

REINLENDAR
Norway

RECORD: RCA, LPNE S 65 or LPM 9910.

FORMATION: Any number of cpls facing each other with M back to ctr. Free hand for both, on hip (thumb fwd).

STEPS: Schottis (two-step with hop on ct 4); Reinlendar step (step-hops with free ft touching floor slightly); skip-step. (All figures begin with outside ft (ML, WR)).

METER: 4/4

SEQUENCE CUE:

1. Schottis fwd; skip-steps fwd. 4 times.
2. Schottis fwd; together around. 4 times.
3. W under arm; M under arm; together around. 4 times.
4. Turn around from each other; together around. 4 times.
5. W over to M's L side; back; together around. 4 times.
6. M down on knee, W dance around M; skip-steps fwd. 4 times.
7. Out from each other; M lifts W, 2 or 4 times (as record indicates).

METER: 4/4

PATTERN

1. Do 2 schottis steps fwd in LOD - on 1st schottis joined hands swing bkwd, on 2nd swing fwd (meas 1-2). Keeping joined hands fwd, do 4 skip-steps fwd (meas 3-4). Do 4 times in all (16 meas).
2. Do 2 schottis steps fwd as in Fig. 1 (meas 1-2). In ballroom pos do 2 complete turns CW with 4 Reinlendar steps (meas 3-4). Do 4 times in all (16 meas).
3. In beginning pos as in Fig. 1, M lifts his R and W's L hands and turns W once CCW - both do 1 schottis step (meas 1). M turns once CW under joined hands with 1 schottis step, end in ballroom pos (meas 2). Do 2 complete turns with 4 Reinlendar steps (meas 3-4). Do step 4 times (16 meas)
4. In beginning pos, but releasing hands, cpls do one complete turn, M to L, W to R with one schottis - M hands on biceps, W hands on hips (meas 1); join hands (MR, WL) and do 1 schottis fwd - end in ballroom pos (meas 2). Do 2 complete turns with 4 Reinlendar steps (meas 3-4). Do 4 times in all (16 meas).
5. Both face LOD with W on M R side and join hands (M's R in W's R, W's L over M's R).
M leads W over to his L side with 1 schottis, M dance in place - point outside ft fwd on "hop" (meas 1). W moves to M's R side again in the same manner - end in ballroom pos (meas 2). Do 2 complete turns with 4 Reinlendar steps (meas 3-4). Do 4 times (16 meas).
6. M kneel down on R knee, place L hand on L knee and hold R hand up which is joined with W L hand, W moves around M once with 2 schottis steps - M raise on last 2 cts (meas 1-2). Cpls do 4 skip-steps fwd (meas 3-4). Do 4 times (16 meas).

Continued...

7. Turning out from each other (M $1/2$ to L, W R) with 1 schottis - M arms are tightly crossed and slightly out from the chest, W hands on hips (meas 1). Do 1 schottis turning twd ptr - M stamp R and fling arms twd W on ct 1, then clap hands on ct 4, end in ballroom pos (meas 2). W put R fist in M's L hand, W's R elbow is straight and arms are close to body, in this pos cpls do 2 Reinlendar steps, making 1 turn (meas 3). M goes down (bend knees, back straight), so that W gets her L arm straight on M's R shldr, M's R hand is still on W's waist, W jumps straight up, supporting herself on both arms, at the same time M lifts by raising up and turning $1/2$ CW and carefully sets W down again -during lift W's legs are straight and close together (meas 4).

Do the Fig. 2 or 4 times (as record indicates)

The steps are as follows:

- M: Out from W; LRL; close with R (meas 1).
Back twd W; R-stamp (1); L (2); R (3); hop (4). Meas 2).
Ballroom pos for lift: L(1); hop (2); R (3); hop (4). L (1); down on both ft (2); lift (3); turn and set W down (4) (meas 3-4).
- W: Out from M: R,L,R (1-3); hop, L touches floor (4) (meas 1).
Back twd M: L,R,L (1-3); hop (4) (meas 2).
Ballroom pos for lift: R-hop (1-2); L-hop (3-4). R (1); down (2); jump straight up, legs straight (3); land (4) (meas 3-4).

Taught by Ingvar Sodal at 1970 San Diego F.D. Conference

Presented by Donna Tripp

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