

# HAMBO

## TIVOLI HAMBO (Sweden)



**OPENING FORMATION:** Couples stand side by side, all facing counterclockwise around the circle. Inside hands are joined, free hands on hips.

**INTRODUCTION:** Man steps on left foot and swings right foot forward as lady steps on right foot and swings left foot forward.

Man steps on right foot and swings left foot, while lady steps on left foot and swings right foot.

Each step-swing takes one measure of music, or 3 counts. Both now walk forward 3 steps, the man—left, right, left; the lady—right, left, right.

**THE HAMBO TURN:** Partners take shoulder-waist position and do 5 Hambo steps as described below. Note that the 5th step is used to break open into the position used for the introduction.

**THE MAN'S HAMBO STEP:** The step should be learned first in a straight line without any turning. Thus the step would be:

Count 1: Step forward on right foot and bend the knee.

Count 2: Step forward on left foot with bent knee but rise up on the toe of left foot at the end of the count.

Count 3: Bring right foot down beside left foot with weight on balls of both feet, knees slightly bent.

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The difficult part is the third count, since the right foot is on the ground and one needs to start the step with the right foot again. Therefore, several Hambo steps should be practiced in succession. When one has mastered the step in a straight line, then the turn may be added in this manner:

Count 1: Step forward on right foot.

Count 2: Step forward on left foot and immediately pivot on the toe, clockwise, making as full a turn as possible.

Count 3: Brace yourself out of the turn by placing right foot down beside left foot.

Count 1: Step forward again on right foot and continue as above.

**NOTE:** There is no hopping in the man's Hambo step. It is important that both feet be on the floor on the third count.

In getting into the Hambo turn after the introduction, the man should place his first step on the right foot, between the lady's feet. The left foot goes to the side outside of the lady's right foot as he pivots on it. Then for the third count he is braced on the balls of both feet. Arms should be straight.

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### THE LADY'S HAMBO STEP:

Count 1: Step forward on left foot with slight bend of knee.

Count 2: Place ball of right foot down behind and a little to the right of the left heel.

Count 3: Leap forward onto the right foot.

Repeat the step from Count 1.

After the step has been practiced, the turn may be added. Note that the man will make the lady turn, so that sometimes it is not necessary to teach the turn to the ladies, but they should know what to expect. For the turn the step is as follows: Count 1: Step forward



on toe of left foot and immediately pivot on it clockwise, trying to make as full a turn as possible.

Count 2: Come out of the turn by placing the toe of right foot down beside left heel and bend both knees in a slight dip.

Count 3: Leap forward onto the right foot.

To do the Hambo turn, the lady first does the introduction as described above, then places both hands on the man's shoulders. Be sure to put hands on shoulders immediately after the 3 walking steps. Do not lean on man; pull apart. The leap is done right in between the man's feet.