

Aunty Sarah's Hambo Helper

Hambo is a Swedish couple dance in 3/4 time. The music is recognizable for strong first and third beats of each measure, lending the dance it's characteristic "up-down" movement or "svikt".

Hambo Quick Reference

Measure	Step	Man	Woman
1 2	Dal steps in open position Beat 1 Step/bend Beat 2 rise up/ lift foot Beat 3 come back to level	Step Left, lift right Step right, lift left	Step right, lift left Step Left, lift right
3	"Running"steps in open position Not really running - just Beat 1 walk Beat 2 walk Beat 3 walk	left right left	right left right
4	Hambo step to closed position Note: This hambo step doesn't make a complete turn	right left both	left both right
5 - 7	3 full turning hambo steps making a complete clockwise turn in each measure	right left (X3) both	left both (X3) right
8	Running steps in open position 1 walk 2 walk 3 walk	right left right	left right left

This is meant as an easy reference for folks who have taken a workshop and is not a substitute for dancing and learning from skilled partners. There are many excellent teachers of Scandinavian dance including the following who all are wonderful hambo teachers.

Jennifer Brosious and Tamberlaine Harris brosious@cttel.net

Roo Lester <http://members.aol.com/DancingRoo/index.html>

Chris and Rita Leydon <http://www.ritaleydon.com/>

For more detailed information about hambo visit the following websites:

Folk Dance Descriptions <http://www.folkdance.suite.dk/index.htm>

John Gustin's Hambo Page <http://www.freewheelers.org/1DancingFool/hambo.htm>

Scandia D.C. <http://users.erols.com/s526/Spelmannslag.html>

Sapphire Swan Dance Directory <http://www.sapphireswan.com/dance/>

The Hälsinge Hambo <http://www.halsingehambon.x.se/eng.html>

Recordings with hambos:

Hambo in the Barn (Scandinavian dance music) Andrea Hoag

The Pioneer Trio: Old Time Scandinavian Dance Music

Steppin' Out - Music for Couple Dancing Footloose

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**This handout is available on my website <http://www.mindspring.com/~ladysmyth/>**