

## Hambopolska med vals från Järvsö

(Sweden)

Hambopolska med vals från Järvsö (HAHM-boh-POHL-skah mehd VAHLS frohn JEHRV-suhr) is from the province of Hälsingland. It was presented by Tommy and Ewa Englund at the 1986 Bay Area Scandia Festival and at the 1989 University of the Pacific folk Dance Camp.

CASSETTE: Englunds U.S. Tour 1989 RC 216 (Jacket says RC 217) Side B/8;  
any appropriate hambopolska music. 3/4 meter

FORMATION: Cpls facing in LOD (CCW), W to M R. Inside hands (MR, WL) joined and held about shldr level. Outside hands on hips with fingers fwd.

STEPS and VALS\*- Described under Waltz.  
STYLING:

Hambopolska (one CW turn per meas):

M: Step fwd on R ft twd ptr to beg a CW turn (ct 1); step on L in LOD, continuing the turn (ct 2); still pivoting on L ft, touch R sole beside instep of L ft, completing one full turn CW (ct 3). Step repeats exactly.

W: Step twd ptr on L ft to begin a CW turn (ct 1); still pivoting on L ft, touch R sole beside instep of L ft (ct 2); small step fwd on R ft, completing one full turn CW (ct 3). Step repeats exactly.

Throughout the dance, knees are always a little flexed.

On each meas: Bend knees and ankles (ct 1); stretch knees and ankles (ct 2); bend knees and ankles again but not so deeply (ct 3); stretch knees and ankles (ct &).

\* Described in Steps and Styling, published by the Folk Dance Federation of Calif., Inc.

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MUSIC	3/4 meter	PATTERN
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Measures

INTRODUCTION No action. Depends on the recording. RC 216 has 2 meas intro.

### I. FÖRSTEG AND HAMBOPOLSKA (FUR-stayg)

- 1 Beg outside ft (ML, WR) step fwd in LOD (cts 1-2); touch sole of inside ft beside outside ft (ct 3). Move joined hands fwd.
- 2 Turning to face ptr, step sdwd (MR, WL) in RLOD (CW) (cts 1-2); touch sole of free ft (ML, WR) beside standing ft (ct 3). Return joined hands to orig pos.
- 3 Beg ML, WR dance 3 step fwd in LOD (cts 1,2,3). Move joined hands fwd again.
- 4-7 Turning twd ptr, take hambo hold and dance 4 Hambopolska steps in LOD.  
Hambo hold: M place R hand on W back and hold W R arm above elbow with L hand; W place L hand on M R shldr and hold M L arm above elbow with R hand. W R arm is inside M L arm. Ptrs stand a little to L of each other.

8 Beg MR, WL dance 3 steps, still turning CW, to end with M back to LOD.

## II. TRANSITION AND VALS

1 Hambo hold is used for the remainder of the dance.  
Beg ML, WR step sdwd twd M L (twd wall) (ct 1); touch sole of free ft  
(MR, WL) beside standing ft (ct 2); hold (ct 3).

2-8 Beg M bkwd on R, W fwd on L, dance 7 vals steps turning CCW and progressing  
in LOD. End with M facing LOD.

## III. TRANSITION AND HAMBOPLOSKA

1 Repeat Fig II, meas 1 (Transition). M is now facing in LOD but ftwk doesn't  
change.

2-7 Beg MR, WL dance 6 Hambopolska steps moving in LOD.

8 Beg MR, WL dance 3 steps still turning CW to end with M back to LOD.

DANCE SEQUENCE: Dance Fig I, II, III and then alternate between Fig II and Fig III  
until music ends. The Försteg is not repeated.