

Reinlender

(Norway)

- Source:** The Swedish Schottische and Norwegian Reinlander have characteristics in common but each has its distinct individuality and quality. The sequence of figures in the Norwegian Reinlendar differs according to the area in Norway where it has been preserved and the usual causes for change in long established dance forms.
- Music:** Norwegian Reinlendar or Schottische music that has even phrasing. Reinlendar Med Turar - Noregs Ungdomslag 2'48" x 277. Norsk Turdansorkester. Oslo.
- Steps:** Step-hop, Reinlendar step. The latter in this version is three light running steps and a slight hop, sometimes only a lift of the heel of the supporting foot.
- Formation:** Couples in circle formation facing CCW, inside hands joined at shoulder level, outside hands are on hips, palms up with thumbs to the front. M steps described, W opposite unless specified.

Introduction

Up beat only in the music.

I. Reinlendar Forward and Back and Progress

- A 1 a) Starting with outside ft take three running steps fwd, hop slightly on outside ft, swing inside ft fwd (low swing). At the same time swing joined hands fwd to shoulder level (1 Reinlendar step).
- 2 Turn slightly twd partner and take 1 Reinlendar step in opp direction. Swing joined hands at shoulder level in that direction (CW).
- 3-4 Facing LOD, extend joined hands fwd (inside shoulders touching), take 4 step-hops fwd.
- 5-8 Repeat action meas 1-4.
- A 9-10 b) In open dance pos fwd hands joined, take one Reinlendar step fwd and one bkwd.
- 11-12 With 4 step-hops turn CW progressing LOD.
- 13-16 Repeat action of meas 9-12

II. Reinlendar and Woman Turns

- B 1-2 a) With inside hands joined and extended fwd, outside hands on hips, take Reinlendar steps fwd and bkwd as in Figure I.
- 3-4 Joined inside hands are raised high, W grasping M's index finger. W turns CCW with 4 step-hops (2 turns) in front of partner. M takes 4 step-hops fwd as they progress LOD.
- 5-8 Repeat action of meas 1-4.
- B 9-10 b) Repeat action meas 1-2 (Reinlendar steps fwd and bkwd).
- 11-12 M with back to center of circle, arms folded, takes 4 step-hops in place. W with hands on hips, takes 2 solo turns in place (CW) with 4 step-hops.

13-16 Repeat action of meas 9-12.
Finish, partners facing, wt on R ft, L ft free.

III. Partners Turn Together, Step-hops, Heel

- C 1 a) In back-hold position take 2 step-hops starting with L ft turning CW.
- 2 Take 1st fwd with L ft. Keeping wt on L ft (L knee bent) place R heel fwd touching the floor. Lean back and look at partner.
- 3 Beginning with R ft take 2 step-hops moving bkwd (CCW).
- 4 Step bkwd with R ft touching L heel fwd to floor and lean back looking at partner.
- 5-8 Repeat action meas 1-4.
- 9-16 b) Repeat action of Figure III a). Finish side by side facing LOD.

IV. Partners Cross Over, Return and Progress

- C 1 a) M with arms folded, W hands on hips, take 1 Reinlendar step exhcanging places, W passing in front (begin inside ft).
- 2 Take 1 Reinlendar step returning to place, M passing in front.
- 3-4 With inside hands joined and extended fwd take 4 step-hops fwd (start inside ft).
- 5-8 Repeat action of meas 1-4.
- 9-16 b) Repeat action of Figure IV a).

V. W Circles Partner and They Progress

- D 1-2 a) Still holding inside hands, M leaps into air and comes down with a stamp on L ft dropping on R knee. W circles M (CCW) with 4 step-hops. M jumps up on fourth hop into original position.
- 3-4 Holding joined hands uteded fwd progress fwd with 4 step-hops.
- 5-8 Repeat action of meas 1-4.
- 9-16 b) Repeat action of Figure V a).

VI. Partners Separate, Return and Progress

- E 1 a) M with arms folded, W hands on hips, dance away from each other 1 Reinlendar step (starting outside ft). Partners pretend they are angry.
- 2 Partners turn to face and come together with 1 Reinlendar step. On the first step (ct 1) M stamps R ft and throws arms out sdwd as an invitation to dance with him again.
- 3-4 In closed dance position take 4 step-hops turning (CW) progressing LOD.
- 5-8 Repeat action of meas 1-4.
- 9-16 b) Repeat action of Figure VI a).

VII. Reinlendar, Step-hops and Lift

- F 1-2 a) In closed dance position take 1 Reinlendar step fwd and 1 bkwd.

- 3. Partners make 1 turn (CW) with 2 step-hops.
- 4. M steps L ft and lifts W into the air and places her down beside him in her original position. W assists in the lift by jumping and pressing down on his R shoulder with her L hand, and stiffening her R arm and pressing downward on his L hand.
- 5-8. Repeat action of movs 1-4.
- 9-16. b) Repeat action of Figure VII a).

Note: If one prefers, step-hops may be taken in place of the lifts in all but the final one.