

HAMBO (POLSKA) OCH BAKMES FRÅN HEDE

Music: Band B, 1, 3.

Positions: Forestep: Hold inner hands, at waist level, M's over W's.

Hambo: Position # 1.

Bakmes: Position # 2.

Forestep: M: Three-measure forestep as follows.

Meas. 1: Three-step in place, starting on L, as follows: Count 1-2-3. Step L slightly forward (ct 1). Step R, close to L (ct 2). Small step in place, on L (ct 3).

Meas. 2: Count 1-2-3. Step R. Swing L foot slightly forward and to the right, with a slightly down-up motion on L (ct 2-3).

Meas. 3: Three-step, progressing slightly forward, starting on L, stamping on second beat.

W: Three measures of three-step, starting on R, and accenting the middle beat of the third measure, similar to the man's step in that measure.

Hambo: Dance a hambo with minimal bending of the knee, and slow, steady motions (without the swing in more customary styles).

Bakmes: Count 1-2-3-4-5-6 (2 measure = 1 rotation). One rotation per 2 measures. M starts on ct 1, and W on ct 4.

M: Similar to bakmes in Polska med Bakmes från Käll.

W: Step forward on R (ct 1). Step forward on L (ct 2). Step R (ct 3). Approximately $\frac{1}{4}$ rotation to this point. Step behind on L (ct 4). Turn on both heels (ct 6).

General Comments: This dance is most likely dated at approximately 1915, at which time the modern and more nationalized hambo began to replace the regional polkskor. Accordingly, although a hambo step is used, the style is smoother, more typical of the polkor of the area.

HANPOLSKA FRÅN SJUNJÄREN (OSTERÅS LÄN)

Music: Band B, 1, 3.

Positions: Forestep (optional): M's R hand on W's waist, W's L hand in fist, around M's upper R arm.

M's L hand and W's R hands held forward, palm against palm.

Cebs

MUSIC FOR SWEDISH ETHNIC DANCES:

NORTHERN SWEDEN

Instruction Manual
by Kenneth Seeman

The following are some of the dances that can be done to the music on the record, Music for Swedish Ethnic Dances: Northern Sweden. Other dances may be done to some of these melodies, just as other melodies may be appropriate to some of the dances. Except where indicated, the dances are entirely free-style, so that any figure may be done as often or as long as desired. Unless specified, the dances rotate CW and progress CCW.

Since it is the character of the steps that distinguish these dances, rather than the sequence of the figures, any description can be only approximate. A totally accurate description would be similar to describing, in print, a dialect of language. Accordingly, these notes are intended as refreshers for those who have already learned the dances, and not as instructions for those unfamiliar with them.

ABBREVIATIONS

- M - Man
- W - Woman
- L - Left
- R - Right
- ct - count
- CW - Clockwise
- CCW - Counter Clockwise
- LOD - Line of Direction

Note: "Omdansning" refers to any turning pattern by a couple in closed position.

Frequently Used Positions

1. Polska position. M holds W with R arm around her waist, and L arm on her arm just below the shoulder. W holds M with L hand around his upper arm at the shoulder, and R arm around his arm below the shoulder, folding her R arm into his L arm.

2. Bakmes polska position: Same as # 1, but opposite in all details.

3. M's right hand around W's waist, and W's L hand around M's upper arm. M's L arm under W's arm, his L hand placed on her shoulder. W's R hand on M's shoulder, outside his L hand or arm. M's and W's forearms are vertical. This is a close position with bodies erect.

Commonly Used Dance Steps

Always start on outside foot. M's steps are described below; W dances counterpart.

Druff step (2/4 meter): a common polka variant. Count 1-2-3-4 (1 measure). Long step on L (ct 1). Short step on R (ct 2). Long step on L (ct 3). Slight bend and lift on L (ct 4). Repeat, starting on R.

Basic schottis step (2/4 meter): Count 1-2-3-4 (1 measure). Step forward on L (ct 1). Draw R foot up to L (ct 2). Step forward on L (ct 3). Lift (don't hop) on L (ct 4). Repeat, starting on R.

Schottis omdansning (2/4 meter): Count 1-2-3-4 for one rotation (1 measure). R foot between partner's legs, turn CW on L sole (ct 1), come down on L heel (ct 2). Turn CW on R sole (ct 3), come down on R heel (ct 4). Repeat, starting on R.

Polska forestep (left forestep), (3/4 meter): Count 1-2-3 (1 measure). Short step forward on L (ct 1-2). Step on R, somewhat past L foot but with L sole remaining in place (ct 3).