DOBBEL REINLENDER  
(NORWAY)

Dobbel Reinlender (DOH-bell RINE-len-der) is a schottische variant from the regions of Nordmore and Trondelag. This "double reinlender" could theoretically be done to any reinlender music but it should be danced to one in which the first melody is eight measures long and the second melody is sixteen measures long. In Norway, the dance is usually associated with the music listed below. Alix Cordray presented the dance at the 1986 University of the Pacific Folk Dance Camp. The dance is described in Danse Danse Lett Ut På Foten by Egil Bakka, published by Noregs Boklag, Oslo 1970.

RECORD: EMI 038-1374731 (LP) Aage Grunstad's Norwegian Folk and Figure Dances III Side B/1. 2/4 meter

CASSETTE: EMI 238-1374734 Same as record listed above.

FORMATION: Ptrs facing, M back to ctr. Inside hands (MR, WL) joined at shldr level ("W"pos), outside hands down at sides.

STEPS AND STYLING: Reinlender Change-of-step: Beg with outside ft, dance 3 steps fwd (cts 1,&,2); raise and lower heel of inside ft (ct &). Step alternates.

Reinlender Step-lift (2 to a meas): Step on designated ft in a desired direction (ct &); raise and lower heel of that ft (ct &); repeat with opp ftwk (cts 2, &).

Norwegian Ballroom Position: MR arm around W waist, WL hand on MR shldr. W extend R hand with palm down, W grasp the outside of WR hand with L. Palm of ML hand is on back of WR hand.

Modified Shoulder-shoulder Blade Position: Ptrs facing W hands on M shldrs, M hands on W back just below shldr blades. ML hand is higher than R and arms are rounded.

Dance should have a light relaxed quality. Each step has an even "bounce" achieved by flexion of knees and ankles. In Fig. I, the transitions of facing are very smooth without any "sharp edges."

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2 meas

INTRODUCTION No action.

I. MOVING IN LOD AND RLOD

A 1
Beg with outside ft (ML, WR) dance 1 Reinlender Change-of-step in LOD. Use first 2 steps (cts 1,&) to face in LOD.

2
Beg MR, WL dance 2 Reinlender Step-lefts in LOD. On the second one (cts 2,&), turn to face ptr, joining ML and WR hands at shldr level and releasing other hands.

3-4
Beg with new outside ft (MR, WL) repeat meas 1-2 with opp ftwk and direction.

5-8
Repeat meas 1-4.

II. COUPLE TURN IN LOD

B 1-2
Turning to face LOD, dance 2 Reinlender Change-of-steps fwd beg ML, WR. Near the end of meas 2, M start to move in front of W in preparation for the cpl turn.
Take Norwegian Ballroom pos or Modified Shldr-shldr blade pos with ptr. Beg ML, WR dance 12 Reinhender Step-lifts moving in LOD and making 6 CW turns. If necessary the step-lifts can become small step-hops in order to make 1 revolution on each meas.

Repeat meas 1-8.

REPEAT DANCE FROM THE BEGINNING.

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2 Facing RLOD, step on R ft beside L (ct 1); stamp L ft beside R, no wt (ct &), stamp L ft again beside R, no wt (ct 2); hold (ct &).

3 Facing diagonal of ctr, step bkwd on L ft (ct 1); pivoting to face diagonal R of ctr, take a small hop on L ft (ct &); still facing diagonal R of ctr, step bkwd on R ft (ct 2); pivoting to face diagonal L of ctr take a small hop on R ft (ct &).

4 Facing RLOD, step on L ft beside R (ct 1); stamp R ft beside L, no wt (ct &); stamp R ft again beside L, no wt (ct 2); hold (ct &).

5-8 Repeat meas 1-4.

**ARM MOVEMENTS** (Fig II)

Meas 1: Extend joined hands in an arc upward and fwd (cts 1, &); straightening elbows, continue to swing arms downward to sides of body "V" pos (cts 2, &).

Meas 2: Swing joined hands a little fwd (ct 1); swing joined hands bkwd to "V" pos (ct 2).

Meas 3-8: Repeat arm movements of meas 2 six times.

III. TRAVEL IN LOD AND RLOD

1 Facing and moving in LOD, step fwd R, L (ct 1, 2).

2 Continue in LOD with three faster steps, R, L, R (cts 1, 2, &); stamp L ft beside R, no wt, (ct &).

3. Turning to fact ctr, step on L ft to L side (ct 1); stamp R ft beside L, no wt (ct &); turning to face LOD, step on R ft (ct 2); stamp L ft beside R, no wt (ct &).

4 Continue facing in LOD and walk bkwd in RLOD with three fast steps L, R, L (cts 1, &), stamp R ft beside L, no wt (ct &).

5-16 Repeat meas 1-4 three times (4 total).

**ARM MOVEMENTS** (Fig III)

Meas 1-16: Repeat arm movements of Fig II, meas 2 sixteen times. At end of meas 16, swing joined hands up into "W" pos.

DANCE SEQUENCE: Dance is done 4 times plus Fig I once more.

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**ERRATA**

**DUBBEL REINLENDER** - Let's Dance April 1987

Steps and Styling: Norwegian Ballroom Position: ...
.... W extend R hand with palm down, M grasp the outside of WR hand with L. .................

--- FLORICICA OLTENEASCA March 1987

--- Part I, Fig III, meas 1: Add at end: (ct &).