

# Reinlender Mixer

SOGN, western Norway

This version of the dance was taught by Hilde Bjorkum and Vidar Underseth at the Southern California Skandia Festival, November 1992. Similar dances have been observed in other parts of Norway. The teachers called it "Schottis from Aland, a Finnish Island coast to the eastern coast of Sweden. There are dances with the same general format in Sweden and Finland. Folk dancers may be familiar with Talogxen, a dance from the Swedish speaking part of Finland. Reinlender is the most common name Norwegians give to the dance Americans call schottische.

**MUSIC:** Any lively Norwegian reinlender. An especially good tune is on "Indre Sunnfjord Spelemannslag," Heilo HO 7047, side B, band 2.

**FORMATION:** Closed circle of cpis, facing ctr with hands joined at shidr ht. In most Norwegian and Swedish dances in this formation the M has both palms up (to support the women).

**HOLDS:** Reinlender fwd: M R arm behind ptrs waist, W L hand on ptrs L shidr. Free arms relax at side. Reinlender turn: M hands on ptr back well above her waist, R hand higher than L. W hand on ptrs shidrs.

**STYLE:** Danced with flexible knees and ankles. A noticeable dip on ct 1 of the reinlender two-step, especially be the men.

**STEPS:**Reinlender two-step: Men: Step fwd on L ft while bending knee (ct 1); step fwd on R ft to side of L ft (ct &); step fwd on L ft (ct 2); lift on L ft while bringing R ft fwd for next step. to repeat use opp ftwk. Women use exactly the opp ftwk.

Reinlender turn: One CW rotation is made for each measure (2 steps).

Meas 1: M: Step fwd and around ptr on L ft (ct 1); lift on L ft (ct &); step twd ptr placing R ft between her ft (ct 2); lift on R ft (ct &).

W: Step toward ptr placing R ft between his ft (ct 1); lift on R ft (ct &); step fwd and around ptr on L ft (ct 2); lift on L ft (ct &).

Meas 2: Repeat with same ftwk.

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METER: 2/4

PATTERN

Meas.

**INTRODUCTION:** No action - depends on recording or musicians. The suggested Recording has about one note intro.

**FIG. I: ALL TOGETHER IN THE CIRCLE**

1-2 All dance fwd with two reinlender two-steps, beg ML-WR.

3-4 All dance bkwd with 4 step-lifts, beg ML-WR.

5-8 W repeat meas 1-4 with hands free at sides while M hold in place and clap on each ct.

**FIG. II: SEPARATE INTO CONCENTRIC CIRCLES MOVING IN OPP DIR**

- 1 M: Beg L, do one reinlender two-step fwd (cts 1-&-2).
- 2 Stamp R,L,R (ct 1-&-2). Cpls join in shldr hold into a circle which will move to the L (CW) at the end of the stamp.
- 1-2 W: Slowly walk fwd with 4 steps to prepare to close circle with hands joined in a low hand hold. Women may clap as they move into the closed circle.  
M: circle CW. W CCW
- 3-8 Both M and W circle with reinlender two-steps, M circle CW, W CCW. Near the end of the phrase of music prepare to join with the closest person in reinlender fwd pos and move in the usual CCW direction as cpls.

**FIG. III: CPLS DANCE THE BASIC REINLENDER FOUR TIMES**

- 1-2 Cpls do 2 basic reinlender two-steps fwd in LOD.
- 3-4 Cpls do 2 reinlender turns (i.e., 4 step-lifts)
- 5-16 Repeat meas 1-4, three more times (4 in all). At the end of the four basic reinlender patterns, the cpls join hands in the circle ready to beg dance from beg.

Dance notes by Donna Tripp & Ted Martin

Presented by Donna Tripp & Ted Martin

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