

Hambo

(Sweden)

The Hambo is the most popular and widely performed dance of Sweden and may be termed unquestionably as the national dance of this country. It is an exceedingly popular dance among folk dancers of many nationalities as well due to the feeling of exhilaration and buoyancy which invariably accompanies its successful performance.

The title of the Hambo is thought to have been derived from a Swedish proper name with the possibility that the dance may have originated in conjunction with a particular geographical locality so designated. However, the term Hambo is used now in much the same sense in which we use the terms Polka and Schottische to designate a type of social or couple dance. Like the polkas and schottisches of the United States, the Hambo is danced to various Swedish melodies in triple meter with the accent and tempo of a mazurka. The music included in this collection of folk dances is an arrangement of one of the melodies most popularly used for dancing the Hambo.

A couple dance in two short parts, the Hambo is repeated again and again with satisfaction to both participants and spectators for, despite its simplicity of form it is beautiful and fascinating to dance and to observe.

Because the Hambo step is "tricky" in its timing with partners executing different steps on the turn in the second part in order to achieve the up-and-over, scalloped pattern described by the revolving couple, the analysis of the Hambo which follows differs from the form used in the description of other folk dances in this collection. The M's and W's steps for both parts of the Hambo are analyzed separately with the recommendation that they are practiced and perfected first with each moving forward, then turning as described. These separate analyses for the entire dance rather than for the Hambo step alone are important for the continuity of movement to insure smooth transitions throughout. They are followed by the description of Hambo as it is actually danced by one or more couples.

I. Analysis of Man's Part

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|------|-------|---|
| A | 1 | Beginning on L foot, dance forward with step L. |
| | 2,3 | Swing R foot across in front of L. |
| 2 | 1 | Step diagonally forward R. |
| | 2,3 | Swing L foot across in front of R. |
| 3 | 1,2,3 | 3 smooth running steps forward (L, R, L). |
| B | 4 | 1 Continue to progress forward with stamp R with a marked bend of R knee. |
| | 2 | 2 Step fwd L with bent knee, pushing against floor to rise high on ball of foot. |
| | 3 | 3 Touch ball of R foot to floor beside L without taking weight. |
| 5-7 | | Repeat movements as analyzed for meas 4 (which shall be referred to as the M's Hambo step) three times. |
| 8 | 1 | 1 Step R. |
| | 2,3 | 2,3 Hold. |
| 9-24 | | Repeat A and B two times. |
- When the Man can dance his part progressing straight fwd and getting a definite "down-up" feeling with the Hambo step in the B part, he should practice turning with the Hambo step as follows:

- A 1-3 Repeat as analyzed above.
 B 4 1 Turn CW while progressing CCW around the large circle with stamp fwd with a marked bend of R knee, making a 1/4 turn R (as if turning to face partner.)
- 2 Step sideward and slightly fwd L with a bent knee, pushing against floor and pivoting, turning oce Cw, rising high on ball of foot and finishing facing fwd in original direction.
- 3 Touch ball of R foot to floor beside L without taking weight.
 5-7 Repeat M's Hambo step 3 times making 3 complete revolutions CW.
 8 1 Step R, facing in original line of direction.
 2,3 Hold.
 9-24 Repeat A and B two times.

II. Analysis of Woman's Part

- A 1 1 Beginning on R foot, dance forward with step R.
 2,3 Swing L foot across in front of R.
 2 1 Step diagonally forward L.
 2,3 Swing R foot across in front of L.
 3 1,2,3 3 smooth funning steps forward (R, L, R).
 B 4 1 Continue to progress forward with step L with a marked bend of L knee.
 2 Touch R toe to floor behind L foot, without taking weight.
 3 Leap forward onto R foot.
 5-7 Repeat movements as analyzed for meas 4 (which shall be referred to as the Woman's Hambo step) three times.
 8 1 Step L.
 2,3 Hold.
 9-24 Repeat A and B two times.
 When the W can dance her part progressing straight forward and getting a definite down, up-and-over feeling with the Hambo step in the B part, she should practice turning with the Hambo step as follows:
- A 1-3 Repeat A as analyzed above.
 B 4 1 Turn CW while progressing CCW around the large circle with step L fwd with a marked bend of L knee, making 1/4 turn L (as if turning to face partner).
 2 Touch toe to floor behind L foot, without taking weight.
 3 Leap onto R foot, making one complete turn CW, finishing to face fwd in original direction.
 5-7 Repeat W's Hambo step 3 times, making 3 complete revolutions CW (toward R shoulder).
 8 1 Step L, facing in original line of direction.
 2,3 Hold.
 9-24 Repeat A and B times two.

After the M and W have perfected their individual parts, they are ready to dance the Hambo as a couple as analyzed below:

Formation: Any number of couples in a double circle facing CCW, M on L of partner, inside hands joined, elbows bent with hands at shoulder level, outside hands on hips.

A 1-3 Beginning on outside feet (M L, W R), dancers progress fwd CCW around the circle with movements as analyzed in A, M and W dancing the part analyzed for each.

B 4-7 In shoulder-waist position, partners turn CW while progressing CCW around the large circle with 4 Hambo steps.

Note: In dancing the Hambo step together, dancers MUST
(1) face squarely in shoulder-waist position throughout;
(2) keep both arms straight, W pushing strongly against M's shoulders to lean bkwd away from him, M maintaining a firm grasp well around her waist.
(3) keep feet close to partner's feet when stepping on the floor so that the W places her R foot between the M's feet in landing from her leap three by keeping the force of the turn centered.

8 1 Dancers return to original open position, standing side by side, inside hands joined at shoulder level, outside hands on hips, facing CCW, with step on outside foot (M L, W R).

9-24 2,3 Hold.
Repeat A and B two times.

Repeat entire dance as many times as desired.

THE HAMBOPOLSKA
(THE "HAMBO")

3/3/94

HOW THE MAN'S AND THE WOMAN'S STEPS FIT TOGETHER.

STEP-SWINGS		RUNS		GETTING INTO IT*			INTO IT*		ENDING		
Man's Steps	Step L, Swing R	Step R, Swing L.	Run in LOD, L-R-L	Moving around in front, Stamp R, bending knee slightly.	Still turning, Step L.	Bring feet together. (Facing in now)	Stamp R,(down), L(up), together(up)	Repeat Polska turn twice.	Step R.	Hold	Start Over
Woman's Steps	Step R, Swing L.	Step L, Swing R..	Run in LOD, R-L-R	Step forward on L, bending knee slightly	Pause, w/ R behind L.	"Leap" fwd on R. to help propel into the turn.	L, (down) together(up) R(up)	Repeat polska turn twice	Step L.	Hold	Start Over
Count	1-2-3	1-2-3	1-2-3	1	2	3	1-2-3	1-2-3,1-2-3	1	2-3	

*Note that in the polska turn, the man and woman are doing essentially the same step, but not at the same time. The woman is one step ahead of the man in the three-step sequence.
Each Partner helps turn the other! Giving a little "push" with each foot as you unweight it and step on the other can help propel the two of you around the turn.