

REINLENDER FRA VESTLANDET
(Norway)

Reinlender fra Vestlandet is a common improvisational dance in the group of dances called Gammeldans. Reinlender, meaning "from the Rhineland", is the Norwegian word for schottische. This reinlender is done in the western part of Norway where it is known simply as "reinlender." The "fra Vestlandet", meaning "from the western part of Norway" has been added to the title to distinguish this dance from other reinlenders. This description, with slight modifications, is taken from Egil Bakka's Danse, Danse Lett Ut Pa Foten, Oslo, 1970.

Pronunciation:

Music: Heilo HO 7012 (LP) or HK 7012 (cassette), Side 1/3
"Reinlender after Sigurd Bruheim" 2/4 meter
Any Norwegian reinlender may be used. There are many excellent recordings. The dance is not bound to any specific melody, and part of the fun is to dance it to different melodies.

Formation: Cpls in a circle, M facing LOD, W facing RLOD. Each Fig starts in this pos. Use either of the holds:

- a) Norwegian ballroom pos. This is the same as regular ballroom pos except that W puts out her R hand palm down and M grasps the outside edge of W R hand with his L hand. M L hand is on top of W R hand.
- b) Modified waist-upper arm hold. M places R hand around ptr waist; W places L hand on M R shldr. M holds W R upper arm near the shldr with his L hand; W holds M L upper arm in the same way. M L arm is outside W R arm.

Steps: Reinlender two-step (Byttonfot steg): Step fwd on L ft (ct 1); step fwd on R ft (ct &); step fwd on L ft (ct 2); lift on L ft (ct &). To repeat, use opp ftwk.

Reinlender turn: One CW revolution is made during each meas.

M: Step around ptr on L ft (ct 1); lift on L ft (ct &); On ct 1&, M may swing R lower leg bkwd. Step twd ptr on R ft (ct 2); lift on R ft (ct &).

W: Step twd ptr on R ft (ct 1); lift on R ft (ct &); step around ptr on L ft (ct 2); lift on L ft (ct &).

Variation: Change cts 1,& to: step on R ft (ct 1); step on L ft beside R ft (ct ee), step on R ft (ct &). Cts 2,& remain the same.

Style: The dance should be quite relaxed. There are 4 equal bounces (lowering and raising of body wt) in each meas (cts 1,&,2,&). This raising and lowering is done using both the knees and the ankles.

REINLENDER FRA VESTLANDET (Continued)

Order of Figures: They may be danced in any order at the M discretion. Normally, changes from one figure to another are made on meas 1 or 5 (occasionally 3 or 7) of the 8 meas musical phrase. It is important that all changes be made when the M is facing LOD.

MeasPatternI. M FORWARD, W BACKWARD

1-2

Dance 2 reinlender two-steps beg M L, W R progressing in LOD. M dances fwd, W bkwd. The cpl rotates slightly (less than 1/4 turn) CCW on meas 1, slightly CW on meas 2. W is swung in and out of circle; M dances fwd pretty much in a straight line.

Repeat as desired.

II. FAST TURN

1

Dance one reinlender turn step, rotating once CW, progressing in LOD.

Repeat as desired.

III. SLOW TURN

1-2

Progress in LOD, dance 2 reinlender two-steps beg M L, W R. The cpl rotates once either CW or CCW in the 2 meas.

Repeat as desired.