

Hambopolska från Föllinge

(Jämtland, Sweden)

Description by Bill Booch 6/24/95. Learned from Ernst Grip and Beret Bertilsdotter at Scandia DC Dance & Music Weekend, Cherry Hill Par9/1/95k, MD, 2/25-2/26/95. Additional references: A videotape of the teachers made on October 18, 1994 in Tumbaken Hembydgsgården in Föllinge, Sweden.

Pronunciation:

Music:

3/4 meter

Formation: Dance CW around ptr while dancing as a cpl LOD around hall.

Styling: Smooth movements. Unlike the Hälsingehambo which has three steps per meas, this hambopolska uses two steps for each full turn.

Holds: Försteg (with chug), dalsteg, försteg (no chug): Both face LOD with M to L of W. M's R hand low on W's lower back. W's L arm over M's R arm with the heel of her hand just below his R armpit and her fingers on his R shoulder blade. Outside arms hang down to sides.

Omdansning (hambo turn): Modified Polka hold: More to the side of your ptr's upper body than in regular polska pos. M puts his R arm around W's L side with his R hand on her back. (Note: She keeps her wt a little fwd, never back on her heels.) M's L hand on W's upper arm. W's L arm over M's R arm with the heel of her hand just below his R armpit and her fingers on his R shoulder blade. W's R arm inside the M's L arm and holding his L shldr with her R hand. Your ptr's upper body is to the R of your upper body instead of nearly directly in front of you as in many polskas. R between ptr's ft. Inside R knees/thighs touch and support ptr. Body contact from knees to shldr.

Viltur (Resting Step): Same as omdansning pos described above.

Cts

Pattern

Ia. FÖRSTEG: Chug inside ft (ct 1); step outside ft (ct 2); step inside ft (ct 3).

3& Wt on inside ft, chug (or hop) fwd swinging outside ft fwd.

1 With inside knee bent slightly, land on inside ft (ct 1) with outside leg and ft extended fwd. Touch outside heel fwd with toes pointed near floor.

2 Shift full wt fwd to outside ft.

3 Step fwd on inside ft.

Ib. DALSTEG: Outside ft (ct 1); bend knee (ct 2), relevé (ct 2&).

Step on outside (M's L, W's R) ft with knee bend (ct 1) to start the step. Almost straighten outside leg and lift outside heel slightly off floor while bringing inside ft in front of outside ft (ct 2&). Lower outside heel to floor (ct 3).

Ic. FÖRSTEG: Fwd in LOD on inside ft (ct 1); fwd in LOD on outside ft (ct 3).

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II. OMDANSNING (Hambo Turn): Step on cts 1 & 3. 1 turn per meas.

M: R (ct 1); pivot on R (cts 1&-2); ball of L & pivot (ct 2&); full L on floor (ct 3).

1 Step through R heel fwd between W's ft LOD with R turned to R.

1&-2 Pivot CW on ball of R dragging L toe on or near floor CW around ptr.

2& Shift full wt onto ball of L and pivot CW.

3 Lower L heel so that full L is on floor.

W: L around (ct 1); pivot on ball of L (cts 1&-2&); R fwd (ct 3).

3& Pivot CW on ball of R so that back is in LOD.

1 Step onto ball of L without touching heel to floor.

1&-2& Pivot CW on ball of L.

3 Step through R heel fwd between M's ft in LOD.

III. VILTUR: No turn. M goes fwd, W backs up in LOD.

Similar to the no-chug försteg. Step in LOD on inside (M's R, W's L) (ct 1) with M facing LOD and going fwd and W with back in LOD and stepping bkwd. Begin stepping in LOD on outside ft with ball of W's R and full M's L contacting floor (2&). Shift full wt onto M's L & W's R (ct 3).

Transition from omdansning to försteg: Take three steps beg on inside ft (W: L-R-L, M: R-L-R) on final meas of omdansning to have wt on inside ft ready for the försteg with chug.

EXECUTION

Dance a sequence of 3 meas försteg (Ia, Ib, & Ic one time each); 5 meas omdansning; 3 meas viltur; 4 meas omdansning, 1 meas transition to försteg. Repeat sequence until music stops. While keeping the sequence, the cpl can vary the length of the omdansning of viltur while fitting the sequence to the phrasing of the music.

ADDITIONAL INFORMATION

Ernst Grip learned this dance from people in Föllinge in the 1930s when he was 10-13 years old. He was reminded of this dance in the military service during World War II (1941-1945) near the Norwegian border waiting for the Germans who did not arrive. The Swedes danced instead of fighting Germans. Ernst learned to dance both the M's and W's parts.

The hambopolska is a newer dance than the gammalpolska. The hambo came later than the polska and was incorporated into the older dance form.

Presented by Roo Lester