

Smygvals Sweden

Kjerstin Lindström from Stockholm taught Smygvals at Nordleik 2000 in Stavanger, Norway. Alix Cordray introduced the dance in Chicago at Leikarringen Heimhug and to the Argonne International Folk Dancers in January 2001.

Pronunciation: SMEEG vahls
Smyg means to duck or sneak around, vals means waltz

Music: $\frac{3}{4}$ meter, any waltz with 8 bar phrases

Formations:

- ♦ Couples facing CCW/LOD around the dance space
- ♦ Dancers facing either into or out of the closed dance circle

Basic step: Waltz, a step on each beat of the music.

Basic pattern: 4 meas. waltz fwd, bkwd, fwd, fwd.
Begin either foot, though usually couples begin with outside feet.

Dance Holds:

1. L in L in front of M, R in R at W's R side of waist. M's R arm is behind ptr. Similar to Varsouvienne hold but at W's waist. Can also use a standard varsouvienne position.
2. Arms in W-position about shoulder height

Dance Sequence: Begin facing LOD, use the 4 measure waltz sequence of fwd, bkwd, fwd, fwd for each section/figure of the dance.

Meas. 1-4 Dance waltz steps facing LOD, fwd, bkwd, fwd, fwd, using hold 1.

Meas. 5-8 Dance waltz steps fwd, bkwd, during the 2 fwd's, let go of L hands and W moves in an arc CW around her ptr to face the center of a big circle, M face out, join free hands, all using W position (hold 2).

Meas. 9-12 Each person dances their own fwd, bkwd, then let go of L hands and dance fwd around with ptr until W face out, M face in. Join free hands again in W position (hold 2).

Meas. 13-16 Each dance fwd, bkwd, let go of R hands, M leads W to move fwd in LOD to next M as M arcs around CCW to meet new ptr he has in his L hand, return to hold 1.

Continue dancing until the music ends, repeat from measure 1 through the dance sequence.