



Reinlendar - Free Style and Stigaren

(Norway) Presented by Ingvar Sodal

Reinlendar:

Next to the waltz the Reinlendar is probably the most popular "Gammaldans" (old time dance) in Norway. It is commonly danced throughout the country, taking on a different flavour and style from one region to another. Some of these patterns or figures have been formalized in two dances, Gamal Reinlendar (Old Reinlendar) and Sunnmørsreinlendar (Reinlendar from Sunnmøre) as described in Norske Folkdansar II by Klara Semb. Both of these dances are popular among folk dance groups. A less complicated form such as the one described here is commonly seen at a Saturday night dance among "occasional" folk dancers and "old time dance" enthusiasts. Only two or three variations may be included and there is no set number of each figure, the changes are made at the whim of the man, but good dancers respond to the music in their style and dance form.

Stigaren:

This is a completely different dance from the Reinlendar and is less common. It is some times used as an alternative to the Reinlendar, because it goes well to the same music.

The step is similar to the step in Stegvals, only the meter is changed from 3/4 to 2/4.

The combination of the Reinlendar and the Stigaren with the sequence and figures as described here is merely for the convenience of teaching some basic variations suitable for the Reinlendar music. It is an example of the variety of figures which can be found around the country where the dance is usually performed in "free style".

The Reinlendar

Music: Any Norwegian Reinlendar. (Excellent recordings are available of S.B. Osa, Sven Nyhus and Alexandersen's quartets.)

Formation: Couple dance, any no. of cpls, moving LOD.

Position: 1. Cpl facing LOD, inside hands joined
2. Closed shoulder-waist pos.

Steps: 1. Two-step with a lift or a slight hop on ct. 4

Music:	1	2	3	4	1	
Step M:	Step L	Close R	Step L	Hop L	Step R	etc.
Step L:	Step R	Close L	Step R	Hop R	Step L	

The step has a springy, light character, but with only a small hop or merely a lift on ct. 4.

2. Reinlendar step. This step is used in closed pos. during the cpl. turn. Opposite ftwk. for M and W, M starting on L, W on R ft. The step is a step-hop

continued...

on each ct. while the other ft. touches the floor slightly, similar to the Danish Hopsa. The cpl. turn twice around on 4 steps corresponding to 4 cts., on one phrase in the music.

- Sequence: 1. a. Open pos., 2 two-steps fwd.
 b. Closed pos., turn twice CW on 4 Reinlendar steps
2. a. 2 two-steps in closed pos.
 b. 4 Reinlendar steps twice around CW
3. Same as in 2 except CCW turn.

1. Face each other, M's back to ctr., W's L hand in M's R.

Ct. 1-8 Starting M's L and W's R ft.
 Make 2 two-step as described above.
 Face each other on first step, swing arm fwd and face LOD
 on second step.

Ct. 9-12 Closed pos. in a high shoulder-waist hold, make two complete
 turns using 4 Reinlendar steps.

2. Ct. 1-4 Maintain the closed pos. as in fig. 1.
 Starting on M's L and W's R ft make one two-step while M leads
 W to his L on a 1/4 turn

Ct. 5-8 One two-step on M's R and W's L ft
 While M leads W to his R making approx 1/4 turn

Ct. 9-12 Complete the fig with 2 CW turns using 4 Reinlendar steps as in 1

3. Repeat fig 2 except make 2 CCW turns on cts 9-12

These three figures may be repeated in any sequence

Stigaren

Position: M and W to the L of each other in closed pos. M facing LOD and W
 facing RLOD. Hand hold same for both: R hand on prt's L shoulder,
 L hand around prt side under his R arm.

Steps: Same ftwk but M move fwd while W move backwards or vice versa.

Ct. 1 Moving in LOD, M step fwd on his L ft while W step backwards on L ft.

Ct. 2 Close R to L

Ct. 3 Step L as for ct 1

Ct. 4 Close R to L

continued...

Stigaren (continued)

Turning steps (closed pos.):

- Ct. 1. M step fwd on L while W step back and slightly behind on L
- Ct. 2. M step fwd on R and over to his L turning CCW (1/4 turn)
W close R to L making 1/4 turn CCW
- Ct. 3. M step L behind R forming an "L" such that L toe is close to R heel
while turning CCW and facing RLOD
W step L fwd in LOD, same for the M on ct. 1
- Ct. 4. M step R while completing the CCW turn. The step is in place, the R
heel stays close to the floor
W step R in front and over to the L (same as for M on ct. 3)

Sequence:

- 1. After completing a CW turn in the Reinlendar assume the closed pos for the fwd step. Any no of steps
- 2. CCW turn starts on M's L and W's R ft as described above. The cpl moves in LOD primarily on ct 1 and 3 such that the one on the outside makes the longer step and the one on the inside serves as the pivot point.

After any no. turns the cpl again moves in LOD on the fwd steps.

The transition back into the Reinlendar usually happens at the end of a phrase such that the first fwd. two-step starts at the beginning of a phrase.

