

Lunden Reinlender

(Norway)

Lunden Reinlender (LOON-dehn RYHN-lehn-der) is a couple dance choreographed by Lee Otterholt from traditional motifs. It is described here as a progressive, but it can be done as a non-progressive. “Lunden” means “the grove” and “reinlender” is a Norwegian schottis. The music is a popular song written by Kristen Bråthen Berg (Jeg gikk meg ut i lunden grønn; see lyrics below). A song danse (Lunden Grønn) was taught using this same music by Alix Cordray in 1992 at Stockton Folk Dance Camp. Lunden Reinlender was taught by Lee Otterholt at Stockton Folk Dance Camp in 2009. We thank Lee for his generous help in improving this description.

CD: Balkan and Beyond – Stockton 2009, Band 9. 2/4 meter

Formation: Couples facing CCW (LOD) in a circle. M’s R arm is around W’s waist and W’s L hand is on M’s R shoulder. M and W use opposite ftwk throughout.

Steps: Basic reinlender: Step fwd on outside ft (ct 1), step fwd on inside ft to be near or a little ahead of opp. ft (ct &), step fwd on outside ft (ct 2), lift on same ft letting inside ft move gently fwd of supporting ft (ct &). Repeat with opp. ft wk.

Styling: The “hops” are slightly more exuberant than Swedish “hops”, but are basically heel-lifts. On these lifts, the opposite ft remains low (close to the floor) and moves slightly ahead of the supporting ft. Movements are flowing.

Measures	2/4 meter	PATTERN
1-2	<u>INTRODUCTION</u> (start with vocals)	
I.	<u>BASIC REINLENDER AND ROTATION</u>	
1-2	Moving in LOD, dance two Basic reinlender steps.	
3-4	M step in front of ptr and take shoulder/waist hold, rotate CW 2 complete turns moving in LOD with 4 step/hops (cts 1,&2,&; 1,&2,&); M start with L, W with R.	
II.	<u>COUPLE TURNS AND ROTATION</u>	
1-2	Keeping shoulder/waist hold, M dance in place while guiding W to her R across to M’s L side and then to her L back to his R side. The step is the Basic reinlender (cts 1,&2,&). The W can do this either by stepping sideways, first to the R and then back to the L, or turning to face somewhat fwd and moving in a small semi-circle to the R and then turning on cts 2,& to face the other way and dance back to the M’s R side. The M’s lead will guide this choice of style.	
3-4	Repeat Fig. I, meas 3-4.	

III. PARTNERS TURN AWAY AND ROTATION

- 1 Partners turn away from each other, M to L and W to R and dance one energetic Basic reinlender step, M going twd ctr of circle and W twd the outside (M starts with L ft, W with R). On cts 2,& (step-lift) turn (M to L, W to R) to face back twd ptr [some variation in the timing of the turn is okay].
- 2 Dance back to ptr, M starting with step on R ft, W on L, with one Basic reinlender step. On ct 2, M claps, and on ct & slaps outside of L ft with L hand. It is important to end this meas with ptrs close enough together to move smoothly into the next step.
- 3-4 Repeat Fig. I, meas 3-4.

IV. COUPLE TURNS AND PROGRESSION

- 1-2 Repeat Fig. II, meas 1-2.
- 3-4 With 4 step-hops (as in Fig. I, meas 3-4) M turns over L shldr and dances back to W behind. W turns over R shldr and dances fwd (LOD) to meet new ptr ahead..

The dance goes through 4 times, and then on the fifth time it ends with Fig. II. An optional ending is for ptrs to bend knees on meas 4, ct 2, and the M to lift ptr straight up on ct & with the W assisting by jumping (pushing down on M's shldr, and if desired bringing ft up behind), and then the M gently lowers the W back down.

LUNDEN REINLENDER Lyrics

Jeg gikk meg ut i lunden grønn,
der møtte meg ei piga skjønn.

"Å vi' du vera vennen min
og følga med meg hjem?"

Refreng:

Sjung fadderi, sjung fadderalla,
sjung fadderi og fadderalla lei.

"Å vi' du vera vennen min
og følga med meg hjem?"

"Om åtte dagar sko du få svar,
når eg hev fråga mor og far.
Og viss at det æ viljen din,
så sko eg bliva din."

Når åtte dagar forgangne var,
da pigan seg en anden tar
Et oppslagsbrev hun til meg skrev,
ho sviki har sin ven.

"Adjø min far, adjø min mor,
adjø min søster og lilla bror.
No reiser eg til fremmande land,
Kjem alli meir igjen.

I went out into the green grove,
There I met a beautiful girl.

"Do you want to be my friend
And follow me home?"

Refrain:

Sing "fadderi," sing "fadderalla,"
Sing "fadderi" and "fadderalla lei."

"Do you want to be my friend
And follow me home?"

"In eight days you'll have your answer,
When I have asked my mother and father.
And if you still want me,
So, will I be yours."

But when eight days had passed,
The girl chose another guy.
She wrote me a letter announcing this.
She betrayed our friendship.

"Goodbye my father, farewell my mother,
Adieu my sister and little brother.
I'm traveling to a foreign land
And never coming back again."