

Hamborgar  
(Polka)

This type of polka is probably older than the galopp. It is known principally in the western and southern parts of Norway.

Source: Egil Bakka, Danse Danse Lett Ut På Foten, Noregs Boklag, Oslo 1970.

Record: Any moderately slow polka or hamborgar on a gammeldans record.

Music: 2/4.

Step: Hamborgar change-of-step.

Starting Position: Couples with polka position or Norwegian ballroom position. The man normally faces counterclockwise around the room to begin.

Opening: In many places, the couple took open shoulder-waist position and walked forward a few steps to start the dance. They rarely did more than four steps, and did it only at the beginning of the dance for the purposes of getting onto the floor or feeling the rhythm.

The dance

Dance basic turning, reverse turning as described for the vals, except that no substitution of step occurs while turning. Interludes (and, normally, transitions) are done as described for the vals except that the man dances backward and the woman forward. They still progress in a counterclockwise direction around the room.