

Hambo

(Sweden)

It is probably the most common folk dance still extant from the 19th century. The Hambo is a favorite wherever it is danced.

Formation: Couples in open position.

Steps: Dal step, Hambo Polska.

Measure Pattern

I. Dal Step

- 1-2 Two dal steps fwd.
3 Three light running steps forward, Cts 1, 2, 3.
4 Partners facing, take shoulder-waist position. M steps toward partner with stam R (ct 1,2); and shifts weight back on L (ct 3); W steps twd partner with left foot with slight bend of L knee (cts 1,2); and shifts weight back onto right foot (ct 3).

II. Hambo Polska

- 5 Hambo Polska turning continuously CW - M steps toward partner with a stamp R (ct 1); steps back on L (ct 2); touches R toe beside the L foot as he pivots on L (ct 3); he gives W a slight lift on (cts 2 and 3). Simultanelusly W steps toward partner with the L foot slightly bending L knee (ct 1); touches R toe behind L foot for balance (ct 2); leaps onto R foot (ct 3); this gives a soft down up motion to her turn.
6-7 Continue with 2 more hambo polska steps.
8 Open dance position is resumed as both step on inside foot (ct 1); both take 2 quick steps in place (ct 2,3).

Expert dancers sometimes omit the transition step described for measure 4, Step I and go immediately into the turning hambo polska. Four hambo polska steps would then be danced in all.