

Gamal Reinlender  
(Reinlender with figures)

Source: Klara Semb, Norske Folkedansar II, Noregs Boklag, Oslo 1975.

Record: Any reinlender. Normally done to a special tune (called "Gamal Reinlender" on "Norwegian Folk and Figure Dances", EMI 6054-37340).

Music: 2/4

Steps: Reinlender change-of-step, reinlender step-hops, reinlender turn (with reinlender step-hops only).

Starting position: Couples in a circle facing counterclockwise, woman on man's right. Hold nearer hands at chest height. Free hands on hips, thumb forward, throughout the dance unless otherwise stated.

Measure

Figure I-- Simple

- 1 Facing partner, do one reinlender change-of-step to the side, man to the left and woman to the right. Close completely on the second step; on the last svikt extend the free leg slightly forward. The steps are small.
- 2 Repeat measure 1 with opposite footwork, moving in the opposite direction.
- 3-4 Turn to face counterclockwise around the ring and do four reinlender step-hops beginning on the outside foot.
- 5-8 Repeat measures 1-4.
- 9-10 Repeat measures 1-2.
- 11-12 Take Norwegian ballroom position. Do the reinlender turn, rotating clockwise twice and progressing counterclockwise.
- 13-16 Repeat measures 9-12.

Figure II - woman turns

- 1-2 Repeat measures 1-2, Figure I.
- 3-4 Man turns and dances four reinlender step-hops forward as in measure 3, Figure I. - He turns the woman who also does four reinlender step-hops. She turns twice to her own left under the joined hands.
- 5-8 Repeat measures 1-4, Figure II.
- 9-10 Repeat measures 1-2, Figure I.



Measure

Gamal reinlender

- 11-12 Man turns woman to her right, releases her, and dances forward around the circle counterclockwise with four reinlender step-hops. He uses crossed arms. She turns twice to the right with four reinlender stop-hops.
- 13-15 Repeat measures 9-11, Figure II.
- 16 Both do three stamps (counts 1-and-2). Man does left-right-left; woman does opposite feet. Woman turns 1/2 turn to right. They join right elbows, then extend right arm behind partner's back. Take partner's right hand with your left at waist level. End with weight on both feet.

Figure III - linked arms

- 1-2 Do three reinlender step-hops, beginning with the left foot. On count 2, measure 2, bend left knee, extend right leg forward and place right heel on the ground, toes pointing up. Lean back slightly and look at partner. Only 1/2 turn should be made in these two measures, so that the woman is now on the inside of the circle.
- 3-4 Repeat measures 1-2, Figure III, moving backward to the starting position of this figure. The heel of the left foot is still placed on the ground in front.
- 5-12 Repeat measures 1-4, Figure III, twice.
- 13-14 Repeat measures 1-2, Figure III.
- 15 Repeat measure 3, Figure III.
- 16 Do three stamps right-left-right, ending with the weight on both feet. Release hands so that the woman may turn 1/2 turn to her own right. Rejoin hands in the original starting position.

Figure IV - dance around

- 1 Beginning with the INSIDE foot, woman dance one reinlender change-of-step sideways to the left in front of the man. Man dances to the right behind woman. He uses crossed arms.
- 2 Repeat measure 1 with opposite footwork back to place, except that the man now passes in front of the woman.
- 3-4 Join nearer hands and dance four reinlender step-hops moving forward. Begin with the inside foot.
- 5-16 Repeat measures 1-4, Figure IV, three times. At the end of measure 16, the woman should somehow get her right foot free.



Figure V - on the knee

- 1-2 Man goes into the air, comes down with a stamp on his left foot on count 1, measure 1, and places his right foot behind his left, descending until his right knee touches the floor. Woman does two reinlender change-of-steps around him counterclockwise, beginning with the right foot. The couple is still holding nearer hands.
- 3-4 Dance four reinlender step-hops straight forward, beginning on the outside foot. Man rises onto his left foot on count 1, measure 3, instead of taking a step onto it.
- 5-16 Repeat measures 1-4, Figure IV, three times.

Figure VI - away from each other

- 1 Man does a reinlender change-of-step, dancing in toward and turning to face the middle. Crossed arms. The woman does a very small reinlender change-of-step turning nearly 1/2 turn to her own right. She dances almost in place. Begin with outside foot.
- 2 Man does reinlender change-of-step back to his partner. He opens his arms directly to the side on count 1 and stamps. He claps in front of his chest on count 2. Woman does a reinlender change-of-step turning to her left to face the man.
- 3-4 Repeat measures 11-12, Figure I. (Reinlender turn.)
- 5-16 Repeat measures 1-4, Figure VI, three more times.

Figure VII - lift

- 1-2 Take Norwegian ballroom position, except that woman holds right arm straight down and makes a fist with her right hand. Man holds under her hand. Do measures 1-2, Figure I.
- 3 Maintaining the position of the first two measures, turn once around with two reinlender step-hops. Turn clockwise.
- 4 Put free foot down and sink, with the woman as far around as possible (as close to having her back to the center as possible). She jumps and man lifts her, turns around to his right, and places her on his right. Woman's right arm must be held straight during the lift.

Note: Some dancers do the sink on the "and" of count 2, measure 3, to give them more time for the lift.

- 5-16 Repeat measures 1-4, Figure VII once or three times more, as the music allows.