

DULUTH MINNESOTA AUGUST 1977

HAMBO (-POLSKA)  
(SWEDISH)

Recordings: Several. Presented by Ingvar Sodal  
Formation: 1. Couple facing LOD, inside hands joined.  
2. Closed pos. Hambo turn, using Hambo-polska steps.  
Steps: Dal-steps, light running steps, Hambo-polska steps.

ct 1 - 6 Two Dal-Steps

- ct 1 Step on outside ft (M's L, W's R), knee lightly bent. Lift inside ft.
- ct 2 & 3 Up on toe of outside ft and smoothly down again. At the same time inside ft is lifted forward and up and slightly crossing over outside ft, toe pointed slightly down 6" + (off floor).
- ct 4 - 6 Set inside ft. down and do another Dal-Step as described above, now starting with step on inside ft.
- ct 7 - 9 Three light running steps  
Following the second Dal step do 3 light running steps forward (LOD) starting on outside ft. (M's L, W's R).

Position for Hambo-polska

M's R arm around W's waist,  
M's L hand on W's upper arm,  
W's L hand on M's R shldr.,  
W's R hand on M's upper arm,  
W's arm on top.

ct 10-24 Hambo turn

Do 5 hambo-polska steps CW, moving LOD, each step making a complete turn as follows:

Man's step

- ct 1 Step forward on R ft (between W's both feet).

*continued...*

- ct 2 - 3 Step forward and pivot around (CW) on L ft. while closing R ft. to L ft.; balance on balls of both ft. while twisting around CW. As turn is completed, both heels should touch the floor.

Woman's step

- ct 1 - 2 Step forward on L ft, slight dip, pivot around CW.  
Touch R ft next to L ft. while cont. the turn CW, dip down.
- ct 3 Step on R ft. (forward, between M's both feet).

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