

Gå-gå-byttomfot-byttomfot

In recent years, folk dance groups in Norway have begun to dance gammeldans variations picked up from Saturday night dances in the country. This dance is a simple pattern that I have seen many places, sometimes alone and sometimes in combination with other figures.

The pattern is most commonly danced to reinlender or polka music. One of my first experiences with it, however, was at a party in Hallingdal in the 1980s. There, one man did this dance to every piece of music that was played, including waltzes and springars.

The dance does not have a name in Norway, so the name means "walk-walk-change of step-change of step".

Music: Any reinlender or polka

Meter: 2/4

Formation: Couples in ballroom pos, M facing away from ctr and turned diagonally twd RLOD. Alternate couple positions are also acceptable.

Steps: Change-of-step left: step fwd on L (ct 1), step on R beside L (ct &), step fwd on L (ct 2). This usually has a down-up-down feel.

Ct Pattern

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| 1-2 | Two walking steps, M L-R and W R-L. M steps diagonally back on his L, and then continues diagonally back on his R as he starts to turn twd LOD. The second walking step is characteristically used to change turning direction, using body positions borrowed from newer dances (foxtrot). |
| 3-4 | Continue to swing around to face LOD with a change-of-step, L for the M and R for the W. The last step is fwd in LOD. |
| 5-6 | M dance change-of-step R, W L. Start fwd in LOD and swing around toward RLOD. It is OK if you don't make it all the way back to starting pos – a 1/4 turn is fine. |

Note that the pattern takes 3 meas and thus does not "fit" the musical phrases.

Variation: Insert a full turn CW in two measures with 2 change-of-steps after ct 6. Or insert a full turn CCW in two meas after ct. 4.