

Reinlender

(Norway)

A very common and popular dance in Norway, Reinlender (“RINE-len-der”) is one of the 4 or 5 “old-style” dances “everyone” knows, even people who are not necessarily folk dance enthusiasts. Reinlender, plus other dances such as Vals (“Waltz”), Polka, Pols (comes from “polsk” or “Polish”) and Mazurka (also a Polish dance, but now with a distinct Norwegian style) used to be called “old-syle dance” (“gamaldans.”) The more current name for this category among folk dance researchers is “runddans,” or “round (turning) dance.” The name Reinlender means, as you would expect, “from the Rhein River Valley region” of Germany. But the dance has become distinctly Norwegian over the course of the years and is no longer in any way German . The dance is also known as Schottis (from “Scottish”) in several other countries and languages.

Pronunciation: RINE-len-der

Music: any Reinlender melody

Rhythm: 2/4

Formation: Couples facing CCW around the room. M holds R arm around W’s waist. W’s L hand on M’s R shoulder.

Styling: Fairly energetic.

Meas Pattern

Basic Step (M begins with L ft free, W opp. ftwk)

- 1 Both take 3 running steps forward, that is, CCW around the room (cts 1 & 2). Hop (ct &)
- 2 The same, with opposite ftwk (ct 1 & 2 &)
- 3-4 Man steps quickly in front of W and cpl assumes “shoulder-back hold” (M’s hands are supporting W’s upper back, W’s hands on outside of M’s shoulders. Hold elbows out to side, not down). Cpl turns 2 full turns CW as a unit (while continuing to move CCW around the room) with 4 step-hops. (cts 1&2&3&4). Cpl opens up face CCW on last beat to do basic step again.

Variation: keep shoulder-back hold

M keeps W in shoulder-back hold. While doing the basic step, the M, dancing mostly in place, turns the W to his L (her R, that is cpl turns CW) during meas 1, then back on meas 2. Meas 3 and 4 as before.

Variation: Release and turn separately

Still doing basic step, M releases W, allowing both to turn independently during meas 1: M turns one full turn CCW (to his L) and W turns one full turn CW (to her R), continuing, of course, to move forward, that is, CCW around the room. They come back toward each other during meas 2. M claps his hands on ct 2 and slaps outside of own L ft with L hand on ct "&". Cpl takes shoulder-back hold and do meas 3 and 4 as before.

Other variations:

Partners, on M's initiative, can decide to do the basic step pattern, but **keep going straight forward** (do not take shoulder-back hold and do not turn) on meas 3 and 4.

Partners, on M's initiative, can take **8 step-hops** (on meas 3,4,5 and 6). Note that this variation takes two extra measures and the cpl will be out of sych with the cpls who continue to do the basic step. The cpl can always get back into synch by simply doing this variation again at any time.

Sex-change: Cpl does 3 stps instead of 2 hop-steps during meas 4 (cts 3&4), and partners open up to continue going fwd (CCW) around the room, but on the "wrong side" of each other, that is, W on M's L. Repeat this variation once again, (with opp ftwk!) to return to original positions and ftwk. (This variation is very uncommon in Norway. It is more usual in a Swedish "Schottis.")

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