

REINLENDER (Norwegian)

A Norwegian gammaldans in 2/4 meter, popular since the mid 1800's. A good description and history of Norwegian reinlender has been prepared by Gordon Tracie.

- MUSIC: Norsketur og Folkedanser Vol. I
 or any Norwegian reinlender recording
- FORMATION: Couples facing CCW in a circle, inner hands joined shoulder high,
 or Man's Right arm around Woman's waist. Outer arms hang freely.
- STEPS: Reinlender step (similar to chassé) and a springy walking step
 with "s ikt", the Norwegian term for flexible ankle and knee

FIGURE I

- A. Reinlender step. Beginning on outside foot.
 - Meas. 1 Step forward on count 1; carry the weight forward to the ball of the foot. On count 2 bring the inner foot up to the outer foot. (Be sure to change the weight to the inside foot.)
 - Meas. 2 On count 3, step forward again on outer foot. On count 4 make a heel lift, not a hop. While the inner foot swings forward ready to begin the second reinlender step.
 - Meas. 3 Repeat the above, but with reverse
 - Meas. 4 feet. (inner, outer, inner, lift)
- B. 4 "step and lift" steps
 - Meas. 5 Begin on outside foot, stepping naturally from heel to full sole, and carry weight forward on count 1. Standing on the same foot, make the motion to hop on the ball of the foot, but remain close to the ground, while inside foot swings forward on count 2.
 - Meas. 6 Step on inside foot, count 1. Make a slight hop or lift on standing foot, count 2, while inside foot swings forward.
 - Meas. 7-8 REPEAT above.

FIGURE II

- A. (Open Position) Same as Fig. 1 A - 2 reinlender steps
- B. (Closed Position) 4 "step & lift" steps - in closed position to make 2 complete turns.

FIGURE III (Closed Position)

- A. In closed social dance position, Man dance 2 Reinlender forward, moving slightly to center and away from center. Woman dances backwards, but Man steers the Woman towards center away from center.
- B. 4 "step & lifts" to make 2 complete turns

There are many variations to basic reinlaender. The Man may occasionally "nip" or slap the side of this Left foot before he begins the turning steps.