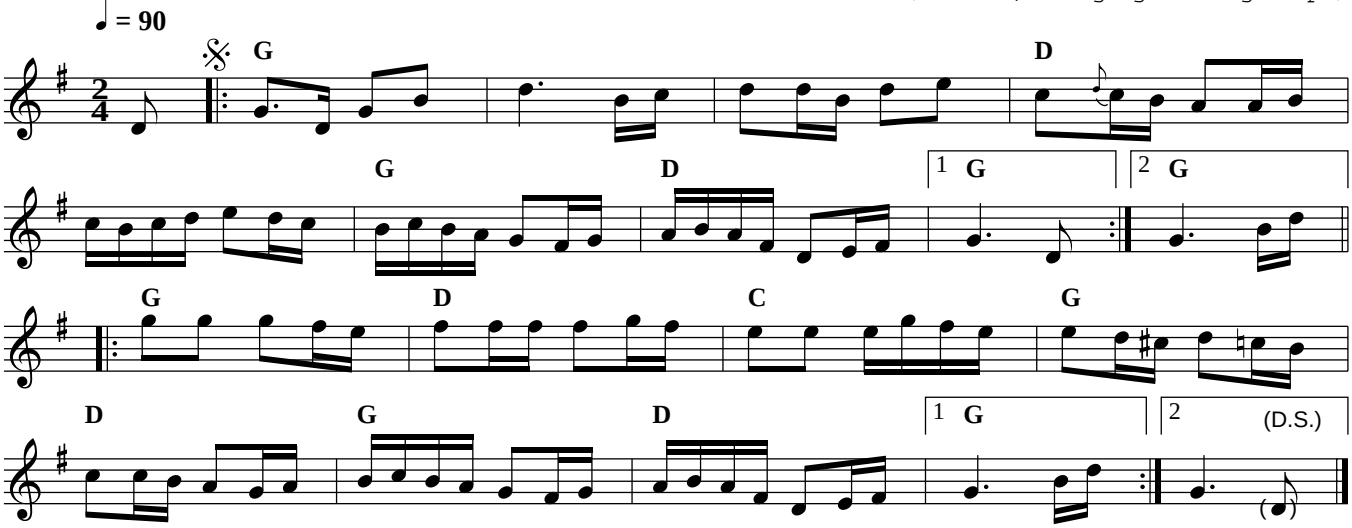
# Gånglåt fran Äppelbo

(a brisk, swinging walking tempo)



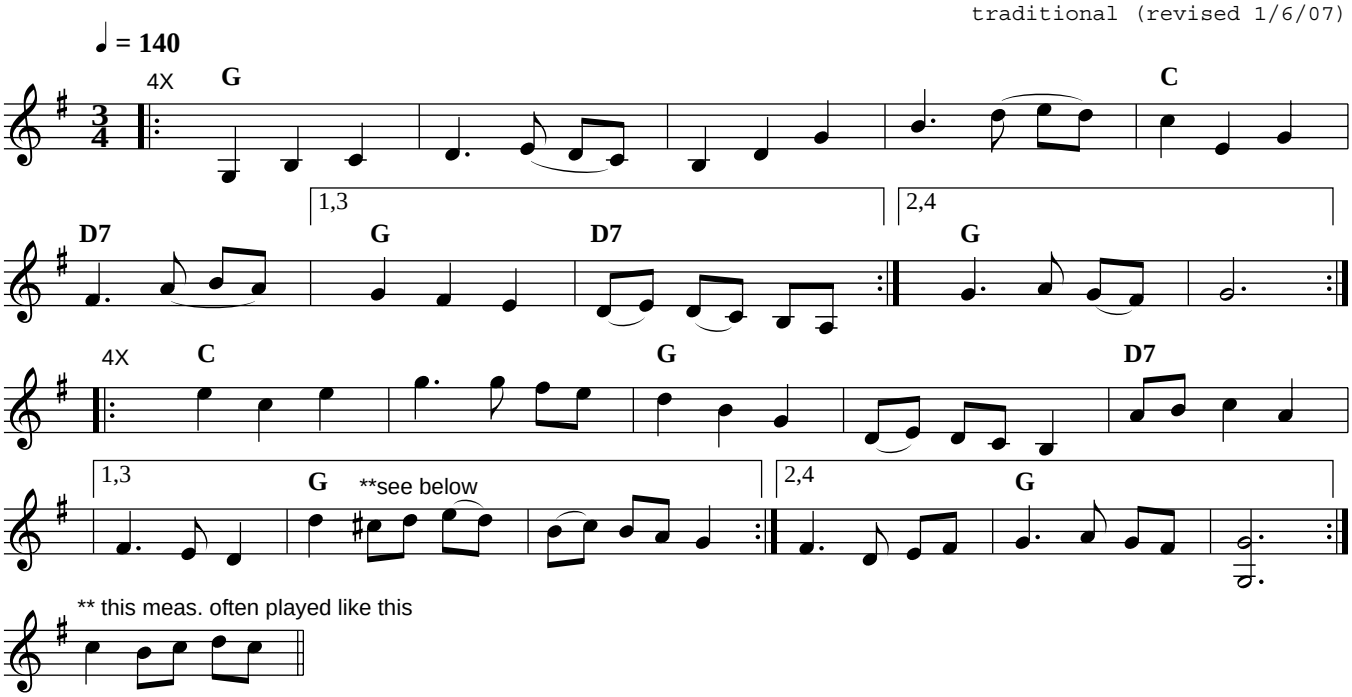

Sarah Kirton writes:
A walking tune from Äppelbo, a village in southern Dalarna, Sweden. It should be played at a brisk, easy walking tempo − its purpose was to make walking long distances easier, like the old "I am a happy wanderer" song. This tune is probably known by every fiddler in all of Scandinavia, not just in Sweden.

A version can be heard as a midi at < http://www.folketshus.dk/cgi−bin/visnode.cgi?mg−zppelbo >.
Google searches can also yield many mp3, etc. files.

# Vals fran Ore

(Orevalsen)

traditional (revised 1/6/07)



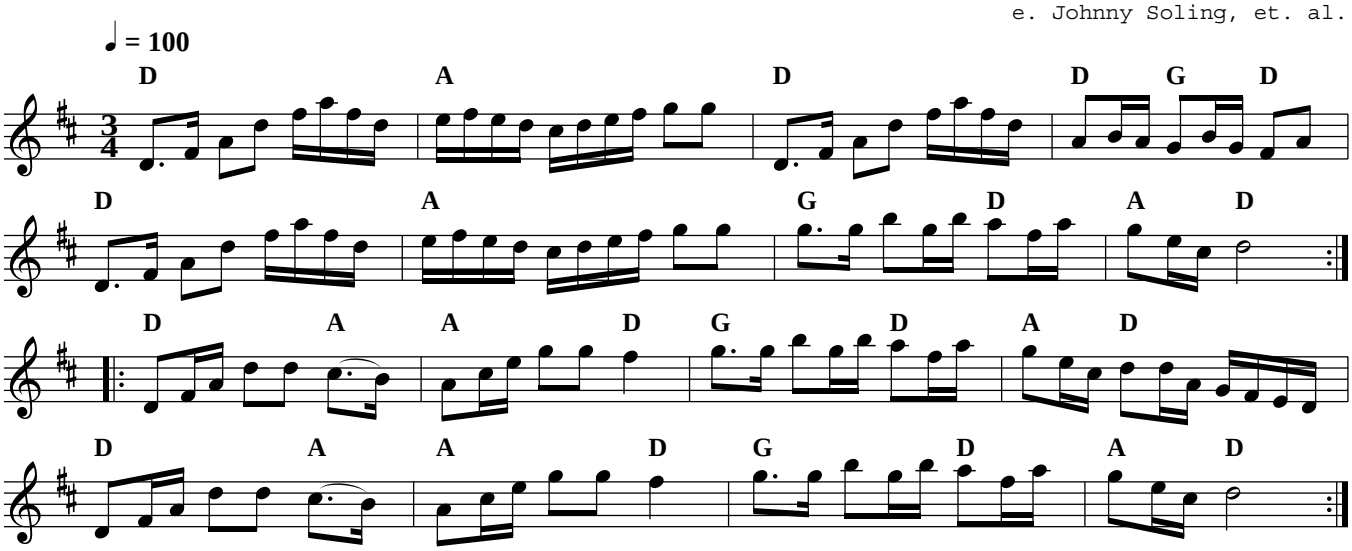

Sarah writes:
A popular waltz tune from Ore, in eastern Dalarna, Sweden. Orevalsen is such a standard among Scandinavian fiddlers that it's one of the first ones suggested when a new fiddler shows up who says they know some Scandinavian tunes. I also noticed it in some lists of American contest tunes.

You can hear a version of Orevalsen as a MIDI file at < http://www.folketshus.dk/cgi−bin/visnode.cgi?va−ore > or do a google search for Orevalsen, and you'll find everything from mp3s to ringtones.

# Norrbommen

(Polska från Bingsjö)

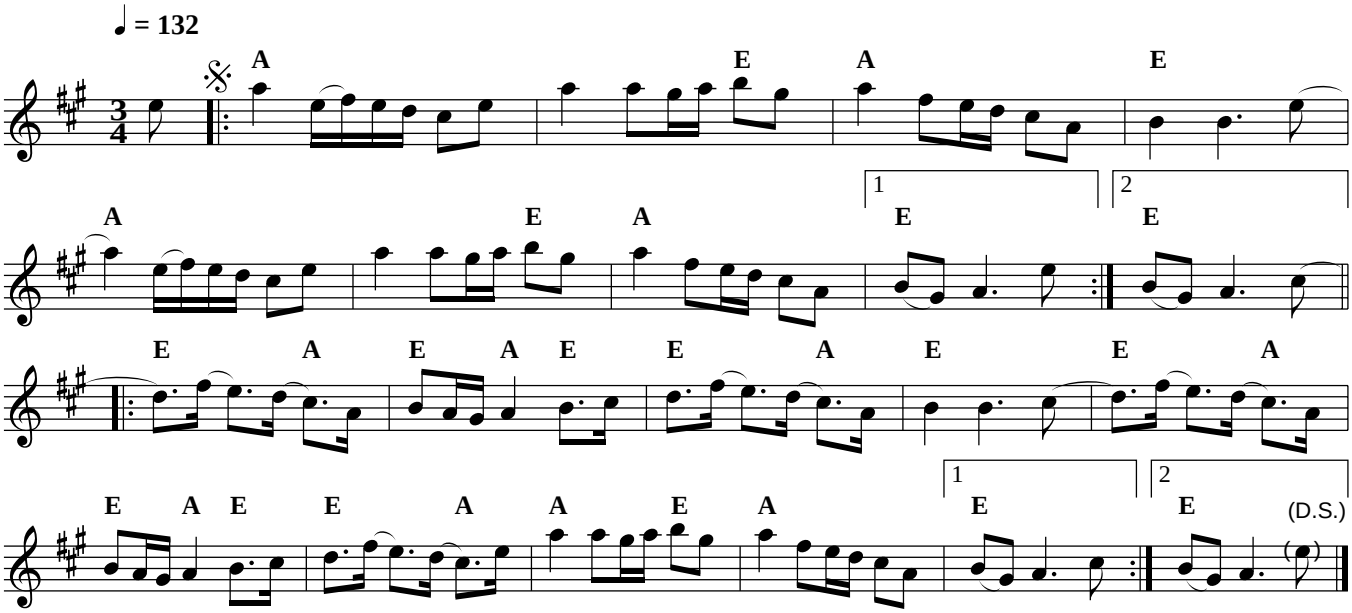
e. Johnny Soling, et. al.




Sarah writes:
A polska from Bingsjö, in eastern Dalarna. It's got even beats, with the major accent on the first beat, and a secondary accent on the third. So it REALLY doesn't feel anything like a waltz.
The tune is named after a guy nicknamed "Norrbom" who was from Hofven in the Finnskog region of Hälsingland .

A Norrbommen polska MIDI file is at < http://www.folketshus.dk/cgi−bin/visnode.cgi?po−norrbom >.
This version is slightly different that the one normally played, but gives a good idea of the style and accents.
It's usually played at a tempo of about 100 quarter notes/min. There are also a few other examples on the net.

# Glalåten




Notes from Sarah (ed. by Pete Showman):
Glalåten, "The Happy (Glad) Tune" is a polska from Rättvik, also in eastern Dalarna, Sweden.
Its three beats have different lengths: the first is shortest, the middle one is the longest, and the third is almost as long as the first one. The accents are on beats one and three.

A MIDI version can be found at < http://www.folketshus.dk/cgi−bin/visnode.cgi?po−gladlzzz > (there spelled in Danish: "Gladlåten"), adjusted some for the uneven beat, but not quite right. Another MIDI file can be found at http://www.abacci.com/music/miditune.asp?tuneID=1823 −− also not quite right.