

Sunnmøres Reinlender  
(Reinlender with figures from Sunnmøre)

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

Record: Any reinlender. Usually done to gamal reinlender or a "reinlender med turer". There is one on Norwegian Folk and Figure Dances", EMI C054-37340.

Music: 2/4

Steps: Reinlender change-of-step, reinlender step-hops, reinlender turn (both partners use only change-of-step, STS, two per measure. The svikts are very small and not particularly noticeable.

Starting position: Couples in a circle facing counterclockwise, woman on man's right, holding nearer hands at shoulder height. Free hands on hips, thumbs forward, unless otherwise noted.

Measure

Figure I - Simple

- 1-2 Beginning with outside foot, dance two reinlender change-of-step forward.
- 3-4 Beginning with outside foot, dance four reinlender step-hop forward.
- 5-8 Repeat measures 1-4.
- 9-10 Repeat measures 1-2.
- 11-12 Take Norwegian ballroom position and do the reinlender turn with four small change-of-step. See above. Turn twice clockwise and progress counterclockwise around the room.
- 13-16 Repeat measures 9-12.

Figure II - under the arm

- 1 With the same position as the starting position, but almost facing, dance one reinlender change-of-step beginning on the outside foot. Man lifts left hand and woman turns under the arch once to her own left. Man dances in place or slightly forward.
- 2 Repeat measure 1, with opposite feet, man turning to his right under the arch and woman dancing in place or slightly forward.
- 3-4 Repeat measures 11-12, Figure I.
- 5-16 Repeat measures 1-4, Figure II, three times.

Figure III - turn alone

- 1 Do one reinlender change-of-step, beginning with the outside foot and progressing counterclockwise. Man turns one full turn to his left, woman turns once to her right. Man uses crossed arms.
- 2 Join nearer hands, and dance one reinlender change-of-step straight forward.
- 3-4 Repeat measures 11-12, Figure I. (Reinlender turn.)
- 5-16 Repeat measures 1-4, Figure III, three times.

Figure IV - across and back

- 1 Take skaters' position with the left hands over. Beginning with the outside foot, do one reinlender change-of-step, the woman turning to the opposite side of the man (she turns once to her left). Man dances slightly back and to his right to make it easier for the woman. In taking this position, it helps to take right hands first and join left hands while the woman is crossing.
- 2 Do one reinlender change-of-step, the woman crossing back to place. Take Norwegian ballroom position as she crosses back.
- 3-4 Repeat measures 11-12, Figure I. (Reinlender turn.)

Figure V - on the knee

- 1-2 At beginning, join nearer hands, man's left and woman's right. 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-step around him counterclockwise, beginning with the right foot. The couple is still holding nearer hands.
- 3-4 Dance four reinlender step-hops straight forward. 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 and lift

- 1 Man does a reinlender change-of-step dancing in toward and turning to face the middle. Crossed arms. 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 feet.

Measure

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- 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 Take Norwegian ballroom position, except that the woman holds her right arm straight down and makes a fist with her right hand. The man holds under her hand. Turn once around with two change-of-step as in the reinlender turn.
- 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 lefts her, turns around to his right, and places her on his right. Woman's right arm must be kept straight throughout 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 VI, three times.