

Vingelvals

Föllinge in Jämtland, Sweden

A waltz variation introduced in Sweden and the US by Ernst Grip with Beret Bertilsdotter. Vingelvals means wobble waltz. It is a 3 part dance usually starting with CW springvals followed by CCW springvals then CW vingelvals (only danced CW).

Music: Any waltz music, especially a springvals, preferably from Föllinge or Hotagen in Jämtland or Jonssonlinjen music for the heart and sole #16

Formation: Couples in closed position progressing CCW around the dance space

Hold: Use polska hold throughout the dance

Steps: A) Springvals - step on each beat with the whole foot making a small svikt on each beat/step.

Counts	1	2	3	1	2	3
M	L	R	L	R	L	R
W	R	L	R	L	R	L

B) vingelvals - step only on the first beat of each measure.

Counts	1	2	3	1	2	3
M	L	pivot on L & lift R lower leg bkwds*	pivot on L	R	pivot on R & lift L knee fwds*	pivot on R
W	R	pivot on R & lift L knee fwds*	pivot on R	L	pivot on L & lift R lower leg bkwds*	pivot on L

Dance Sequence:

Begin in closed position, using the polska hold with M facing the dance direction, W faces her partner and has her back to the dance direction. R feet between partners feet.

Dance springvals steps CW then dance springvals steps CCW, finishing the phrase ready to dance CW.

Both M and W can dance the vingelvals steps, or only one. If only one dances the vingelvals step, the other dances the springvals. Note that the vingelvals step is only danced CW.

When finished with the CW vingelvals steps, return to springvals steps CW and repeat the dance sequence.

There is not a set number of measures for each part, however it flows well when one follows the musical phrases though it is usually a 3 phrase dance, with one phrase for each part.

Notes:

1. *Only extend the L knee or R lower leg during the vingelvals section if there is ample space so that one does not collide appendages with their dance neighbors.
2. If the men begin the dance facing the LOD, they need to pivot on the ball/sole of the R foot before stepping on their L at the beginning of the dance.
3. Likewise, if the women begin with facing their partners with their back to LOD, they need to pivot on the L before stepping on count 1 with their R foot.