

REINLENDAR

(Norway)

RECORD: RCA LPNE S 65 or LPM 9910.

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 with outside foot 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 forward. 4 times.
  7. Out from each other. M lifts W. 2 or 4 times.  
(as record indicates).

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1. Starting Position: Face each other, M's back to center.  
W's L hand in M's R. Free hand on hips (thumb fwd.).  
2 two-step/hop fwd. On first step swing joined arms bkwd.,  
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. Ballroom position and  
2 complete turns CW on 4 Reinlendarsteps. Do the whole  
figure 4 times.
  3. Starting position as in Fig. 1. M lifts his R and W's L  
arms, W turns under the arms once CCW on one two-step/hop.  
Then M uses the 2nd two-step/hop to do the same turning,  
but CW. End in ballroom position and do 2 complete turns  
on 4 Reinlendarsteps. 4 times.
  4. Same starting position. 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 hips. Join hands as in starting  
position, do 1 two-step/hop fwd. End in ballroom position  
and do 2 complete turns on 4 Reinlendarsteps. 4 times.

(continued on next page)

(Reinlendar, continued, page 2)

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 foot fwd on "hop" in the two-step. W over to M's R side again in the same manner. End in ballroom position, and do 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/hops. M up. 4 skip-steps fwd. 4 times.

7. Turn out from each other ( $\frac{1}{2}$  turn) on 1 two-step. (M's arms are tightly crossed and slightly out from the chest. W hands on hips).

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 Ballroom position.

This time W puts her R fist on M's L hand. W's R elbow is straight. Keep arms close to body.

Do 2 Reinlendarsteps, making 1 turn, then M goes down (bend knees, back straight), so that W gets her L arm straight on M's shoulder. M's R hand is still on W's waist. Now W jumps straight up, supporting herself on both arms. At the same time M lifts by rising up, and he turns  $\frac{1}{2}$  CW, and sets W carefully down again. During the lift W's legs are straight and close together.

Do the whole figure 2 or 4 times (as record indicates).

The steps will be:

Man: Out from W: LRL, close with R.  
Back toward W: R (stamp), L, R/hop.  
Ballroom position for lift: L hop, R hop, L hop and down on both feet, lift, turn and set W down.

Woman: Out from M: R L R, L touches floor.  
Back toward M: L R L/hop  
Ballroom position for lift: R hop, L hop, R, down, jump straight up.  
Legs straight.

Presented by INGVAR SODAL.