

Stockrosen
(Norway-Sweden)

Stockrosen is a simple waltz mixer without couple turns. The dance comes from the folk dance group Viljan in Stockholm, via their sister group in Oslo, Symra. It is a good dance for newer dancers.

Recordings: Any "square" waltz, preferably one with two phases played AABB and 8 meas phrases (although 16 meas phrases will also work). My favorite is "Lykkjevals", recorded by Syver's Orkester on their album "Syvers".

Meter: 3/4

Formation: Couples in a circle, facing ptr, M facing LOD. Hold R hands in a thumb grip.

Steps: Waltz. In meas 1-24 hesitation steps may be used, but in meas 25-32 a running waltz step is necessary.

Meas Movement

- 1-4 With R thumb grip, starting with L ft, dance 4 meas fwd, moving CW around ptr.
- 5-8 With L thumb grip, dance 4 meas fwd, moving CCW around partner. On last ct, W step on L.
- 9 Take ballroom position. On meas 9, step sideways on M L, W R toward center (ct 1), step in place with M R, W L (ct 3).
- 10 Step sideways on M L, W R toward center (ct 1), close M R and W L ft without taking wt (ct 3).
- 11-12 Repeat meas 9-10 with opp direction and footwork, moving away from center of circle.
- 13-16 Repeat meas 9-12. W takes wt on R on meas 12 ct 3.
- 17-20 All join hands at shldr level in a big circle and do 4 waltz (or hesitation) steps to L starting on L.
- 21-24 Starting with L ft., do 4 waltz (or hesitation) steps back to R.
- 25-32 Face partner and do a grand chain, starting by giving R to partner at chest level. Do 7 running waltz steps, passing approximately 1 person on each meas. End at no. 7, counting your partner as 1, and take R thumb grip. When you meet, acknowledge your new partner with a nod.