

# Hambo

*Source:* The Hambo is a favourite wherever it is danced. It is probably the most common folk-dance still extant from the 19th century. Its popularity in Sweden and the characteristics it has acquired in the long years of its adoption have placed it foremost on the list of beautiful Swedish dances. Its earlier history has root sources in other countries. The dance is described as it was learned at Naas Institute, Floda, Sweden (1939) (Lucile Czarnowski)

*Formation:* Couples in open position. W's L hand is on M's R shoulder. His R arm is around her waist, outside hands are on hips.

Measure	Count	1) Dal steps and light running steps FWD	Measure	Count	2) Hambo Polska turning continuously CW
1-2	—	Both starting w/outside foot take 2 dal steps FWD.	5	1	M steps toward partner w/a stamp R
				2	Steps back on L
				3	Touches R toe beside L foot as he pivots on L He gives W a slight lift on counts 2 & 3.
3	1-3	3 light running steps FWD (counts 1-3)			(WOMEN)
4	1, 2	Partners facing, take shoulder-waist position. M steps toward partner w/stamp R		1	Simultaneously W steps toward partner w/the L foot, slightly bending L knee
	3	And shifts weight back on L		2	touches R toes behind L foot for balance
		(WOMEN)		3	Leaps onto R foot. This gives a soft down-up motion to her turns.
	1, 2	W steps toward partner w/L foot w/slight bend of L knee			
	3	And shifts weight back onto R foot	6-7	—	Continue 2 more Hambo Polska steps.
			8	1	Open dance position is resumed as both step on inside foot (count 1);
				2-3	Both take 2 quicksteps in place (outside foot, inside foot)

Expert dancers sometimes omit the transition step described for measure 4, Step 1. and go immediately into the Hambo Polska. Four Hambo Polska steps would then be danced for all.