

**HAMBO**  
(Sweden)

Mastery of the Swedish Hambo, a revolving couple dance in 3/4 rhythm, is the goal and delight of all true devotees of folk dancing.

**STARTING POSITION-**

Couples facing counterclockwise. Man's right arm around partner's waist in back, Woman's left hand on partner's right shoulder, outside hand on hip. Outside foot free. -----OR-----  
Inside hands joined with outside hand on hip, outside foot free.

**MEASURES**

- 1 - 2 TWO DAL STEPS starting with outside foot,
- 3 THREE light RUNNING STEPS FORWARD starting with outside foot,
- 4 - 7 FOUR HAMBO-POLSKA STEPS TURNING clockwise with partner in shoulder-waist position, progressing counterclockwise,
- 8 THREE STEPS OR A BALANCE STEP, starting with Man's Right and Woman's Left foot, opening into original starting position.

**HAMBO GLOSSARY**

**DAL STEP.** A Step-Swing balance step, rising on the ball of the foot as the free foot is swung across in front. Step on Left foot (count 1), Rise on ball of Left foot and Swing right leg across in front of left (2), Lower left heel and re-turn Right foot without transferring weight (3). Repeat pattern, reversing footwork, for Dal step starting with Right foot.

**HAMBO-POLSKA OR HAMBO STEP.** Characteristic turning step danced with partner in shoulder-waist position, turning clockwise while progressing counterclockwise. The step differs for each. Man starts each step with Right foot, accenting count 1, while the Woman always starts with Left foot. One complete turn clockwise should be made with each Hambo step.

**MAN:** Stamp forward with Right foot, bending right knee, and start turn to right (count 1), Continue turn to right, stepping on Left foot beside Right (2). Complete the turn to the right by pushing off with the right toe while pivoting on Left foot (3). Finish with Right foot free and close to Left foot.

**WOMAN:** Step forward on Left foot, bending left knee and start turn to right (1), Touch right toe in back of left heel, without taking weight (2), Pivot on ball of Left foot, turning to right and leap lightly onto Right foot completing the right turn (3).

**SHOULDER-WAIST POSITION.** Partners facing, Man's hands on Woman's waist, her hands on his shoulders.