

Sarah & Bill'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 its characteristic "up-down" movement or "svikt". This reference is meant as a reminder of the basic steps for folks who have taken our workshop and is not a substitute for learning from skilled partners.

Basic 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	One Hambo step to closed position 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

For more detailed information about hambo visit the following websites:

Folk Dance Descriptions

www.phantomranch.net/folkdanc/folknote.htm

John Gustin's Hambo Page

www.freewheelers.org/1DancingFool/hambo.htm

Scandia D.C. www.scandiadc.org

Sapphire Swan Dance Directory

www.sapphireswan.com/dance

The Hälsinge Hambo

<http://halsingehambon.com/valkommen/welcome/>

For more about the Swedish Nyckelharpa

The American Nyckelharpa Association

www.nyckelharpa.org/

Recordings with hambos:

Hambo in the Barn - Andrea Hoag

Pioneer Trio: Old Time Scandinavian Dance Music

Steppin' Out - Footloose

Fika - Lydia Ievins and Andrea Larson

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