

VOSSARULL Norway

Formation: Couple dance. Open position: Man to Woman's L with M's R arm around W's waist, and W's L hand on M's R shoulder. Man's L arm swings freely. W's R hand gracefully holds hem of her skirt out to side.

Sequence:

1. Introductory walk CCW LOD
2. Two-steps CW turns
3. Pivots CW
4. Two-step CCW turns
5. Repeat 2-3-4

Details:

1. In CCW LOD couples take six springy steps starting outside foot (M's L, W's R). End with M on R foot, W on L. The springy step has a down-up feeling, as if walking on a bog. Done with the heel touching the floor, rolling onto the ball of the foot while slightly bending knee.
2. Man leads Woman into closed position: W crosses in front of M with a two-step (R-L-R-hold) to face RLOD while M steps L-R-L-hold in place. On last count M takes W's outstretched skirt in his L hand. Woman releases her skirt to put her R hand on M's back above his waist. In closed position, couple dances any even number of CW two-steps 180° turns (step-together-step-pivot).
3. Man leads into springy pivot on M's L and W's R foot: W steps on R heel between M's feet, pivoting CW on ball of foot. She then steps L outside yet close to M's R foot. Man's steps are symmetric. Make any even number of CW turns. Each pivot-step turns the couple 180° - double the rotation of the two-step turn.
4. Man relaxes slightly to cue the end of the pivots. Keeping closed position, make any number of two-steps CCW, starting with M's L and W's R.
5. Repeat: CW two-step turns, then CW pivot turns, then CCW two-step turns. Repeat introductory walk only if necessary.