

HAMBO (Sweden)

In Sweden there are actually many different dances called Hambo, some with steps completely different from what we are used to. There is even one in which, every other time, the couple rotates counterclockwise with opposite footwork! Probably for this reason, there is not one agreed-upon national style with which the Hambo should be danced. Nevertheless, in general it is done much more slowly and smoothly than we see it among international folkdancers today. Of course the tempo is set by the M.C., but if Hambos were played more slowly it would allow one to put a little more style into the dance.

The Dance: In the preliminary 3 measures of the Hambo, when dancing formally (i.e., in a competition), the free hand should be on the hip, fingers forward; informally, the free hand can be loose. During these 3 measures the dancers should continue to move forward, not to dance measure 2 in place or even backward. The joined inside hands should move forward at shoulder height on measure 1, back on measure 2, and forward again on measure 3.

During the turn, most Swedish dancers use the polska hold, not shoulder-waist position. That is, the M's L hand supports the W's upper R arm and her L hand rests on his upper R arm, with his R hand at her mid-back (not waist). Most importantly, rather than a big dip on count 1 of the turn, there should be a slight knee-bend, with a deeper bend on count 2, then the lift on count 3. The woman should not put in an extra solo turn on the last measure of the dance.

The Byte ("little") Hambo is a very nice Swedish mixer, as follows.

BYTE HAMBO (mixer)

Music: any slow hambo tune; longer ones preferred.

Formation: A circle of couples, all facing ctr, hands joined at shldr level.

<u>MEASURE</u>	<u>PATTERN</u>
1-2	M dance 2 Dal steps (step-swings) to L and R, nodding at W on L, then at W on R. W dance opposite.
3-4	M lead L-hand W across in front to their R side with 6 light steps. W make one CW turn as they cross. Re-join hands in the circle.
5-6	Repeat meas 1-2.
7-8	Repeat meas 3-4 except that M moves twd ctr a bit to end with W on his R, all cpls facing in LOD.
9-16	Dance one complete Hambo pattern, at the end of which everyone turns to face ctr again and rejoins hands.

Thus you dance the Hambo once with every other partner during the progression.

Presented by Dean and Nancy Linscott at the 1987 Camellia Festival.