

HAMBO

Sweden

The Hambo is often called the national dance of Sweden and is enjoyed in all Scandinavian countries and by folk dancers around the world. While the hambo itself is not an especially old dance, dating from about 1900, its roots are the centuries-old Swedish polska. The smooth flowing style of the hambo is achieved by dancers keeping their weight grounded, with no hops or leaps.

Formation: Couple dance, any number of couples. Open position: inside hands joined at shoulder height with elbows bent in "W" formation; outside hands on hips, with thumb pointing backwards, fingers forward.

Polska hold: Man's R hand on Woman's mid-back.

Man's L hand holding Woman's R arm between her elbow and shoulder.

Woman's L hand on Man's R upper arm or shoulder as is comfortable.

Woman lays her R arm along Man's L arm, and holds his arm above his elbow.

Steps: In 3/4 time, 2 step lifts, followed by a single waltz step, then four Hambo turns.

Measure:

Figure 1: Introduction (Dalsteg - Step-Lift)

- 1 Man steps forward L and lifts R foot in front (or waltz balance) turning body slightly away from partner, letting inside hands reach forward. Woman mirrors.
- 2 Man steps forward R and lifts L foot in front (or waltz balance) turning body slightly toward partner, drawing inside hands backward. Woman mirrors.
- 3 Man takes 3 steps L-R-L in LOD. Woman: R-L-R.

Figure 2: Hambo (Polska) Turn

4-7 Take polska hold at the beginning of measure 4 while starting the first of four hambo turns, each with three counts

Man: "R-L-together" or "step R- pivot L- together"

Detail Man's steps of the Hambo Turn:

Count 1: Take a short R step (between Woman's feet) rolling from the R heel onto the full foot with R toes turned somewhat to the R to begin CW turn

Count 2: Continuing the CW turn, step onto the L foot about a foot length (or less) from the R toe. With full weight, roll onto the ball of L foot and pivot CW.

Count 3: R foot comes to rest close and parallel to the L foot, fully on the floor so as to give balance and support to the L.

Woman: "L-touch-R" or "L-close-R"

Detail Woman's steps of the Hambo Turn:

Count 1: Begin a CW turn by stepping onto L around partner. While it may not be a huge step this is not a small one.

Count 2: Continue CW turning on the ball of the L foot while bringing the R alongside it (a "touch").

Count 3: Step R through the heel onto full foot between partner's feet.

- 8 Man takes three steps almost in place.
Woman's takes three steps to open out from polska-hold to open position.

Repeat dance from beginning.