

Blåsalavalsen

This dance is a combination of 4 short waltz dances, each of which is 16 bars long. The combination was invented in the group Rundsnuen of Oslo, which meets in the blue room ("Blåsalen"). The idea was to provide raw material for improvisation, but many dancers like to do the sequence. Each of the 4 parts is its own dance and can, of course, be done by itself.

Source: Rundsnuen Danselag, Oslo, 2012.

Music: Any "square" waltz, preferably one with two phrases of 16 bars each. The dance works best to lyrical waltzes (instead of eighth-note waltzes).

Formation: Couples facing LOD, W on M R, holding nearer hands at shoulder height.

Steps: Waltz steps and hesitation steps. When "Norwegianizing" waltzes, we normally do not distinguish between waltz and hesitation steps – it is up to you, and you can even switch willy-nilly between them. When you don't need to take all three steps in a measure, you can be lazy and do just one.

Meas Pattern

Kalle Ps vals

The dance is a fairly new choreography from Sweden, but you see it on almost every dance floor in Norway. The Swedish description says "Kalle P. taught us this dance on a Saturday afternoon in Hässleholmsholmsgården, fall 1990. The dance was created for Kalle P. for his celebration."

- 1-2 Starting M L and W R, two waltz steps fwd in LOD, perhaps turning slightly away and twd ptr.
- 3-4 Turn 1/2 twd ptr to face RLOD, change hands to M L and W R. Two waltz steps bkwd in LOD.
- 5-6 M and W change places with two waltz steps. M goes under joined arms and turns 1/2 L while W dances in a half circle CW around M.
- 7-8 Do meas 5-6 again to end in own place – M dances under joined arms and W dances around. End facing ptr.
- 9-10 Change hands to M R and W L. W turns once to R under joined hands, M follows diagonally behind her.
- 11-12 Change hands again to M L and W R. W turns once more to R under joined hands. At the end, M dances past W to transition into the turn.
- 13.-16 Take ballroom pos and turn with 4 waltz steps.

Vebjørns vals

The dance was created by Vebjørn Bakken, one of the main instructors in the group Symra in Oslo. The dance was first used in Oslo Songdanslag in the fall of 2007.

- 1-4 Starting M L and W R, four hesitation steps fwd in LOD, turning slightly away and twd ptr. "Point" on the floor in LOD with the free ft.
- 5-6 W turns once to R under joined hands, M follows diagonally behind her.
- 7-8 Change hands to M L and W R. W turns once to R under joined hands. M follows diagonally behind. At the very end of meas 8, they turn twd each other to end facing RLOD. (In practice, Alix usually "cheats" with the W doing only 1/2 turn in these two meas, but Vebjørn himself prefers that the W complete a full turn before transitioning to face RLOD.)
- 9-10 Two waltz steps bkwd in LOD.
- 11-12 Turn 1/2 alone twd ptr to face LOD. Change hands to M R and W L. Two waltz steps fwd in LOD.
- 13-16 Take ballroom pos and turn with 4 waltz steps.

Enskede-Fröjdens vals

The dance was created by Kjell Sandkvist of Enskede-Fröjdens Danseforening in Sweden.

- 1-4 Face LOD and join L hands in front. M put R hand around W waist, she holds with her R on the outside of his R hand. Four waltz steps fwd in LOD.
- 5-6 W turns once to R under joined L hands, M follows diagonally behind her.
- 7-8 M changes hands to R (W does not change hands, she still has L). W turns once to R under joined hands. M follows diagonally behind.
- 9-12 Take ballroom pos and turn with 4 waltz steps.
- 13-16 Turn alone twice moving in LOD, M to his own L (CCW) and W to her R (CW).

Bluebell waltz (Blåklokkevals)

This dance is well known among international folk dancers in California. The notes say it was composed in Scottish Country Dance Style by Bruce McClure for his television program in Scotland. In 1959, he introduced it to California folk dancers at Stockton Folk Dance Camp.

- 1-2 Face ptr, M back to center, join both hands. Balance one waltz step fwd (L hips adjacent), and one waltz step bkwd.
- 3-4 Release M R and W L. Change places with ptr, W turning once to CW under joined hands (M L and W R).
- 5-8 Repeat meas 1-4 back to own place. End facing LOD, nearer hands joined.

9-10 Two waltz steps fwd in LOD, turning slightly away and twd ptr.

11-12 Turn alone once moving in LOD, M to his own L (CCW) and W to her R (CW).

13-16 Take ballroom pos and turn with 4 waltz steps.

In the US, Bluebell waltz is often done as a mixer. On meas 11-12 M turns out to meet W behind him, while W advances slightly in LOD. This can be used to make Blåsalavalsen a mixer if desired.

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