

## Stegvals

Stegvals exists in many places in Norway, although it does not seem to have been widely danced. 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.

Source: Egil Bakka, *Danse Danse Lett Ut På Foten*, Noregs Boklag, Oslo 1970.

Music: Any waltz. 3/4 meter.

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

Stegvals step: Step fwd on R (ct 1). Step on L fwd or beside R (ct 3).

Characteristics: The dance has the same up-down mvts of regular Norwegian waltz: down on cts 1 and 3, and up on 2. The rotation flows continuously and smoothly.

### Meas   Movement

#### *Rest figure*

1      Dance 1 stegvals step in LOD, M dancing fwd and W dancing bkwd.

#### *Rotation*

Use 2 meas (2 stegvals steps) to turn once CW as follows:

1      On ct 1, M step diag fwd to R on R (step "around" W). W step on R diag bkwd to L. On ct 3, both step fwd on L, completing rotation half way around.

2      M does what W did in meas 1. W does what M did in meas 1.

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 diagonal. 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.

#### *Variation in hold*

Those who want a "faster" dance can hold as follows: Put R hand on ptrs R shoulder. Join L hands in a thumb-grip under R arms.

#### *Dancing with change of rotation direction*

Today dancers often change sides and directions. 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 you back to the R footed stegvals.

Alternate transition: M takes W R in his L, turns her once CW under the joined hands with one regular waltz step, then rejoins on other side while starting the rest step.