

Hambopolska från Jättendal

(Hälsingland, Sweden)

Riksspelman Helge Nilsson, Bergsjö and his wife Lilly both born in 1906. Helge Nilsson saw the dance for the first time in 1923 or 24. Described in 1977 by Rolf Westerlund, Järvsö, and Knuth Lehman, Rogsta. Anneli and Steffan Wiklund along with Rune Bäcklin introduced the dance at Norrlandia Camp in Harsagården, Sweden 1998. This dance can be seen on the video Dances from Hälsingland-Danser från Hälsingland.

Pronunciation: HAHM-boh POHL-skah frohn YETH-in-dahl

Försteg: FUHR-stehg

Dalsteg: DAHL-stehg

Polska: POHL-skah

CD: “Hambopolska efter Pipar-Jonke,” New Jonssonlinjen CD and 3/4 meter
Hälsingland CD by Jonssonlinjen.

Formation: The dance progresses LOD/CCW around the dance space while couples turn CW

Steps and Styling: Couple dances close to one another with fluid movements, moving as a unit.
Ptrs slightly to R of each other so that R ft steps between ptr's ft. Shldr parallel. Keep your weight slightly fwd twd the front or balls of feet and knees bent for better balance. It is characteristic to dance close to one another.

Closed Position: Shldr/shldr-blade, M's hands on W's shldr blades; W's on M's shldr.

Svikt: The amount of down and up depends on the music & tempo, dance dialect, and dancing with your ptr. The movements should flow. This is accomplished by using one's body from the hips down to cushion the movements. There is a small down svikt on ct 1.

Försteg: Inside hands held approximately waist-to-chest height, other arms hang at sides. Begin inside ft, M's R, W's L. Step on the 1st beat of each meas. Often called dalsteg. Dance 2 meas. försteg.

Cts	1	2	3
<u>M</u>	R fwd in LOD.	Lift L just above ground while rising a little on R.	Lower to normal, keeping free ft close to ground.
<u>W</u>	L fwd in LOD.	Lift R just above ground while rising a little on L.	Lower to normal, keeping free ft close to ground.

Polska: Step on the 1st and 3rd beats, making a complete CW turn in 1 meas. M begin R, W L. Dancers usually finish the musical phrase with these turning steps.

Cts	1	2	3
<u>M</u>	R, fwd and turning CW.	Pivot on R.	Pivot on L.
<u>W</u>	L	Pivot on L.	R fwd and turning CW.

Hambopolska från Jättendal—continued

Dance Sequence: Dance 2 försteg in LOD, M move in front of W and take closed position for polska turn (meas 3-8), opening at the end of the 8th measure. Repeat until the music ends.

Additional Information:

- M and W each step fwd in LOD when they step on R.
- M and W each need to pivot between their steps to make a complete CW turn in one meas.
- W's first meas of turning is different from the other measures. W makes a half turn (cts 3,&).
- In open position, the M may grasp from above so that each has their palms facing down.

Presented by Roo Lester