

Stigaren

REINLENDAR

Next to the waltz the Reinlendar is probably the most popular "Gammaldans" (old-time dance) in Norway. It is commonly danced throughout the country, taking on a different flavor and style from one region to another. Some of these patterns or figures have been formalized in two dances, Gamal Reinlendar (Old Reinlendar) and Sunnmørsreinlendar (Reinlendar from Sunnmøre), as described in Norske Folkdansar II by Klara Semb. Both of these dances are popular among folk dance groups. A less complicated form such as the one described here is commonly seen at a Saturday night dance among "occasional" folk dancers and "old-time dance" enthusiasts. Only two or three variations may be included and there is no set number of each figure; the changes are made at the whim of the man, but good dancers respond to the music in their style and dance form.

STIGAREN

This is a completely different dance from the Reinlendar and is less common. It is sometimes used as an alternative to the Reinlendar, because it goes well to the same music.

The step is similar to the step in Stegvals, only the meter is changed from 3/4 to 2/4.

The combination of the Reinlendar and the Stigaren with the sequence and figures as described here is merely for the convenience of teaching some basic variations suitable for the Reinlendar music. It is an example of the variety of figures which can be found around the country where the dance is usually performed in "free style."

THE REINLENDAR

MUSIC: Any Norwegian Reinlendar. (Excellent recordings are available of S.B. Osa, Sven Nyhus, and Alexandersen's quartets.)

FORMATION: Couple dance, any number of couples, moving LOD.

STEP I

Cpl faces LOD, inside hands joined. The step is a two-step with a lift or a slight hop on ct. 4.

<u>MUSIC:</u>	1	2	3	4	1	
<u>Men's Step:</u>	Step L	Close R	Step L	Hop L	Step R	etc.
<u>Women's Step:</u>	Step R	Close L	Step R	Hop R	Step L	etc.

continued...

The step has a springy, light character, but with only a small hop or merely a lift on ct 4.

STEP II (REINLENDAR STEP)

Closed shldr-waist pos. This step is used in closed pos during the cpl turn. Opp ftwk for M & W, M starting on L, W on R ft. The step is a step-hop on each ct while the other ft touches the floor slightly, similar to the Danish Hopsa. The cpl turns twice around on 4 steps corresponding to 4 cts, on one phrase in the music.

SEQUENCE:CT FIGURE 1

1-8 In open pos, starting on M's L and W's R ft, make 2 two-steps as described above. Face each other on the first step, swing joined arms fwd and face LOD on the second step.

9-16 In closed pos, in a high shldr-waist hold, make two complete turns CW using 4 Reinlendar steps.

FIGURE 2

1-4 Maintaining the closed pos, as in Figure 1, and starting on M's L and W's R ft, make one two-step while M leads W to his L on a $\frac{1}{4}$ turn.

5-8 Take one two-step on M's R and W's L ft, while M leads W to his R, making approximately $\frac{1}{4}$ turn.

9-16 Complete the figure with two CW turns using 4 Reinlendar steps as in Figure 1.

FIGURE 3

Repeat figure 2, but make 2 CCW turns on cts 9-16.

These three figures may be repeated in any sequence.

STIGAREN

POSITION: M & W to the L of each other in closed pos, M facing LOD and W facing RLOD. Hand-hold same for both: R hand on partner's L shldr, L hand around partner's side under his or her R arm. Ftwk is the same for both, but M move fwd while W move bkwd, or vice-versa.

Continued...

STIGAREN
FORWARD STEP

- | | |
|----------------------------|--|
| Ct
1

2
3
4 | Moving in LOD, M steps fwd on his L ft, while W steps backward on her L ft.
Both close R ft to L.
Both step L as for ct 1.
Both close R to L. |
|----------------------------|--|

TURNING STEP

- | | |
|------------------|---|
| 1
2
3
4 | M steps fwd on L, while W steps back and slightly behind on L ft.
M steps fwd on R and over to his L, turning CCW ($\frac{1}{4}$ turn).
W closes R to L making $\frac{1}{4}$ turn CCW.
M steps on L behind R, forming an "L" such that his L toe is close to his R heel while turning CCW and facing RLOD.
W steps on L fwd in LOD, the same as the M's step on ct 1.
M steps on R while completing the CCW turn. The step is in place; the R heel stays close to the floor. W steps on R in front and over to the L, the same as the M's step on ct 3. |
|------------------|---|

SEQUENCE:

1. After completing a CW turn in the Reinlendar, assume the closed pos for the fwd step. Do any number of steps.
2. A CCW turn starts on the M's L and W's R ft as described above. The cpl moves in LOD primarily on cts 1 and 3 so that the one on the outside makes the longer step and the one on the inside serves as the pivot point.

After any number of turns the cpl again moves in LOD on the fwd. steps.

The transition back into the Reinlendar usually happens at the end of a phrase, so the first fwd two-steps start at the beginning of a phrase.

Presented by Ingvar Sodal.