

REINLENDAR

(Norwegian)

This dance is described as performed by the local Norwegian group in Oakland, California.

MUSIC	Imperial 1037-B "Gamal Reinlendar"
FORMATION	Couples in a large circle facing counterclockwise. In open position, M on the inside, W on the outside, inside hands are joined at shoulder height, outside hands on hips.
STEPS	Step-hop*, Walk*, Schottische* (On the schottische the free foot is swung forward with a bent knee and with the toe pointing downward. The foot is about six inches from the floor.)

MUSIC (2/4)	PATTERN
MEASURE	
Intro.	M and W face and exchange brief bow and curtsy, then face forward in open position for first step.
	I. SCHOTTISCHE FORWARD AND BACK
1 - 2	Starting on outside ft. (M L and W R) take one schottische step fwd. in line of direction, and one schottische step back.
3 - 4	Starting on outside ft. (M L and W R) take four step-hops fwd.
5 - 8	Repeat all of above.
	II. SCHOTTISCHE AND TURN
9 - 10	In open position beginning on outside ft. (M L and W R) schottische fwd. and back.
11 - 12	In closed position, beginning M L and W R execute four step-hops turning clockwise while proceeding in the line of direction. (Two complete turns are made in four step-hops.)
13 - 16	Repeat all of above.
	III. SCHOTTISCHE AND WOMAN TURNS COUNTERCLOCKWISE
1 - 2	In open position, starting M L and W R, schottische forward and back.
3 - 4	With inside hands raised, the W turns twice around in a counterclockwise direction with four step-hops as the M moves forward with four step-hops. (NOTE: The W turns in toward the M. To facilitate turning W may hold M's middle finger.)
5 - 8	Repeat all of above.
	IV. SCHOTTISCHE AND WOMAN TURNS CLOCKWISE
9 - 10	In open position, beginning M L and W R, schottische forward and back.
11 - 12	The M folding arms across chest takes four step-hops fwd. in line of direction. The W placing her hands on waist turns clockwise beside the M making two turns in four step-hops.
13 - 16	Repeat action of above with the following difference: The W only completes one and a half turns on the four step-hops, so that she ends facing in a clockwise direction, while the M continues to face in a counterclockwise direction.
	V. STEP-HOPS IN BACK-HOLD POSITION
1 - 2	In back-hold position, the couple completes a half-turn moving in a clockwise direction, taking three step-hops and placing the R heel on floor. Both begin with L ft. As the heel is placed on the floor, partners lean away from each other.
3 - 4	Beginning with the R ft. take three step-hops backward in a counterclockwise direction, placing L heel on floor.
5 - 8	Repeat above action. On meas. 8 M releases W's R hand and turns her counterclockwise so that both end side by side facing in counterclockwise direction.

(Concluded on next page)

MUSIC (2/4)	PATTERN
	VI. SCHOTTISCHE ACROSS AND BACK
1	With M's arms folded across chest and W's hands on hips, take one schottische step to exchange places, W starting with L ft. and M with R ft. The M passes in back of the W.
2	Beginning with inside ft. (M L and W R) dancers cross back to place with one schottische step, with M crossing in front of W.
3 - 4	In open position with inside hands joined, take four step-hops moving forward counterclockwise, M starting with R ft. and W with L ft.
5 - 16	Repeat all of above 3 more times.
	VII. WOMAN CIRCLES MAN
1 - 2	With inside hands joined, the M stamps on the L ft. and drops to the R knee while the W beginning with the R ft. circles her partner in a counterclockwise direction with 4 step-hops.
3 - 4	With inside hands still joined, both take four step-hops in the line of direction, starting on the outside ft.
5 - 16	Repeat all of above 3 more times.
	VIII. SEPARATE AND RETURN
	With M's arms folded across chest and W's hands on hips partners separate with the following action:
1	M moves to center of circle, stepping fwd. L (ct. 1) R (ct. and), stamp L (ct. 2) and hold (ct. and) bending L knee slightly and resting R toe lightly on the floor behind L ft. W moves away from center of circle starting with R ft., omitting stamp. Partners end facing away from each other.
2	Partners return to each other with one schottische step, the M opening his arms in an inviting gesture and stamping his R ft. on ct. 1 as he turns toward his partner.
3 - 4	In closed dance position couples progress fwd. turning clockwise twice with 4 step-hops.
5 - 16	Repeat all of above 3 more times.
	IX. SCHOTTISCHE AND LIFT WOMAN
1 - 2	In open position dancers take one schottische fwd. and one back.
3	In closed position dancers turn clockwise with 2 step-hops.
4	M lifts W high in the air, and sets her down again on his R.
5 - 8	Repeat all of above. (To execute the lift the W stiffens her R arm downward and presses on the M's shoulder to gain leverage.)