

HAMBO  
(Swedish)

The Hambo is a favorite wherever it is danced. It is probably the most common folk-dance still extant from the 19th century. Its popularity in Sweden and the characteristics it has acquired in the long years of its adoption have placed it foremost on the list of beautiful Swedish dances. Its earlier history has root sources in other countries.

The dance is described as it was learned at Naas Institute, Floda, Sweden (1939) At this Institute courses are offered for teachers of folk-song-games and folk dances.

MUSIC: Records: Victor V-24085  
Columbia 22048F  
Victor V20036A  
Victor V-20087B

FORMATION: Couples, in open position. (W L hand is on M R shoulder. His R arm is around her waist outside hands are on hips.

STEPS: Dal step\* Hambo Polska.

MUSIC 3/4

Measures

Pattern

- |     |  |
|-----|--|
|     | I. <u>Dal steps and light running steps fwd</u> - Both starting with outside foot  |
| 1-2 | 2 dal steps fwd.   |
| 3   | 3 light running steps fwd (cts. 1, 2, 3).  |
| 4   | Partners facing, take shoulder-waist position. M steps toward partner with stamp R (cts. 1, 2); and shifts weight back on L (ct. 3). W steps toward partner with L foot with slight bend of L knee (cts 1, 2); and shifts weight back onto R foot (ct. 3). |
| 5   | II. Hambo Polska turning continuously clockwise -Man steps toward partner with a stamp R (ct. 1); steps back on L (ct. 2) ; touches R toe beside the L ft. as he pivots on L (ct. 3). He gives W a slight lift on cts. 2 and 3.                            |
| 6-7 | Continue with 2 more hambopolska steps.  |
| 8   | Open dance position is resumed as both step on inside foot (ct. 1); both take 2 quick steps in place (outside Ft, inside ft.) (ct. 3).   |

Expert dancers sometimes omit the transition step described for meas. 4, Step I. and go immediately into the turning hambopolska. 4 hambopolska steps would then be danced in all.

Additional turns and spins are never inserted by European and Scandinavian folk-dancers. Expertness is shown in lightness and grace and not in furious spins and whirls.