

Presented by James LaVita

HAMBO VARIANTS FROM NORTHERN SWEDEN

Source

To the best of my knowledge, these two dances were first introduced into this country by Ken Seeman, of Palo Alto, Calif. These are much more genuine "folk" or "popular" style hambos than the versions popularized by such formal competitions as the Halsinge Hambo. The music (in 3/4, as would be any hambo) is from Northern Sweden, and has a decided Finnish flavor to it.

Music

Norrlater, Manifest Man 006, bands b4 and b6

Hold

Forestep:

Inside hands joined at shoulder height, elbows bent.

Turn:

Shoulder/shoulder-waist.

Steps

Forestep (measures 1-3):

Beginning on the outside feet, M and W take three little running steps, one on each beat, L-R-L for the M, R-L-R for the W. (These are actually similar to Hopsa Steps.) This is repeated three times (for three measures), while the couple faces slightly outward on the first, slightly inward on the second, and moves forward on the third.

Transition (measure 4):

Conventional Hambo transition, in this case, into shoulder/shoulder-waist position.

Turn (measures 5-8):

Variant I

Preliminary: As the M comes out of the Transition, he should wind up with both feet on the ground, about one foot apart.

*Continued*

M: On ct 1), M pivots on heels about 1/4 turn, ct 2) step around with L, ct 3) while continuing to turn on ball of L, bring R around so that both feet are finally flat on ground, about one foot apart.

W: Conventional Hambo step with slight leap on ct 1).

Continue the above for three more measures.

#### Variant II

Measures 5 and 6: conventional Hambo turns *(+transitory plus 2 hambo turns)*

Measures 7 and 8: Fast pivoting, M beginning on L, W on R. 1/2 turn on each beat (so that couple completes 1 and 1/2 turns during each measure) for 5 beats, using the 6th. beat to stop themselves by breaking with the free foot (M's L, W's R).