

As learned from Alix Cordray, who learned it in Norway. It is an Iceland dance adapted to Norwegian styling.

Music: Any reinlender on a gammelans record. A good one is RCA YNJI 1-803.

Starting posn: Cpls, W on M's R, facing LOD, in modified Varsouvieme posn. To get into this posn, face ptr and grasp ptr's R hand with your R hand in a thumb grasp (thumbs interlocked, fingers over base of other person's thumb). Now take same hold with L hands, under the R hands; now turn to face LOD with W to M's R, raise R hands so M's R arm is behind W's head. This kind of hand-hold is used throughout dance except where indicated.

The following sequence of steps is not mandatory, but is suggested for convenience.

Meas. Figure I (Plain Reinlender)

- 1-2 M and W both starting L, dance fwd with 3 steps, flexing knees slightly on each step; pause on 4th ct, rising briefly onto L toe and then lowering L heel to floor with sl. bend of L knee. Repeat all starting with R ft.
- 3-4 Dance fwd with 4 step-hops starting L, except do not quite leave the floor on the hops; they are more like high lifts. Don't pick knees up on these "hops," but rather extend the free ft fwd just off the floor.

Chorus

- 5 On the last "hop" of preceding step, M brings R arm over W's head, turning her so her R shldr is twd cntr. Releasing L hands, M moving twd cntr and W away, step to L on L; on R behind L; to L on L; "hop" (high lift) on L. Knees flex on each step.
- 6 Change places with ptr passing face-to-face and changing to L thumb-grasp (join L hands above R hands, then release R hands): step R, L, R, "hop" R again with springy knees.
- 7-8 Retaining L thumb-grasp, take R thumb-grasp above the L hands and dance once around ptr CW with 4 step-hops like those in meas 3-4. In order to get clear around you will have to keep elbows bent and stay close to ptr. On the last "hop", bring R joined hands up over W's head and end facing in LOD in original starting posn for the dance.
- 9-16 Repeat meas 1-8.

Figure II (Reinlender with Turns)

- 1-2 Same as meas 1-2 of Fig. I
- 3-4 Same as meas 3-4 of Fig. I except release L hands and W turns ~~twice~~ CCW $2\frac{1}{2}$ time during the 4 step-hops as cpl moves in LOD. It is necessary to alter the R hand-hold slightly to allow the turns.
- 5-8 Quickly re-forming the R thumb-grasp, repeat the Chorus.
- 9-16 Repeat meas 1-8, of Fig. II.

Figure III (Reinlender with Backward Step-hops)

- 1-2 Same as meas 1-2 of Fig. I.
- 3-4 Without dropping hands, M and W turn $1/2$ to own R in place to end in reverse Varsouvieme hold, with M's L arm behind W's head. Dance 4 step-hops bwd starting L.
- 5-8 M quickly turns $1/2$ to L while W makes a full turn to L (CCW), almost on the up-beat after the last step-hop of preceding measure, so as to be able to go right into the Chorus.
- 9-16 Repeat meas 1-8, of Fig. III.

Repeat entire dance from the beginning.