

FLAKS FRÅ MERÅKER  
Norwegian Couple Dance

Collected in 1968 by Egil Bakka in Meråker, near Trondheim. "Flaks" means unexpected good luck.

Source: Egil Bakka: Danse, danse lett ut på foten; Noregs, Boklag, Oslo 1970

Music: 2/4, ct 1,2

Forma- Cpls in a large circle, W facing CW; M CCW. W hds on ptr  
tion: shoulder, M hds on ptr shoulder, M arms inside W arms.

Record: RCA Victor Norway LPNES 65 A8 "Polkett fra Romsdalen"

No introduction

Meas

Figure

I. FLAKS STEP

- 1 Hop on M R ft, W L; extend M L, W R twd ptr (ct 1). Retract extended ft and take wt on it while raising M R, W L behind (ct 2).
- 2 Hop on M L, W R, while extending M R, W L fwd ptr (ct 1). Retract extended ft and take wt on it while raising other ft behind (ct 2).
- 3-8 Repeat meas 1-2.  
The large circle of cpls progresses slowly CCW during this Fig.

II. THE TRANSITION

- 1 Come down with wt on both ft (ct 1). Step twd ptr with M R ft, W L ft (ct 2). Take modified shoulder waist pos: M hd almost as high as W shoulder blades.

III. PIVOT

- 2 While executing 1/2 turn CW, M steps around CW with L ft, W steps behind with R ft (ct 1). While executing 1/2 turn CW, M steps behind with R ft, W steps around CW with L ft (ct 2).
- 3-7 Repeat meas 2, Fig. III.
- 8 Continue pivot ftwork, but maneuver so W faces CW in ring, M CCW. Take shoulder-shoulder pos.

Begin Fig. I again.

Dancers are free to choose duration of Figures I and III.  
I use 8 meas for ease of description.

Presented by Bruce Taylor