small cushion makes the position more comfortable. Experiment.

In “Autoharp Style” the dulcimer is held vertically with the headstock over your right shoulder. Another twist is to turn it upside down and use the other shoulder. This works well for playing in the front seat of a Volkswagen.

Finally, there’s the “Stoval Style,” named after Babe Stoval, a truly fine steel guitar blues man from New Orleans. He’s not the only one to use this technique, a favorite of superstars for bringing sweating thousands to a final ecstasy. It too is essentially a variation of the guitar style. You swing the instrument up over your head and play it upside down while it rests on your shoulders behind your neck. It’s strange, but fun to do, and great for exits.