

Hambo

(Sweden)

Music: Although 3/4 meter, hambo music is *not* the same as waltz music. Many hambo tunes exist. The musician (live or on tape) should play with proper hambo styling to encourage the dancers.

Hold: M R arm around W waist and W L arm on M R arm with W L hand on M R upper arm/shldr. M holds W R upper arm with M L hand. W lays her R arm inside of M L arm and holds his L arm above the elbow with her R hand.

(Note: 1. Couples will need to make modifications in their position depending on the two persons' relative sizes and inclinations.

2. During the hambo turn, the ptrs dance as one unit instead of as two individuals. A hambo high comes only through synergy.

3. Ptrs hold ptrs with more than just hands. Arms against arms are also part of your contact with your ptr.)

Steps: Hambo (HAHM-boh)

M: Step a short step onto R heel (rolling through onto the full ft) LOD (ct 1), beginning CW turn with ptr. Continuing the CW turn, step onto L one foot-length or less from the R toe LOD. L toes should point generally away from ctr of dance circle and R toes should point generally twd the L arch (ct 2). Pivot with wt on ball of L ft to complete the CW turn facing slightly in toward ctr from LOD. R ft comes to rest fully on the floor giving balance and support beside the L (ct 3). Wt should remain more on the L than on the R so that the R ft is free to start the sequence again.

W: Begin CW turn with a step LOD onto L (ct 1). L toes will point generally away from circle ctr. Continue CW turn with a pivot on the ball of L ft bringing R beside L and resting R beside L (ct 2). Short step LOD on R (ct 3).

Dalsteg (DAHL-stegg - valley step)

R: Step fwd through R heel bending R knee and beginning to swing L smoothly fwd beside and then in front of R (ct 1). Continuing the fwd movement of the L while keeping R knee bent (ct 2). Somewhat pointing L ft in front of R about a foot-length off of the ground, relevé on R almost straightening knee and lifting heel from floor (cts 2,&). Sink back onto full R ft bending knee slightly (but not as much as in cts 1 or 2) and begin lowering L ft slightly (ct 3).

L: Same as R with opp ftwk.

Tresteg (TRAY-stegg - three step)

L: Step fwd LOD through L heel onto ball of L ft keeping bend in L knee (ct 1). Step with bent knee LOD onto R ball of ft beside L arch or ball of ft being sure to keep wt well fwd and not lose momentum or interrupt fwd progress (ct 2). Taking wt on ball of R ft, begin to bring L ft fwd while straightening knees somewhat and making a slight relevé on R (ct 2,&). Step fwd on L heel rolling through onto full ft while bending L knee slightly (but not as much as on cts 1 and 2)(ct 3).

R: Same as L with opp ftwk.

Hambo - continued

MeasPattern

- 1 Dalsteg (away from ptr). Holding inside hands (W L, M R) at about shldr level with bent arms, each ptr dances a dal step fwd and slightly away from ptr. The held hands move slightly in LOD in front of the dancers as each turns slightly away from the other.
- 2 Dalsteg fwd beginning on the inside ft and swinging the outside ft twd ptr. Turn slightly twd ptr and look ptr in the eyes. Held hands are barely behind the cpl.
- 3 Tresteg. M dances L Tresteg and w dances R Tresteg. (Note: many cpls simply dance three even steps fwd instead of the Tresteg. Remember to keep the knee bent on cts 1 and 2, the relevé on ct &, and the lesser bend on ct 3.)
- 4 Transition into Hambo turn. M begins his hambo step as described above, and the cpl begins to take the hambo hold. W delays beginning her first turn until meas 5. Instead, W takes two small steps LOD (L,R) to position herself into M's turn. On ct 3, she makes the R step as described in W's hambo step above. By this time, the cpl should have taken the hambo hold.
- 5-7 3 Hambo turns.
- 8 Transition out of Hambo turn. M has finished his four turns and makes three small steps almost in place (R,L,R) positioning himself to start again with meas 1. W finishes her fourth turn while making three small steps (L,R,L) and opening out ready to begin her dal step onto her R away from her ptr.

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