

Rødals Reinlender

(Norway)

Gunnar Rødal is a professional dance instructor who has traveled throughout Norway teaching children. He recently retired, having traveled incessantly for Noregs Ungdomslag (Norwegian Youth Organization) for many years. Thousands received their first introduction to Norwegian dancing through him. This is a reinlender that he often taught.

Pronunciation:

Music: Any reinlender 2/3 meter

Formation: Couples facing LOD, in “Varsouvienne” position: the M has his R arm behind the W and hold her R hand over her R shdr. M L and W R are joined in front of his chest.

Meas

Pattern

- 1 Both starting L, one reinlender step fwd in LOD: step fwd on L (ct 1); step fwd on R (&); step fwd on L (ct 2); hold (ct &). Gunnar did not try to get beginning children to do the lift or hop on ct &. He encouraged styling by asking them to dance as if sneaking by their parents' bedroom door.
- 2 Both dance one reinlender step R fwd in LOD.
- 3 Touch L heel fwd (ct 1); step on L beside R (ct 2).
4. Touch R toe bkwd (ct 1); step on R beside L (ct 2).

Variation: each person turn 1/2 to R on ct 2 of meas 3 to face RLOD with reverse Varsouvienne pos. In meas 4, you can then touch R toe either fwd or bkwd.

Presented by Alix Cordray