

REINLENDAR (Norway)

To most people it's "Schottisch"; to Norwegians it's Reinlender, and to Swedes it's Schottis. Style varies quite a bit from country to country, as does the "feel" and tempo of the music. The meter is always 4/4, and the basic footwork is usually very similar, just different variations. As a general rule (which will hold most of the time), the Swedish Schottis is slower and smoother than the Norwegian Reinlender, as is the music.

Position: M and W nearly always on opp feet; usually in open dance posn (M's R arm around W's waist; her L hand on his R shldr; free hands loose at sides) for first 2 meas; often in closed dance, polska* or shldr-waist posn for second 2 meas, which usually consists of 2 CW turns on 4 step-hops.

Basic Step: M (W opp) moves fwd in LGD 3 steps (L,R,L); hops on L; repeats starting R. This takes 2 meas. Then take 4 step-hops moving fwd, starting L.

Style: Proper Norwegian style would include a slight knee-bend on every single step and hop, so that if you were watching only the top of the dancer's head it would bob up and down exactly the same amount for every count of the dance. Feet are NOT lifted off the ground very much on the hops, and the knee of the free leg (on the hops) is bent only a little, with the free foot extended fwd but not very far off the floor.

Variations:

1. Turn twice CW (or even CCW, though this is harder) on the 4 step-hops of meas. 3-4, using closed dance posn or shldr-waist posn.
2. On meas. 1-2 separate from your ptr; M move fwd and twd center on meas. 1 while W move fwd and away from ctr. Then on meas. 2 move fwd and twd your ptr. (This makes a diamond track.) You can also do a turn while you are doing this part (by yourself), and/or a slap or stamp for emphasis.
3. On meas. 1-2 stay in closed dance posn, and M bring W across in front of him on meas. 1, then back to his R side on meas. 2.
4. On meas. 3-4 M could turn W under his L hand.
5. M could "toss" W across to his L side on meas. 1 and back to his R on meas. 2.
6. On meas. 4 (after turning once CW with ptr on meas. 3), M could lift W into the air briefly. This works best if W pulls down on M's R shldr with her L hand, and if she places her R fist in palm of M's L hand with her R elbow straight, so M can lift through her R arm. Bend both knees on ct. 1 of meas. 4, in preparation, and then W jump and M lift on ct. 2 & 3. Let her down easy on ct. 4.

Presented by *Dean* Linscott at the 1992 Sacramento Camellia Festival.

*Polska posn: like closed dance posn but M's L hand on W's upper R arm and her R hand on M's upper L arm.