

VALS MIXER  
(Norway)

This waltz mixer has no name that I know of in Norway. It is sometimes called "Familievals" (Family waltz). It resembles a dance known in the USA as Oslo waltz, although I have heard in Norway that this variant could be from London. The dance is often used as a "get acquainted" dance at parties. Learned from folk dance groups in Oslo, early 1980s.

**Pronunciation:**

**Music:** Heilo HO 7012 (LP) or HK 7012 (cassette), Side A/2 "Bjonnvalsen", or Side B/3 "Bakkedalsvalsen."  
Any Norwegian waltz with appropriate phrasing. 3/4 meter

**Formation:** Cpls in a circle facing ctr. W on M R. Hands are joined at sides.

**Characteristics:** A Norwegian waltz should have a definite down-up-down feeling. When dancing the waltz, many dancers do step (ct 1); touch (ct 2); instead of 3 steps in each meas. This is especially true of the R-footed meas when rotating CW. This "lazy" step may be used anywhere in this dance.

<u>Meas</u>	<u>Pattern</u>
1	Dance 1 waltz step twd ctr, moving fwd on ct 1 and staying in place for cts 2 and 3. It will be simplest if M starts with L ft and W with R ft.
2	Dance 1 waltz step away from ctr (bkwd).
3-4	Using 2 waltz steps, M will move the W on his L to his R side. Retain hold with this W, and drop hands with W on R. He steps slightly back on meas 3 and fwd on meas 4 to make room for her. He leads W across in front, changes hands, and she turns once to her R (CW), into place.
5-16	Repeat meas 1-4 three more times, except end the last time in Norwegian ballroom pos. M turns W into place as before but he does not change hands. He holds her R hand with his L, lifting it to approximately shldr level with arms slightly bent. (Do not adjust this hand pos to "normal" ballroom pos.) M puts R arm around ptr's waist; she puts L hand on his shldr. End approximately with W facing in and M facing out (or turned a little more).
17-32	Dance 16 meas of waltz rotating CW progressing in LOD. If desired, you may rotate CCW for the last 8 meas. On last meas, open out with W on M R side and get ready to start dance over again.

**Note:** If you use "Bakkedalsvalsen", there will only be 14 meas instead of 16 in the 2nd phrase - and the dance will have only 30 meas.

Presented by Alix Cordray