

VIRU VALS

(Estonian)

Source: Estonian ethnic group, New York. Learned from Michael Herman.
Record: MH 3010 "Virus Vals"
Formation: Cpls in promenade pos facing LOD.
Step: Estonian Vals: Step (ct 1), closing step (ct 2), step (ct 3). Steps described for M. W dances counterpart.

Meas. Pattern

3/4 tempo

4 Introduction

I. Vals and Cross Over

1 Progressing slightly fwd in LOD dance 1 Estonian Vals as follows: Step L away from ptr extending arms (ct 1), close R (ct 2), step L (ct 3).

2 Repeat action of meas 1 starting MR and moving fwd ptr on ct 1.

3 Repeat action of meas 1

4 Retaining joined Hs, W dances 1 Vals slightly L and fwd, while M takes 3 steps starting R and moves across, in front of W turning once CW to end on WR outside of circle.

5-7 Rpt action of meas 1-3, starting ML and moving twd, away, and twd ptr.

8 With 3 steps W turns once CW across in front of M to end in original pos, while M dances 1 Vals moving slightly R and fwd.

II. Partners Vals

1-8 Face ptr and place both Hs on ptrs shoulder blades, M arms under W arms. Dance 8 Estonian Vals steps turning CW progressing CCW. Ptr Vals is danced almost flatfooted with a very little bend of the knees, producing a slight bounce on each step

--presented by Walter Grothe

--notations prepared with assistance of Larry Miller

Folk Dance Camp, 1957