

Reinlandar

(Norway)

This dance is sometimes called the Rheinlender and is suggestive, therefore, of its possible association with a native from the region adjacent to the Rhine River. The Norwegian Reinlandar is a vigorous and spirited schottische. It is very similar to the Swedish Schottische in its pattern of figures and includes certain basic steps which characterize the schottisches of America and of many European countries with their traditional combination of schottische steps and step-hops in both open and closed social dance positions. In the Reinlandar, however, the basic schottische step is varied in that the touching of the heel to the floor without weight is substituted for the hop at the end of each step as analyzed below:

- 1 1 Step forward L.
- & Close R to L, taking weight.
- 2 Step forward L.
- & Touch R heel lightly to floor beside L toe, without weight.
- 2 Repeat step, beginning R.

This adaptation of the schottische step should be danced for all references to the schottische step in this analysis of the Reinlandar. The schottische step may be danced moving forward or backward. The step-hops are vigorous with a feeling of buoyancy and elevation, the free foot extended slightly forward when progressing forward.

Formation: Any number of couples in a double circle facing CCW, inside hands joined at shoulder level, outside hands on hips with thumbs to the front.

Part I

- A
- 1 Beginning on outside feet (M L, W R), dance 1 schottische step fwd.
 - 2 1 schottische step bkwd.
 - 3-4 Beginning on outside feet (M L, W, R) dance 4 step-hops fwd.
 - 5-8 Repeat all.
- B
- 9-10 In open social dance position, outside hands clasped in front, beginning on outside feet, dance 2 schottische steps, fwd and back.
 - 11-12 Partners face in closed social dance position and make two complete turns CW, progressing CCW around the circle, with 4 step-hops.
 - 13-16 Repeat meas 9-12.

Part II

- A
- 1-2 In original starting position, beginning on outside feet dance 2 schottische steps, fwd and back, as in A of Figure I.
 - 3-4 Inside hands raised to form arch, W holds lightly to M's middle finger (pointed downward) as she makes two turns CCW (twd partner) WHILE M moves fwd so that both progress in original line of direction, W slightly in advance of partner, with 4 step-hops.
 - 5-8 Repeat meas 1-4, Part II.
- B
- 9-10 Partners side by side, inside hands joined at shoulder level, outside hands on hips, beginning on outside feet (M L, W R) dance 2 schottische steps, fwd and back.

- 11-12 Partners facing in double circle (M's back to center), hands on hips, M dances in place WHILE W makes two CW turns in place with 4 step-hops.
- 13-16 Repeat all, finishing with partners facing. W transfers weight R to free L foot.

Part III

- 1-2 1& Partners side by side, R shoulder to R shoulder (so that M faces
2& CCW, W CW) with both hands joined in crossed arm grasp, L arms
1& bent across own back to clasp partner's extended R arm. Both
begin L to dance 3 step-hops fwd, making a 1/2 turn CW so that
M on the outside of the circle, W inside.
- 2& Touch R heel fwd to floor without weight and lean back, looking
at partner.
- 3-4 Repeat three step-hops, beginning R and touching L heel to floor,
moving backward in half-turn CCW so that M is again on the
inside of the large circle, W outside.
- 5-16 Repeat movements as analyzed for meas 1-4 three times, partners
finishing side by side in double circle, facing CCW, M on L of
partner. Both free inside foot to begin Figure IV.

Part IV

- 1 M's arms folded across chest, elbows shoulder level, W's hands
on hips. Partners exchange places, W beginning L to pass in
front of M WHILE M begins R to pass in back of W, with 1 schottische
step.
- 2 Partners return to original places, beginning on inside feet (M L,
W R), W passing behind M with 1 schottische step.
- 3-4 Partners joining inside hands at shoulder level, outside hands on
hips, M begins R, W L, to move CCW around the circle with 4 step-
hops fwd.
- 5-16 Repeat movements analyzed for meas 1-4, three times. With each
repetition of the phrase, before releasing hands to fold his arms
across his chest, M initiates the exchange of places by swinging
his partner across in front of him. Both free outside foot to
begin Figure V.

Part V

- A
1-2 Partners facing double circle, inside hands joined high with
W grasping M's middle finger as in Figure II, outside hands on
hips. M stamps L foot fwd (ct 1) and kneels on R knee, remaining
in this position WHILE W (beginning R) dances around partner in
CW circle with 4 step-hops. On last count of meas 2, M rocks
weight back on R foot and assumes erect position.
- B
3-4 Keeping inside hands joined, with outside hands on hips, partners
dance fwd in original line of direction, beginning on outside
feet (M L, W R), with 4 step-hops.
- 5-16 Repeat A and B three times.

Part VI

- A
1 M's arms folded across chest as in Figure IV, W's hands on hips,
partners dance away from each other, M beginning L and moving to
L, W beginning R and moving to R, with 1 schottische step.

2 Beginning on inside feet (M R, W L), partners return to position side by side in the circle with 1 schottische step, M stamping R on ct 1 and vigorously extending both arms sideward, shoulder level.

B

3-4 In social dance position, couples make two turns CW while progressing CCW around large circle with 4 step-hops.

5-16 Repeat A and B three times, finishing in open social dance position, outside hands clasped in front.

Part VII

A

1-2 Continuing CCW around circle, dance 2 schottische steps, fwd and back, as in A of figure I.

B

3 In closed social dance position, partners make one complete turn CW while progressing CCW around circle with 2 step-hops.

4 M lifts W high in air, bringing her down to beginning position on his R.

5-16 Repeat A and B three times, prolonging final toss of W in air. Woman helps to gain elevation by bending knees and pressing down upon M's shoulders, straightening her arms as he lifts her into the air (ct 1&). W lands in position on R of M (ct 2).