

Voorvalss

(Estonia)

A traditional dance (in weddings for example).

Pronunciation: VOHR-vahls

Music: Estonian Dances—Stockton Folk Dance Camp 2003, Band 9

3/4 meter

Formation: Circle of cpls, W on M right. The three figures are of indefinite length.

Steps: Voorvalss step: Walz steps, bend upper part of body in the direction of the stepping ft (on ct 1). Use this step throughout the dance, M and W on opp ft, M start L.

Meas

Pattern

I. CIRCLING

Varies Circle left (CW) with Voorvalss steps.

II. SNAKE

Varies Designated man casts off and winds the line around eventually reforming circle.

III. ELBOW TURNS

Varies Face ptrs and start chain: hook R elbow with ptr. and turn for three waltz measures. Move on to next person with one waltz meas. Hook L elbow with this person and turn with three waltz measures; move on to next person with one waltz measure. Continue chain to end of music

Kosjatants

(Estonia)

A stage choreography made of traditional Voorvalss.

Pronunciation: KOHS-yah-tahns

Music: Estonian Dances, Stockton Folk Dance Camp 2003, band 103/4 meter

Formation: Circle of cpls side by side, R hand in R, L hand in L in front, facing LOD.

Steps: Voorvalss step: Walz steps, bend upper part of body in the direction of the stepping ft (on ct 1). Use this step throughout the dance, M and W on opp ft, M start L. In turning waltz leading hands move slightly down on first measure and up on second.

Meas

Pattern

I. TURN UNDER: CHANGE PARTNERS

1-6 Beg with outside ft, dance six Voorvalss steps in LOD.

7-8 With two Voorvalss steps, W turns once CW under M's R arm.

9-12 Dance two turning Voorvalss steps; then with two Voorvalss steps W turns CW under M L arm.

13-16 Repeat meas 9-12, except M turns CCW under W's R arm and end releasing hands and facing ptr.