

Birthday Waltz for Mona  
(Födelsedagsvals till Mona)  
by Benny Andersson and Björn Ulvaeus

[Note - For the first waltz sequence each man will dance with the woman on his left at the start of the dance. Partners for the other waltz sequences will depend on the number of couples dancing.]

Introduction - Eight measures of music with couples standing in a circle and not holding hands.

Measures

- 1- 4      Waltz balance with Men balancing L and Women balancing R (1).  
            Waltz balance with Men balancing R and Women balancing L (2).  
            Men and Women who balanced toward each other in measure (1) change places in two waltz measures with Men turning over their L shoulders and Women turning over their R shoulders. Men pass behind Women (3-4).
- 5-20      Repeat measures (1- 4) four times making a total of five balances and turns.  
            After the last turn Men end up facing CCW and Women facing CW.
- 21-24     Couples take R hands and pass by the R shoulders (21).  
            Couples take L hands and pass by the L shoulders (22).  
            Couples take R hands and the Women turns over her R shoulder in two waltz measures (23,24). Following the turn Men and Women face each other.
- 25-28     Repeat measures (21-24).
- 29-36     Couples do right-turning waltzes for eight measures.

[Note - Some Men may prefer to get into position for the waltzing during measure (28) while the others may prefer to maneuver into position while doing two waltz balances with his partner during measures (29) and (30).]

- 37-52     Repeat measures (21-36). Women end up on Men's R sides as all face center.
- 53-104    Repeat measures (1-52) above.

Ending

- 1-2      Two waltz balances (as in measures (1) and (2) above).  
            [For the next measures Man's dance partner is the Woman on his right.]
- 3-4      Partners take hands and the Woman turns once over her R shoulder in two waltz measures.
- 5-6      Couples dance two right-turning waltz steps.
- 7-8      Woman again turns over her R shoulder using two waltz measures.  
            Partners acknowledge each other - Woman curtsies as Man bows.

This dance was taught to the Miami Valley Folk Dancers  
in 1996 by Kristina Andersson of Göteborg, Sweden.