

Reinlender

This is the free-style simple version of a reinlender done as a gammeldans. Many variations are possible, and I have tried to give the simplest and most common below. Although the dance is known all over Norway, the variations included are mostly characteristic of the western part of Norway, Vestlandet.

Source: Egil Bakka, Danse Danse Lett Ut På Foten, Noregs Boklag, Oslo 1970. My own experience dancing in and around Oslo.

Record: Any reinlender on a gammeldans record.

Music: 2/4.

Steps: Reinlender change-of-step, reinlender turn.

Part A - open reinlender

Starting position: Couples facing counterclockwise around the room, woman on man's right. They may either hold nearer hands or use open shoulder-waist position. Free arm hangs at side.

Measure

- 1 Dance one reinlender change-of-step forward, man beginning with his left foot, woman with her right.
- 2 Dance one reinlender change-of-step forward, woman beginning with her left foot, man with his right. At the end of this measure, the man dances around in front of the woman ending almost facing her.
- 3-4 Dance the reinlender turn, the couple rotating twice clockwise and progressing in a counterclockwise direction around the room. Use shoulder-waist hold or Norwegian ballroom position. At the end of measure 4, resume the starting position.

Variations:

- a) The couple may rotate counterclockwise during the reinlender turn on measures 3-4. To do this, the man brings the woman in front of him at the end of measure 2.
- b) A very common variation is for the man and the woman to complete a turn along during the first measure. The man turns to his left, rolling the woman off his arm so that she turns to her right. The couple normally danced forward on the second measure without joining. At the end of the first measure, the man, if he is very excited, may slap his right foot after turning. He puts his right hand out and brings the outside of his foot up to his hand, slapping it. In certain cases, he may repeat this movement, slapping his left foot, at the end of the second measure.

Part B - Closed reinlender

Starting position: Couples with Norwegian ballroom position or modified waist-upper arm hold. (I have also seen it with shoulder-waist hold - AC). The man faces counterclockwise around the room.

Measure

Figure I

- 1-2 Dance two reinlender change-of-step, man moving forward and woman moving backward. The couple rotates slightly counterclockwise on the first measure, slightly clockwise on the second. The woman moves much more in space than the man does, the couple completing less than a quarter turn on each measure.

Figure II

- 1-2 Dance the reinlender turn, the couple rotating twice clockwise and progressing in a counterclockwise direction around the room.

Figure III

- 1-? The couple rotates either clockwise or counterclockwise, using two reinlender change-of-step for each rotation. They progress in a counterclockwise direction around the room.

The dance

The man may choose to dance these three variations in any order he wishes. I have also seen the two reinlender forms presented here mixed together in a single dance.