

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 at Argonne in January 2001.

Pronunciation: SMEEG-vahls

Smyg means to duck or sneak around, vals means waltz.

Music: Any waltz with 8 bar phrases

Formation: Couples facing CCW (LOD) around the dance space. Dancers facing either into or out of the closed dance circle.

Basic step: Waltz.

Basic pattern: 4 meas: Waltz fwd, bkwd, fwd, fwd. M begins L, W begins R.

Dance Holds: Hold 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.

Hold 2: Arms in W-position about shoulder height

Meas

Pattern

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| 1-4 | Facing LOD, dance 4 Waltz steps facing LOD, fwd, bkwd, fwd, fwd, using Hold 1. |
| 5-6 | Dance 2 Waltz steps fwd, bkwd. |
| 7-8 | Releasing L hands, dance 2 Waltz steps fwd, W moving in an arc CW around her ptr to face the ctr of a big circle, M face out, join free hands, all using Hold 2. |
| 9-10 | All dance fwd, bkwd |
| 11-12 | Release L hands and dance around until W face out, M face in, and join hands in Hold 2. |
| 13-14 | All dance fwd, bkwd. |
| 15-16 | Release R hands and W moves fwd in LOD to next M as M arcs around CCW to meet new ptr he has in his L hand, and return to Hold 1. |

Continue dancing meas 1-16 until the music ends.

Presented by Roo Lester