

Nancy Duggan

Swedish

Hambo

Formation: Any number of couples facing counter-clockwise, man on L of partner. Inside hands joined. Outside hands on hips. Both begin on outside foot.

	<u>Counts</u>	<u>Measures</u>
A. Step and balance forward in line of direction, swinging joined hands forward to turn slightly away from partner.	1,2,3	
Step and balance back away from line of direction, swinging joined hands back to turn slightly towards partner	1,2,3	2
<u>Woman:</u>		
3 running steps forward, R.L.R	1,2,3	
Stamp L, at same time placing both hands on partner's shoulders	1	
Touch R toe in back of L	2	
Leap onto R, while	3	2
<u>Man:</u>		
3 running steps forward, L,R,L	1,2,3	
Stamp R, at same time placing both hands on partner's waist	1	
Step L	2	
Touch R beside L, without weight	3	
B. With shoulder and waist grasp, and leaning back from partner, arms straight, couples turn clockwise, woman stepping on "count 1", touching R toe behind L on "count 2" leaping onto R on "count 3", while man steps R on "count 1", steps L on "count 2" and touches R toe beside L without weight while pivoting on L on "count 3".		
Partners repeat 2 times, step on inside foot (woman's L, Man's R)	1	
Hold	2,3	4
Repeat A and B as often as desired.		