

Hambo

The hambo is a traditional couple dance with a fixed pattern that originated in Sweden in the late 1800s and early 1900s.

Music:

Usually four repeating eight-measure structures in 3/4 time, AABB, with a strong accent on the first beat and a tempo that varies from moderate to fast (100 to 120 beats per minute).

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.

Dance:

8 measures of 3 beats

Summary:

Measure/steps

1. dalsteg out
2. dalsteg in
3. walking
4. turn-step transition
5. turn
6. turn
7. turn
8. walking transition

Hambo mixer variation:

Couples form a circle.

(twice) 2 dalsteg, roll neighbor lady to right hambo with current partner, rejoin circle

If even number of partners, only do one roll away half way through dance to partner with all people.

Detail:

The first two 3-beat measures are the dalsteg (dal step).

1. Couple holds inside hands (man's right, woman's left), step forward on their outside feet (man's left, woman's right), swing their inside foot slightly forward and out, and create a slight lift by raising the heel of the stationary outside foot.

2. Repeat but with opposite feet and the diagonal swing forward and inward.

3. Transition with both taking three steps forward (man left, right, left; woman right, left, right).

4-7. Next four measures are hambo turn as described below. First beat of fourth measure can be accented with a right-foot stomp by man.

8. Three steps forward (man right, left, right; woman left, right, left), leaving outside feet ready to start the pattern over.

Hambo Turn:

Lower weight about 1" for balance and spring.

Summary:

Man: Right, Left, Together

Woman: Left, Together, Right

“Together” has weight on left foot.

Detail:

Man's Part

Beat 1 R - Right foot small step forward and begin turning clockwise, pivoting on the ball of the right foot.

Beat 2 L - Set down the left foot big step and continue to pivot (by now facing back in line of dance), continue turning on the ball of the left foot.

Beat 3 T - Bring the ball of the right foot even with the heel of the left foot (by now facing in towards the center of the room) and continue turning on left and back to Beat 1.

Woman's Part

Beat 1 L - Big step left foot (and move the body) around the advancing lead, placing the ball of the foot down on the outside of the dance circle with back in the line of dance, continue pivoting on the ball of the left foot.

Beat 2 T - Set the ball of the right foot next to the instep of the left foot (by now facing in towards the center of the room), continue turning.

Beat 3 R - Small step forward on the right foot and begin pivoting on the ball of the right foot and back to Beat 1.

Armhold

A closed position during turn.

Men: R arm below W's shoulder, L hand is on W's upper arm just above elbow.

Women: L arm is on M's upper arm, and R arm is on M's upper arm just above elbow.

Partners are slightly to the L of each other with M's R foot is between W's feet.

<http://en.wikipedia.org/wiki/Hambo>

<http://www.freewheelers.org/1DancingFool/hambo.htm>

http://www.folkdancing.com/Pages/skandia/appx_a.htm

Teaching: (1) Walking facing forward only. (2) Turning alone. (3) Armhold. (4) Put it together. (5) Rotate partners.