

HAMBO

The *Hambo* is one of the most widely performed dances of Sweden and is very popular among folk dancers of many other nationalities as well.

The title of the *Hambo* is thought to have been derived from a Swedish proper name with the possibility that the dance may have originated in a particular geographical location of that name. However, the term *Hambo* is used now in much the same sense in which we use the terms *Polka* and *Schottische* to designate a type of social or couple dance. The *Hambo* is danced in triple time, like a waltz.

The *Hambo* contains two parts. Because the *Hambo* step is "tricky" in its timing with partners executing different steps on the turn in the second part, the analysis of the *Hambo* which follows differs from the form used in the description of most other folk dances. The man's and woman's steps for both parts of the *Hambo* are analyzed separately with the recommendation that they be practiced and perfected first with each moving forward, then turning as described. These separate analyses for the **entire** dance rather than for the *Hambo* step alone are important for the continuity of movements to insure smooth transitions throughout. They are followed by the description of the *Hambo* as it is actually danced by one or more couples.

Analysis of Man's Part

	COUNTS	MEASURES
A. Beginning on L foot, dance forward with		
Step diagonally forward L	1	
Swing R foot in front of L	2, 3	1
Step diagonally forward R	1	
Swing L foot across in front of R	2, 3	2
3 smooth running steps forward (L, R, L)	1, 2, 3	3
B. Continue to go forward with		
Stamp R with a marked bend of R knee	1	
Step forward L with bent knee, pushing against floor to rise high on ball of foot	2	
Touch ball of R foot to floor beside L without taking weight	3	4
Repeat movements as described for Measure 4 (referred to as the Man's Hambo step)		
three more times		5-7
Step R	1	
Hold	2, 3	8
Repeat A and B two times		9-24

When the Man can dance his part progressing straight forward and getting a definite "down-up" feeling with the Hambo step in the B part, he should practice *turning* with the Hambo step as follows:

A. Repeat as described above		1-3
B. Turn clockwise while progressing counterclockwise around the dance floor with		
Make a quarter-turn R (as if turning to face partner)		
and stamp R with a marked bend of R knee	1	
Step sideward and slightly forward L with a bent knee, pushing against floor		
and <i>pivoting</i> , turning once clockwise, rising high on ball of foot and finishing		
facing forward in original direction	2	
Touch ball of R foot to floor beside L without taking weight	3	4
Repeat Man's Hambo step 3 times making 3 more complete revolutions clockwise		5-7
Step R, facing in original line of direction	1	
Hold	2, 3	8
Repeat A and B two times		9-24

Analysis of Woman's Part

	COUNTS	MEASURES
A. Beginning on R foot, dance forward with		
Step diagonally forward R	1	
Swing L foot in front of R	2, 3	1
Step diagonally forward L	1	
Swing R foot across in front of L	2, 3	2
3 smooth running steps forward (R, L, R)	1, 2, 3	3
B. Continue to go forward with		
Step L with a marked bend of L knee	1	
Touch R toe to floor behind L foot, without taking weight	2	
Leap forward onto R foot	3	4
Repeat movements as described for Measure 4 (referred to as the Woman's Hambo step) three more times		5-7
Step L	1	
Hold	2, 3	8
Repeat A and B two times		9-24

When the Woman can dance her part progressing straight forward and getting a definite "down, up-and-over" feeling with the Hambo step in the B part, she should practice *turning* with the Hambo step as follows:

	COUNTS	MEASURES
A. Repeat as described above		1-3
B. Turn clockwise while progressing counterclockwise around the dance floor with		
Step L with a marked bend of L knee	1	
Start pivoting clockwise on L foot and touch R toe to floor behind L foot, without taking weight	2	
Leap onto R foot, continuing to turn clockwise, finishing facing forward in original direction	3	4
Repeat Woman's Hambo step 3 times making 3 more complete revolutions clockwise		5-7
Step L, facing in original line of direction	1	
Hold	2, 3	8
Repeat A and B two times		9-24

After the man and woman have perfected their individual parts, they are ready to dance the *Hambo* as a couple dance as described below:

HAMBO

Formation: Any number of couples in a circle facing counterclockwise, Man on L of partner, inside hands joined, elbows bent with hands at shoulder level, outside hands on hips.

	COUNTS	MEASURES
A. Beginning on outside feet (Man L, Woman R), dancers progress forward counterclockwise around the circle with		
Movements as analyzed in A, Man and Woman dancing the part described for each		1-3
B. In shoulder-waist position, partners turn clockwise while progressing counterclockwise around the dance floor with		

Four Hambo steps, Man dancing the Man's Hambo step and Woman dancing the Woman's

4-7

Dancers return to original open position, standing side by side, inside hands joined at shoulder level, outside hands on hips, facing counterclockwise, with

Step on outside foot (Man L, Woman R)

1

Hold

2, 3

8

Repeat A and B two times

9-24

Repeat entire dance until music stops.