HAMBO

(Sweden)

Couples in a circle, M inside, inside hands joined.

Meas.

I. IN PLACE

Beginning outside ft, take 2 dal-steps (step L, swing R across with slight rise on ball of LF) OR do 2 waltz-balances, away and together, moving slightly fwd in LOD.

Move fwd in LOD with 3 small steps, L,R,L (W: R,L,R).

4 TRANSITION STEP:

M: Stamp R, turning to face ptnr, beginning to take shoulder-waist pos (ct 1), hold (ct 2), step across (L ft) in front of ptnr to outside, ending in shoulder-waist pos, facing cntr.

W: Step fwd L in LOD, beginning change to shoulder-waist pos (ct 1), hold (ct 2), step fwd R to shoulder-waist pos, W on inside.

NOTE: M's transition step can be done as one basic Hambo step (R, L, touch), but this shortens the "hold" which is present in the version above.

II. TURN

5-7 Hambo turning basic step (M: R, L, touch; W: L, touch R) 3 basics, 3 turns.

With 3 small steps in place, R,L,R, (W: L,R,L), stop turn and change back to beginning position. (NOTE: W does not spin out on these steps!)

Presented at the 1977 Folk Dance Federation Teacher Training Program by Ned and Marian Gault