

FAMILJEVALSEN

The Family Waltz, Sweden

A traditional mixer danced with flowing grace to any 3/4 rhythm Scandinavian waltz with even eight-measure phrasing. Pronounced fah-MEEL-yeh-vahls-en.

Formation: Start with a single ring, alternating Men and Women. Man's partner is to his left, his corner is right, which allows partners to initially waltz together before mixing. All hands joined at shoulder height, "W" hand hold.

Measure:

- 1 Men begin on L foot, Women on R. Waltz three small balance steps toward partner, Man dancing to the left, woman right. Acknowledge partner.
- 2 Begin with other foot, balance and acknowledge corner (to Man's R, Woman's L) in same manner.
- 3-4 Repeat 1-2 above.
- 5-8 Drop hands with corner, retain partner's hand and take closed ballroom hold. Begin with Man's L foot and Woman's R, four turning waltz steps to make 1.5 CW revolutions, while making sure to keep in circle formation and with the circle moving in CCW LOD. At end of measure 8, Man guides his partner to his right side - there to become his corner. All join hands and the large closed ring is re-formed with new partners.

Repeat dance from beginning as long as there is music, changing partners every eight measures.