

RINGLÄNDER FRÅN HEDE  
(Rheinlaender from Hede)

(Swedish)

As learned by Dean Linscott from the Philochorés Swedish group at a workshop in July, 1976.

Records: (Two Swedish Fiddles, WRS 475, side 1, band 4)  
First choice of record is Viking SMF 200, side A, band 6 (4/4 meter)

Formation: Couples facing LOD, inside hands joined, outside hands hanging loosely at sides. This is a slow, measured dance in which only 2 steps are taken per measure of 4/4 meter.

Meas. Walking Step with Woman Turning

1-4 Starting on outside ft, inside hands raised overhead, M walks fwd while W turns CW 4 times with 8 walking steps, under joined hands. In these steps, both M and W step flat on the foot with slightly flexed knee, then rise slightly on the ball of the foot before taking the next step.

5-8 After turning CW 4 times, the W reverses the turn and turns CCW 4 times during meas 5-8, while M continues to walk along in LOD for 3 meas; during meas 8 the M turns under CW without breaking the hold or his step (He steps L, R during this turn). M may stamp L on the first beat of meas 5. Note: W does not reverse her original CW turn by abruptly trying to turn the other way; instead, she begins by stepping bwd in LOD on her R ft on ct 1 of meas 5, then begins the CCW turn on the second step.

Pivot Turn with Partner

As the M finishes his CW turn at the end of the above step, he very smoothly begins a walking pivot-turn CW around his ptrn while continuing to progress in LOD. Without breaking the joined inside hands he places the W's L hand behind her back, about in the center, while the W reaches under his L arm to grip his L shldr from behind; M's L arm is behind W's R shldr. Lean in CLOSE to ptrn. The step is just a walk in the same style as above, starting on M's L and W's R, and turning CW once every meas (2 steps). Each person steps in between ptrn's ft each time they step R.

This pivot-turn can be done for any amount of time desired, and part-way through it can even be REV. ASLD, though this is really much more difficult than you might think. If you want to reverse the turn, it is smoothest if M takes one step L to straighten out, then starts to turn CCW as he takes the second step R. You do NOT change feet or hand positions; you just start to turn the other way, while continuing to move around the circle in LOD.

When ready to begin the walking step with W only turning, just go directly into it at the beginning of a new phrase, with W starting to turn on the first step. All these transitions should be very smooth.

As taught by Dean and Nancy Linscott at the 1978 Shrovetide Festival, Eugene, Oregon, on May 20-21.