

A Sprengisandi

Vikivaki dance of Iceland, adapted & introduced by Patrick McNamara

On YouTube: Original vikivaki dance: <https://www.youtube.com/watch?v=7Ow4UBTfh3g>

Adapted to the music: <https://www.youtube.com/watch?v=qz6sU2wg-8Q>

The song is about the difficult last leg of a journey, travelling on old scary short-cut roads.

Formation: Open Circle, Facing Centre, Leader on the Left, arms in W

Music: 8 counts per measure. Part 1 is 6 counts long, so does not align with the measures.

Introduction: 8 counts

Part 1 (Facing centre, arms in W - 32 counts)

Counts

- 1 Step R to R while moving hands to R.
- 2 Touch L beside R.
- 3 Step L to L while moving hands to L.
- 4 Step R beside L.
- 5 Step L to L.
- 6 Touch R beside L.

7-30 Repeat Counts 1-6, 4 more times.

31-32 Repeat Counts 1-2.

Part 2 (Moving to Left, hands down in V, bending forward with head down - 32 counts)

Counts

- 1-6 Starting with L foot, walk 6 steps, while bending forward slightly and looking down.
- 7 Close L ft beside R ft, stop, face ctr, straighten body, look up, raise both arms.
- 8 Pause.

9-32 Repeat Counts 1-8, 3 more times.

Transition (6 counts)

- 1-6 Starting with L foot, walk 3 slow steps to left (each step is 2 counts long)

Continue with: Part 1, Part 2, Transition, Part 1, Part 2, Ending

Ending (12 counts)

- 1-11 Starting with L foot, walk 11 steps, while bending forward slightly and looking down.
- 12 Close R ft beside L ft, stop, face ctr, straighten body, look up, raise both arms.

Dance directions by Dale Adamson