REINLENDAR
(Norwegian)

This dance is described as performed by the local Norwegian group in Oakland, California.

**MUSIC**

Imperial 1037-B “Gamal Reinlendar”

**FORMATION**

Couples in a large circle facing counterclockwise. In open position, M on the inside, W on the outside, inside hands are joined at shoulder height, outside hands on hips.

**STEPS**

Step-hop*, Walk*, Schottische*

(On the schottische the free foot is swung forward with a bent knee and with the toe pointing downward. The foot is about six inches from the floor.)

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**MUSIC (2/4)**

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<th>MEASURE</th>
<th>PATTERN</th>
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<td>Intro.</td>
<td>M and W face and exchange brief bow and curtsy, then face forward in open position for first step.</td>
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I. SCHOTTTISCHE FORWARD AND BACK

1 - 2  
Starting on outside ft. (M L and W R) take one schottische step fwwd. in line of direction, and one schottische step back.

3 - 4  
Starting on outside ft. (M L and W R) take four step-hops fwwd.

5 - 8  
Repeat all of above.

II. SCHOTTISCHE AND TURN

9 - 10  
In open position beginning on outside ft. (M L and W R) schottische fwwd. and back.

11 - 12  
In closed position, beginning M L and W R execute four step-hops turning clockwise while proceeding in the line of direction. (Two complete turns are made in four step-hops.)

13 - 16  
Repeat all of above.

III. SCHOTTISCHE AND WOMAN TURNS COUNTERCLOCKWISE

1 - 2  
In open position, starting M L and W R, schottische forward and back.

3 - 4  
With inside hands raised, the W turns twice around in a counterclockwise direction with four step-hops as the M moves forward with four step-hops.

(Note: The W turns in toward the M. To facilitate turning W may hold M’s middle finger.)

5 - 8  
Repeat all of above.

IV. SCHOTTISCHE AND WOMAN TURNS CLOCKWISE

9 - 10  
In open position, beginning M L and W R, schottische forward and back.

11 - 12  
The M folding arms across chest takes four step-hops fwwd. in line of direction. The W placing her hands on waist turns clockwise beside the M making two turns in four step-hops.

13 - 16  
Repeat action of above with the following difference: The W only completes one and a half turns on the four step-hops, so that she ends facing in a clockwise direction, while the M continues to face in a counterclockwise direction.

V. STEP-HOPS IN BACK-HOLD POSITION

1 - 2  
In back-hold position, the couple completes a half-turn moving in a clockwise direction, taking three step-hops and placing the R heel on floor. Both begin with L ft. As the heel is placed on the floor, partners lean away from each other. (Note: Right side of each dancer, forward ft. is left.)

3 - 4  
Beginning with the R ft. take three step-hops backward in a counterclockwise direction, placing L heel on floor.

5 - 8  
Repeat above action. On meas. 8 M releases W’s R hand and turns her counterclockwise so that both end side by side facing in counterclockwise direction.

(Concluded on next page)
VI. SCHOTTISCH ACROSS AND BACK

1  With M’s arms folded across chest and W’s hands on hips, take one schottische step to exchange places, W starting with L ft. and M with R ft. The M passes in back of the W.

2  Beginning with inside ft. (M L and W R) dancers cross back to place with one schottische step, with M crossing in front of W.

3 - 4  In open position with inside hands joined, take four step-hops moving forward counterclockwise, M starting with R ft. and W with L ft.

5 - 16  Repeat all of above 3 more times.

VII. WOMAN CIRCLES MAN

1 - 2  With inside hands joined, the M stamps on the L ft. and drops to the R knee while the W beginning with the R ft. circles her partner in a counterclockwise direction with 4 step-hops.

3 - 4  With inside hands still joined, both take four step-hops in the line of direction, starting on the outside ft.

5 - 16  Repeat all of above 3 more times.

VIII. SEPARATE AND RETURN

With M’s arms folded across chest and W’s hands on hips partners separate with the following action:

1  M moves to center of circle, stepping fwr. L (ct. 1) R (ct. and), stamp L (ct. 2) and hold (ct. and) bending L knee slightly and resting R toe lightly on the floor behind L ft. W moves away from center of circle starting with R ft., omitting stamp. Partners end facing away from each other.

2  Partners return to each other with one schottische step, the M opening his arms in an inviting gesture and stamping his R ft. on ct. 1 as he turns toward his partner.

3 - 4  In closed dance position couples progress fwr. turning clockwise twice with 4 step-hops.

5 - 16  Repeat all of above 3 more times.

IX. SCHOTTISCH AND LIFT WOMAN

1 - 2  In open position dancers take one schottische fwr. and one back.

3  In closed position dancers turn clockwise with 2 step-hops.

4  M lifts W high in the air, and sets her down again on his R.

5 - 3  Repeat all of above. (To execute the lift the W stiffens her R arm downward and presses on the M’s shoulder to gain leverage.)