

## Senjavals

This dance is a simple waltz mixer, ostensibly from Senja in northern Norway. After I had done this dance for a number of years, I learned that it is also done in Sweden, known under the name Familjeevals från Gästrikland. This is another example of wandering mixers that are adjusted to local tastes and styles as they move around.

Source: Unknown.

Music: Any "square" waltz, that is, one with 8 or 16 meas phrases.

Formation: Couples in a circle facing ctr, all holding hands at shoulder height. W is on ptr's R.

Steps: Waltz step. In each meas, it is ok to take either 3 steps or 1 step (sometimes called hesitation step), depending on how far one needs to travel.

Side step: step on L to L (ct 1), step on R beside L (ct 3). Repeats on same ft.

### Meas   Pattern

1      1 waltz step twd center.

2      1 waltz step away from center.

3-4    M changes places with corner, in a "California twirl". Let go of ptr. M lifts L hand and traces a small half-circle on the floor, moving in twd the center first, then out to ptrs place. She turns CW under the joined hands, moving into his place. Turn twd each other and change hands. The corner is now the Ms new ptr.

5-8    Repeat meas 1-4, but end facing new ptr in ballroom hold.

9-10   Keeping ballroom hold, two side-steps twd center, M to L and W to R.

11-12   Two side-steps away from center, M to R and W to L.

13-16   Four waltz steps turning. Turn CW twice, progress in LOD.

To repeat, open into a single circle and join hands with corner.

*Presented by Alix Cordray*