

STIGARN (and other Reinlendar variations)

Norway

This dance was learned in April 1976 from Roar Svendsen of Norway. This variation is very tiring on the R leg, and is not done as a separate dance by itself, but rather as one of several Reinlendar variations. Presented by Dean & Nancy Linscott at the 1976 Mendocino Folklore Camp. Music: Any brisk Norwegian Reinlendar. (4/4 meter). Four good tunes are on LP #N1803 by Hilmar Alexandersen, available from Folklore Imports, 800 Linden Avenue, Boulder, Colo. 80302

Dance Positions: Open dance posn; pols posn (Like closed dance posn except M holds W's upper R arm with his L hand); "side-car" posn: M facing LOD, W opp, with R hips adjacent; each has R arm at ptr's waist, and is gripping just below ptr's R elbow with L hand.

Style: Somewhat subdued; hops rarely leave the ground; on hops, the free ft is NOT brought up with bent knee, but rather extended fwd in preparation for the next step, with nearly straight knee. Starting on outside ft, move fwd (or around, or bkwd, or anywhere) with 1,2,3-lift; 1,2,3-lift; then four step-lifts or quick two-steps; the latter are usually used when one is turning during the latter part of the sequence. The feeling is rather smooth, not joggy. One can progress straight fwd, or bkwd (but in LOD), or turn, during either the first or the second half of the sequence, or both. Turns can be CW or CCW; one can use open dance posn or pols posn for either the first or last half of the sequence, or both. M can turn the W under raised joined hands.

Stigarn Variation: In side-car posn (see above), prepare for the step by travelling in LOD (M fwd, W bkwd) as follows: M step fwd flat on R, with slightly bent knee; with very slight leap, step fwd onto L toe, knee straight. This gives a slight dip and rise to the movement; should be very light. W does same but stepping bkwd on R when M steps fwd on R.

After a few measures to get into the rhythm of the step, start to turn CW: M steps fwd R around behind W's ft as she steps bkwd R behind her own L ft; both step L beside R; then M steps R behind his L while W steps R fwd around outside of M's ft. This gives one complete rotation CW (still travelling CCW around the circle); continue as long as desired, then resume other variations (M will have to change ft). During the turning part of this variation, keep the light feeling and the dip on the R and rise on the L, with each step.