

## Stabberinglender (Norway)

Stabberinglender (STAH-beh-RING-lend-er) comes from Brekken, a town east of Roros, Norway. It was introduced to California folk dancers in the spring of 1982 by Alix Cordray. This is a description of a popular version of the dance, but other variations exist.

MUSIC: Hello HO 7012 (LP) or HK 7012 (cassette) "Fire skilling" Side A/1.  
Any reinlender with the proper phrasing. 2/4 meter

FORMATION: Ptrs face with M back to ctr; M R and W L hands joined at shldr level, elbows bent and down. Free hand on hip, thumb fwd.

STEPS and STYLING: Step-lift (2 to a meas): Step on designated ft (ct 1); raise and lower heel of that ft (ct &); repeat with opp ftwk (cts 2,&).

Turn pos: M put R hand on W back above waist level, L hand on W upper R arm just below the shldr. W put L hand on M R shldr, R arm inside of M L arm with R hand just below M shldr.

Throughout dance, each step is done with a down-up motion caused by flexing and stretching the ankles and knees (svikt). The action is primarily in the ankle, with the knee reacting in a natural way.

Footwork described for M; W use opp ftwk.

---

MUSIC 4/4

PATTERN

Measures

4 notes INTRODUCTION No action

I. IN LOD AND BACK

1 Moving in LOD (CCW) step on L to L (ct 1); step on R near L (ct &); Step-lift on L (cts 2,&). Bring joined hands fwd twd LOD between the ptrs at about shldr level. Body turns twd LOD as the joined hands move fwd.

2-3 Step-lift on R in RLOD, returning joined hands to orig pos and facing ptr (cts 1,&); repeat all from the beginning of dance (meas 2, cts 2,&; meas 3, cts 1-2).

4 Step on L to L side (ct 1); step on R near L, taking Turn pos with ptr (ct &); Step-lift on L starting to turn CW as a cpl while progressing in LOD (cts 2,&). Make a 3/4 turn to end facing LOD.

II. COUPLE TURN CW

1 Moving in LOD, beg R and make 1 CW turn on 2 Step-lifts.

2-4 Repeat meas 1 three times (4 turns in all). End facing LOD.

III. COUPLE TURN CCW

- 1 Transition: Step-lift on R turning about 1/4 CW (cts 1,&); step L, R turning about 1/4 CCW (cts 2,&). This is the start of a series of CCW turns.
- 2 Making 1/2 turn CCW in LOD, Step-lift fwd on L (cts 1,&); step R,L (cts 2,&).
- 3 Making another 1/2 turn CCW in LOD, Step-lift bkwd on R (cts 1,&); step L,R (cts 2,&).
- 4-5 Repeat meas 2-3 making a second CCW turn in LOD.
  
- 6-7 Repeat meas 2-3 making another turn in LOD but finish with M back to ctr (about a 3/4 turn CCW).
- 8 In place, Step-lift on L (cts 1,&); Step-lift on R (cts 2,&). At the end, change to beg pos (inside hands joined) to start the dance again.

Note: Beginning with Fig I, meas 4, ct 3 and continuing through Fig III, meas 1, ct 2 there are 10 Step-lifts danced in a row. This makes for an interesting crossing of the musical phrase.