

Galopp
(Polka)

This is one of the polka family in Norwegian gammeldans. See the introductory notes to this section for more information.

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

Record: Any moderately fast polka or galopp on a gammeldans record.

Music: 3/4.

Steps: Galopp change-of-step.

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

The dance

Dance basic turning, reverse turning and transitions/interludes as described for vals. No substitution of step occurs while turning and interludes may be of any length.