

# Hambo (Sweden)

## Hambo

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Notes by Andrew Carnie, August 31, 2002; ©Andrew Carnie, 2014

The Hambo (or Hambopolska) is a variety of Polska dance from Sweden. It is widely considered to be the national dance of Sweden. The version presented here is the Nighambo, or "dip" Hambo. This is the oldest style of Hambo, but one mostly commonly danced in the US.

METER 3/4 (but note, it is NOT a waltz and doesn't fit to waltz music. The first count in a Hambo is much more strongly emphasized than in waltz music.)

### FORMATION:

Part 1: Couples facing counterclockwise around the room. Man on the inside, Lady on the outside, near hands (M's R, W's L) joined. Joined hands are held at shoulder height

Part 2. Either Shoulder-waist position (M's hand on W's shoulderblades, W's hands on man's shoulders) or "hambo hold" (M's R hand on W's shoulderblade, W's L hand on man's R shoulder. M's L hand grabs behind W's R elbow, W's R hand grabs behind M's L elbow). Other possible "show off" positions are possible, including the man holding the woman's shoulder blades while the woman puts both hands in the air or behind her head, or both putting their R hand on the other's shoulder blades and holding the Left hands up, or joined above heads in a window.

### BODY POSITION FOR TURNING STEP

Do NOT lean back! The formation here is a barrel hold. You must "sit" into the position. Bend knees and make as if you are going to sit down in a chair. While you give weight, you do \*not\* rely on your partner to take all of it. Some people think of the position as being the same as that used for downhill skiing.

### STYLING:

This is a pivoting dance, not a flying one! The emphasis is on the downwards dip in the turn, not on the upwards movement of the pivot.

### Man's Footwork

#### Part1: Intro:

Bar 1 "Dal step": Step L to L (1), Swing R foot to L (2,3)

Bar 2 "Dal step": Step R to R (1), Swing L foot to R (2,3)

Bar 3 3 running steps L(1), R(2), L(3) forward

Bar 4 "Transition", with a downwards dip, step onto the R in front of your partner, turning to face your partner (1), Step back on the left (but in LOD), starting to turn CW (2), touch R, while pivoting on L completing CW turn (3)

#### Part 2: Turning:

Bar 1 "Hambopolska step", with a downwards dip, step onto the R forward with foot turned out (1), Step backwards (but in LOD) on the left, starting to turn CW (2), touch R, while pivoting on L completing CW turn (3)

Bar 2-3 do 2 more Hambopolska Steps

Bar 4 Opening up to face LOD, with the man on the inside, step RLR in place

#### Verbal Cues for man's step:

Step Swing

Step Swing  
 Run, 2, 3  
 Right, Left, touch  
 Right, Left, touch  
 Right, Left, touch  
 Right, Left touch  
 Right, Left, Right

### Woman's Footwork

#### Part 1: Intro

Bar 1 "Dal step": Step R to R (1), Swing L foot to R (2,3)  
 Bar 2 "Dal step": Step L to L (1), Swing R foot to L (2,3)  
 Bar 3 3 running steps R(1), L(2), R(3) forward  
 Bar 4 "Transition", with a downwards dip, step with a heavy downwards movement onto the L traveling forward  
 (1) Touch R next to L (2), With foot turned out, step onto the R foot starting to turn CW

#### Part 2: Turning

Bar 1 "Hambopolska Step" Step L backwards, but in LOD (ie turning to face RLOD) (1). Continuing to turn  
 CW, touch R behind L (2) Step R forward in LOD  
 Bar 2-3 Do 2 more Hambopolska steps  
 Bar 4 Opening up to face LOD, with woman on the outside, step LRL in place

#### Verbal Cues for woman's step:

Step Swing  
 Step Swing  
 Run, 2, 3  
 Left, touch, Right  
 Left, touch, Right  
 Left, touch, Right  
 Left, touch, Right  
  
 Left, Right, Left