

TRESTEGSVALS FRÅN HEDESUNDA  
(Sweden)

Pronunciation:

Cassette: Englund special cassette; any appropriate waltz 3/4 meter

Positions: A: Link R elbows, L arms hanging or with L hands on hips. Start with ptrs to the L of each other, side by side, and M facing LOD, W with back in LOD.

B: Polska or waltz pos.

Steps: A: Both M and W step R (cts 1-2); L (ct 3). Dance only CW.

B: Three-step waltz. Step evenly on each step. Dance either CW or CCW as desired.

Sequence and character of the dance:

The dance is typically danced in the following order: Step A (CW), Step B (CW), Step B (CCW), changing with the phrases.

The first beat of the first meas is often marked by stamping in Step B. The last meas is usually danced in place.

Step A is somewhat broad and gliding, while Step B is lighter and shorter but still with the smoothness maintained.

Notes by Ken Seeman

Presented by Tommy and Ewa Englund