST. W2 STAND BEHIND M WITH HER HANDS ON HIS SHOULDERS; W1 STAND BEHIND W2 WITH HER HANDS ON SHOULDERS OF W2. W2 BEND TO THE R, W1 TO THE L, SO THAT ALL HEADS ARE VISIBLE TO THE PRESENCE.

VII. STEP-HOP WITH SWING

MOVE BWD AWAY FROM THE PRESENCE.

1 ALL STEP L (CT 1); TAKE 2 SMALL HOPS IN PLACE ON L AND SWING R FT FWD (CTS 2-3.) ON SWINGS KNEE IS STRAIGHT.

- 2 ALL STEP R (CT 1) TAKE 2 SMALL HOPS IN PLACE ON R AND SWING L BWD
(CTS 2-3).
- 3-8 REPEAT ACTION OF MEAS 1-2 (FIG VII) THREE MORE TIMES.
- 9-16 MOVING FWD TWD THE PRESENCE, REPEAT ACTION OF MEAS 1-8 (FIG VII).
ON MEAS 16 M TURN TO FACE W2.

VIII. THE CURVE

ALL DANCE OLD SWEDISH WALTZ.

- 17-24 M ASSUME CLOSED POS WITH W2 AND DANCE IN A CURVE (CCW) AWAY FROM THE
PRESENCE WHILE W1 FOLLOWS CLOSELY ON THE INSIDE OF THE CURVE.
- 25-32 M AND W1 DANCE IN A CURVE CCW TWD THE PRESENCE, FOLLOWED BY W2.
- 1-16 REPEAT ACTION OF MEAS 17-32 (FIG VIII). ON LAST MEAS W2 FINISH A
LITTLE TO THE L OF W1 AND BEHIND HER, HANDS OF W2 AT WAIST OF W1;
W L SHOULDERS TWD THE PRESENCE; M IN FRONT OF W, FACING THEM.

IX. SCISSORS

- 17-18 W MOVE BWD IN CCW CIRCLE WITH OLD SWEDISH WALTZ WHILE M TAKES R HAND
OF W1 IN HIS R AND DOES SCISSORS STEP AS FOLLOWS: STEP R (CT 1),
STAMP L (CT 2), LEAP WITH SCISSOR, RELEASING W HAND (CT 3). STEP R,
L, R (CTS 1-2-3), TAKING L HAND OF W1.
- 19-20 BEGINNING WITH STEP L, M REPEAT ACTION OF MEAS 17-18 (FIG IX) IN
OPP DIRECTION.
- W1 TAKE POS BEHIND W2, AS M TAKES R HAND OF W2 IN HIS R.
- 21-24 M REPEAT ACTION OF MEAS 17-20 (FIG IX) WITH W2, AS W CONTINUE BWD
IN CCW CIRCLE.
- 25-32 REPEAT ACTION OF MEAS 17-24 (FIG IX).
FINISH W SIDE BY SIDE, L SHOULDERS TWD THE PRESENCE, INSIDE HANDS
JOINED; M IN FRONT OF AND FACING THEM.

X. VINGAKER STEP

1-16

BEGINNING R, W DANCE BWD WITH STEP-HOP-WALTZ, DESCRIBING A SMALL CCW CIRCLE, WHILE M FOLLOWS THEM WITH VINGAKER STEPS. FINISH W BACKS TWD PRESENCE, M IN FRONT OF AND FACING W.

XI. WAVING COAT-TAILS

17-24

M DANCE 8 DAL STEPS BWD, SWINGING HIS COAT-TAILS WITH HIS HANDS, WHILE W DANCE OLD SWEDISH WALTZ AWAY FROM THE PRESENCE, W1 TURNING CCW, W2 CW. W PASS EACH OTHER BEHIND M (W1 NEAREST M) AND TAKE THEIR OWN PLACES ON EACH SIDE OF HIM, HANDS JOINED AS IN FIG 1.

25-28

ALL DANCE DAL STEPS TWD THE PRESENCE.

29-32

M DANCE DAL STEPS IN PLACE WHILE W TURN UNDER RAISED JOINED HANDS AS IN FIG 1. ALL FINISH WITH STAMP L (APPEL), SWINGING R FT FWD.

NOTE: PANTOMINE IN THIS DANCE SHOWS RIVALRY BETWEEN W, EACH TRYING TO GAIN FAVOR OF THE M.

NOTES BY DOROTHY TAMBURINI