

Stigar'n

To the best of my knowledge Stigar'n is found only in Numedal in Norway. The dance is the same as stegvals, except that it is danced to reinlender music. Unlike stegvals, it is commonly danced in both directions.

Music: Any reinlender. 2/4 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).

Stigar'n step: Step fwd on R (ct 1). Small step or leap fwd on L toe (ct &). There are 2 stigar'n steps per measure, both using same ft.

Characteristics: Wt is lower on ct 1 than on ct &. Ct & is often done with a slight leap. Rotation should be smooth.

Meas Movement

Rest figure
1 Dance 2 stigar'n steps in LOD, M dancing fwd and W dancing bkwd.

Rotation
Use 1 meas and 2 stigar'n steps to turn once CW as follows:
1 On ct 1, M step on R diag fwd to R (step "around" W). W step on R diag bkwd to L. On ct &, both step fwd on L, completing rotation half way around.

On ct 2, M does what W did on ct 1. W does what M did ct 1.

The dance alternates between the rest figure and the rotation. It normally begins with the rest figure. To make the transition into the rotation, the M steps with the 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.

Dancing with change of rotation direction

It is possible, but not required, to alternate between CW and CCW rotations.

On last meas of CW rotation, do not rotate as a cpl, but each ptr turns 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 stigar'n step with the L ft and rotating CCW. A similar transition at the end of the turn brings you back to the R footed stigar'n.

There is no fixed method of changing ft when changing direction. Most people take one step on ct 1 and hold for ct 2, although a quick change-of-step is also possible (step fwd on ct 1, step beside on ct 1 &, step fwd on ct 2). It doesn't matter how you do it: just do it.

Dancing with the L foot leading (CCW) is much more difficult than with the R ft leading. If you are having problems or dancing in a small space it might be wise to leave out the L footed variation.

Presented by Alix Cordray