

Jilma

HAMBO

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SWEDISH HAMBO

Formation: For as many couples as will around the room. Men on the inside, ladies on the outside. Inside hands are joined, keeping elbows bent and hands at shoulder level. Outside (free) hands are on the hip. See Diagram 1.



Diag. 1

THE DANCE

Introduction

- Meas.1 - Step diagonally forward on the outside foot, at the same time swing the inside foot forward and in front of outside foot. Swing joined hands forward.
- Meas.2 - Step diagonally forward on the inside foot, at the same time swing the outside foot forward in front of the inside foot. Swing joined hands backward keeping the hands at shoulder level.
- Meas.3 - Repeat Measure 1 and release hands at the conclusion and face partner.

*Do not turn the body during these first three measures.....keeping the body facing forward while swing the hands at shoulder level gives this step a definite Swedish flavor.

** The three swings in the introduction to the Hambo turn as described above is the original Swedish peasant form of the Hambo. In recent years, the third measure has undergone a change. The young people of the Scandinavian colony in New York and other areas have altered the step done in the third measure. While the original version has more style, the variation still retains the Swedish touch and is therefore acceptable. In fact the majority of non-Swedish Hambo dancers use this latter form. If you are one of these, try the original form just to experience the feeling of the Hambo as it was done originally. The variation is done as follows:

Variation: Do Measures 1 and 2 as notated above. On Measure 3 beginning with the outside foot, partners take three walking steps forward and release hands to face each other.

The Turn

- Meas.4 - Man's Hambo Step
 - (Count 1) - Man stamps forward (toward partner) on his right foot, placing both hands around his partner's waist. Diagram 2.
 - (Count 2) - Man steps to the left onto the left foot and forward. He pivots immediately on it once around clockwise. Diagram 3.

continued..

SWEDISH HAMBO

(Count 5) - He touches the ball of the right foot solidly beside left foot at the completion of the turn. Diagram 4.

Continue in the same manner. P,L,R,-R,L,R,- and P,L,R, - R.L.



Lady's Hambo Step

(Count 1) - Lady steps forward (toward partner) onto her left foot, bending left knee. At the same time she places both hands on the man's shoulders. Diagram 5.

(Count and) - Touch the right toe behind the left foot. Diagram 6.

(Count 2) - The lady is being swung by her partner with both feet off the ground. No diagram.

(Count 3) - Lady leaps forward onto the right foot toward partner, placing this right foot between man's feet.

Continue in the same manner. L,R,R,-L,R,R, L,R,R and L,R.



Meas. 5-7 - Repeat the step in Measure 4 three more times turning clockwise with partner.

Meas. 8 - Release partner at the end of the fourth turn to take original position with inside hands joined. Facing counterclockwise all take two steps in place on inside foot (count 1), outside foot (count 2) and pause (count 3). All are now ready to repeat the Hambo with the introduction of Meas. 1.

- 9 - continued...

SWEDISH HAMBO



←
Measure Three
(Counts 1,2,3)

Dancers step on outside foot and swing inside leg forward and upward.

←
Measure Two
(Counts 1, 2, 3)

Dancers step on inside foot at the same time swinging outside foot forward and upward in front of inside leg.

←
Measure One
(Counts 1, 2, 3)

Dancers step on outside foot and swing inside leg forward and upward.



←
Measure Four (Count 3)

Man touches the ball of his right foot solidly beside left foot. The lady leaps forward toward her partner on the right foot. In the above picture the couple are near the completion of the turn.

←
Measure Four
(Count 2)

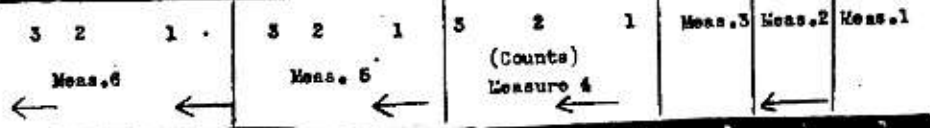
Man steps to the left on his left foot and pivots on it swinging his partner once around clockwise. Note: the man straightens left leg in order to obtain the proper lift.

←
Measure Four (Counts 1, and

Partners turn to each other taking shoulder and waist grasp. The man steps forward on his right foot - the lady steps forward on her left foot(count 1). Lady taps right toe behind left foot(count and).

READ PICTURES AND DIRECTIONS FROM RIGHT TO LEFT

Man's Hambo step



Woman's Hambo step



continued

SWEDISH HAMBO

As far as folk dancers are concerned, Sweden's chief contribution to America is the Hambo. It is unquestionably the favorite dance of every folk dancer in this country. The Hambo is not an easy dance to learn. It looks quite simple to the spectator but it has a tricky step which baffles many a dancer. We have therefore devoted much space to the directions for the dance in this issue.

The Hambo has suffered at the hands of "exhibitionistic" folk dancers. Instead of developing good style, they have distorted the dance with ugly embellishments. Sometimes the original dance is barely recognizable with all the changes that have been made in it. Some dancers take a one-hand hold with the other arm thrust in the air as if carrying a torch, giving the dance a very alien appearance. Others add a turn for the lady at the end of the Hambo turn. Still others add a turn both before and after the Hambo turn. This is just too much...it is like adding one bow too many to an already frilly dress. Usually the ones who lack style hide this deficiency behind all these extra flourishes. Since the Hambo's charm lies in its simplicity, all these embellishments are unnecessary.

It is said, a folk dancer who can't do the Hambo, just ain't. So learn to do the Hambo now!

FOLK DANCE RECORDS

There may be a scarcity of records for other folk dances, but not when it comes to the Hambo, for there are hundreds of good records for this dance. Those listed below have been reviewed in past issues of THE FOLK DANCER and are used regularly at the Community Folk Dance Center in New York. Oddly enough the favorite Hambo record on both the East and West coasts is the same, the Victor Varulande Hambo, V20069. Some of the records listed below are too fast in tempo when played at 78 RPM. That's when a speed adjuster on your machine comes in handy.

COLUMBIA

26227F Det Sjunger Bortom Skogarna
26231F Tomtenissarnas
26212F Sommargladje Hambo
26211F Bondrollops Hambo
26196F Hambo Ska' de' Va'
22181F Pa Slattekalas
22135F Fyra Broders Hambo
22174F Lottas Hambo
22109F Skargardehambo

SCANDINAVIA

1106 Stockholms Hambo
1101 Bland Klover Och Timotey
5418 Mormor Hambo

VICTOR

V4147 Tip Top Hambo
V24181 Hambo Walk
V20104 En Svang Pa Bryggan
V20006 Gladjehopp Hambo
V20114 Nordanland Hambo
V20090 En Dala Hambo
V20069 Varulands Hambo
V20036 Friar Hambo
V24151 Kalas Hambo
V 4169 Tivoli Hambo
V20067 En Dragspelslat

STANDARD

T 2023 Lumberman's Hambo
T 2028 Spring Rain Hambo
T 2066 Merrytown Boys



SWEDISH HAMBO

Min Egen Lilla Sommar Visa

My Own Little Summer Tune

Arranged by
E. JARL

The musical score consists of six systems of piano accompaniment. Each system has a treble and bass clef staff. The melody is written in the treble clef, and the bass line is in the bass clef. Chords are indicated by letters (Cmaj, G7th, Fmaj) placed above the notes. The first system starts with a Cmaj chord in the treble and a G7th chord in the bass. The second system has a G7th chord in the treble and a Cmaj chord in the bass. The third system has a G7th chord in the treble and a Cmaj chord in the bass, with a first and second ending bracketed over the final two measures. The fourth system has a Cmaj chord in the treble and a G7th chord in the bass. The fifth system has a G7th chord in the treble and a Cmaj chord in the bass, with an Fmaj chord in the bass in the final measure. The sixth system has a G7th chord in the treble and a Cmaj chord in the bass, with an Fmaj chord in the bass in the second measure.

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