

Gammel Reinlender

Source: Pronounced GAH-mel RINE-len-der (Old Reinlender) is variation of the standard Norwegian Reinlender introduced in Norway about 1906 (with possible Swedish roots) and now often used as a performance piece. *Rhythm:* 2/4

Presented by: Lee Otterholt, Autumn Leaves, 2006 *Formation:* Couples in a circle. M with back toward center, W facing center. W's L hand in M's R hand. M's other hand on waist, W's other hand holding skirt (or on waist). During release of hands in certain figures, M crosses arms in front of chest, W grips skirt or places L hand on waist.

Footwork: Except when especially noted, the footwork in all the figures is this variation of a typical Reinlender step: (Noted for men; Women use opposite footwork)

Two 1-2-3-hop steps:

- 1 Basically facing partner but turning very slightly in dance directions: Step on L foot to L
- 2 Step on R foot next to L (&), step on L foot to L
- & Hop on L foot, swing R foot up in front of L leg
REPEAT the same in opposite direction with opposite footwork.

Four step-hops:

- 1 Each partner turning to face and travel CCW around circle,
Step on L foot
- & Hop on L foot, lifting R foot slightly in front
- 2 Step on R foot
- & Hop on R foot, lifting L foot slightly in front
- 3 Step on L foot
- & Hop on L foot, lifting R foot slightly in front
- 4 Step on R foot
- & Hop on R foot, lifting L foot slightly in front

FIGURES Each figure is repeated twice!

- 1 **STRAIGHT FORWARD**
Basic footwork
- 2 **SHOULDER WAIST POSITION**
Basic footwork, but assume shoulder-waist position and turn as a couple twice around CW during the four step-hops
- 3 **W TURNS UNDER ARM CCW**
Basic footwork, but W turns 120° CW, alone, during the four step-hops (BKWD>FWD>BKWD>FWD)
- 4 **W TURNS ALONE CW**
Basic footwork, but M releases W's hand so W can turn 720° CW, alone, during the four step-hops.

5 R SHOULDERS TOGETHER

Both M and W use the last steps of the previous figure to get in position to do this figure. The position is: R shoulder to R shoulder, L hand behind own back gripping partner's R hand (your R elbows would be linked if you released hands and bent R elbow). In this position, rotating CCW as a couple in place, do three step-hops FWD then leaning back, look at each other and place heel FWD. Opposite footwork BKWD, rotating CW and again leaning back, looking at each other and placing heel FWD on "4". Repeat FWD (CCW). Repeat BKWD (CW) but M releases W's R hand after two step-hops to allow W to turn CW so couples end up facing CCW around circle with W's L hand in M's R

6 CROSS PATHS

Releasing hands, W crosses in front of M on first "1-2-3-hop step" and M crossing in front on second "1-2-3-hop step". M takes W's L hand in his R hand and both do 4 step-hops FWD (CCW around circle)

7 M KNEEL, W AROUND

M drops to R knee while W dances two "1-2-3-hop steps" around him CCW. M rises and both do four step-hops FWD

8 FURTETUR

Releasing hands and using usual footwork, M stamp three stamps toward center and pause, scowling, while W do one "1-2-3-hop step" away from center. Both do a "1-2-3-hop step" back toward each other, clapping own hands happily together on the third step and take social dance position (or shoulder-waist position) to dance as a couple twice around CW during the 4 step-hops

9 LIFT

Keeping closed dance hold, do basic step with couple turning, but M may try to lift W during the last 2 step-hops (special technique). Open up, keeping W's L hand in M's R hand, M bows and W curtsies slightly. Both say, "Takk for dansen." (Thanks for the dance)

NORWAY

