

DOBDEL REINLENDER

(Norway)

This "double reinlender" is a schottische variant from the regions of Nordmore and Trøndelag. It has also been called the "kitchen dance." It could theoretically be done to any reinlender music, but ought to be done to one where the A melody is 8 meas, and the B melody is 16 meas. (If you have live music you can get them to play it this way). In Norway, the dance is usually associated with the particular melody cited below.

Pronunciation:

Source: Egil Bakka, Danse Danse Lett Ut På Foten, Noregs Boklag, Oslo 1970.

Music: EMI 038-1374731 (LP); 238-1374734 (cassette) Aage Grundstad's Norwegian Folk and Figure Dances III Side B/1 2/4 meter

Formation: Cpls facing LOD, W on M R, holding nearer hands at shldr level.

Character-istics: The dance should have a light quality and even "bounce" throughout. Use flexion in both knees and ankles to achieve this. In meas 1-8, the transitions of facing are very smooth without any "sharp edges."

<u>Meas</u>	<u>Pattern</u>
2 meas	<u>Introduction.</u>
1	Step fwd on outside ft, M L and W R (ct 1); step fwd on inside ft (ct &); step fwd on outside ft (ct 2); lift (ct &). We call this a "reinlender change-of-step."
2	Step fwd on inside ft, M R and W L (ct 1); lift (ct &); turning to face ptr, step slightly to the side (ct 2); lift (ct &). Bring up M R and W L hands to join at shldr level. Release other hands.
3	Dance a reinlender change-of-step, beg M R and W L in RLOD. Use the first two steps (cts 1,&) to turn to face RLOD.
4	Repeat meas 2 with opp ftwk and direction.
5-8	Repeat meas 1-4, using the first two steps (cts 1,&) to face LOD.
9-10	Turning to face LOD, dance 2 reinlender change-of-steps beg outside ft (M L, W R). Near end of meas 10, M dances in front of W to almost face her in preparation for the turn.
11-16	Take Norwegian ballroom pos: W extends R hand palm down M grasps outside of W R hand with his L. Moving LOD, turn 6 times around with 12 reinlender step-hops, beg M L, W R. Reinlender step-hop: step (ct 1); lift or hop (ct 2). A lift is preferable to a hop when hopping

DOBBEL REINLENDER (Continued)

is not necessary to get around. M L ft may be raised slightly behind when lifting on R, but when lifting on L, R ft comes beside L.

17-24

Repeat meas 9-16.

When the dance starts over, start facing ptr and use the 1st ct to face LOD.

Presented by Alix Cordray