

REINLENDAR

(Norway)

Record: RCA LPNE S 65.

Formation: Couple dance. Any number of couples.
Free hand for both M and W on hip (thumb forward).

Steps: Two-step with hop. Reinlendarstep. Skip-step.

Reinlendarstep: Step-hops on each foot, the other foot touches floor slightly.

Start w. outside ft. in all figures (M's L, W's R).

- Sequence:
1. Two-steps forward. Skip-steps forward. 4 times.
 2. Two-steps forward. Together around. 4 times.
 3. W under arm, M under arm, together around. 4 times.
 4. Turn around from each other, together around. 4 times.
 5. W over to M's L side, back, together around. 4 times.
 6. M down on his knees, W dances around him. Skip-steps fwd. 4 times.
 7. Out from each other. M lifts W. 4 times.

1. Starting pos.: Face each other. M's back to center. W's L hand in M's R. Free hands on hips (thumb fwd.).

2 two-step/hop fwd. On first step swing joined arms backwards, on 2nd step swing arms fwd. Keep joined arms fwd., and do 4 skip-steps fwd. Do the whole figure 4 times.

2. 2 two-step/hop fwd. as in fig. 1. Ball-room pos. and 2 complete turns cl. on 4 Reinlendarsteps. Do the whole figure 4 times.

3. Start. pos. as in fig. 1. M lifts his R and W's L arms, W turns under the arms once ccl. on one two-step/hop. Then M uses the 2nd two-step/hop to do the same turning, but cl. Ballroom pos. and 2 complete turns on 4 Reinlendarsteps. 4 times.

4. Same starting pos. M does one complete turn to his L, W to her R, on 1 two-step/hop. In the turn, M's hands on biceps, W's hands on hip. Join hands as in starting pos., do 1 two-step/hop fwd. Ball-room pos. and 2 complete turns on 4 Reinlendarsteps. 4 times.

5. Both face dancing direction, W on M's R side, abreast. Join hands, M's R in W's R. W's L over M's R.

M leads W over to his L side on 1 two-step, M does the two-step in place. Point outside ft. fwd. on "hop" in the two-step. W over to M's R side again in the same manner. Ball-room pos. and 2 complete turns on 4 Reinlendarsteps. 4 times.

6. M goes down on R knee, L hand on L knee. R hand up, holding W's L hand, while she goes around him once on 2 two-step/hop. M up. 4 skip-steps fwd. 4 times.

7. Turn out from each other on 1 two-step. (M's hands on biceps, W's on hip). On 2nd two-step/hop, M starts turning back, stamping R ft. He flings his arms and turns toward W. W also turns back toward M. M claps hands, and they go into Ball-room pos. This time W puts her R fist in M's L hand. W's R elbow is straight. Keep arms close to body.