

DOBBEL REINLENDER

(NORWAY)

Dobbel Reinlender (DOH-bell RINE-len-der) is a schottische variant from the regions of Nordmore and Trondelag. This "double reinlender" could theoretically be done to any reinlender music but it should be danced to one in which the first melody is eight measures long and the second melody is sixteen measures long. In Norway, the dance is usually associated with the music listed below. Alix Cordray presented the dance at the 1986 University of the Pacific Folk Dance Camp. The dance is described in Danse Danse Lett Ut På Foten by Egil Bakka, published by Noregs Boklag, Oslo 1970.

RECORD: EMI 038-1374731 (LP) Aage Grunstad's Norwegian Folk and Figure Dances III Side B/l.
2/4 meter

CASSETTE: EMI 238-1374734 Same as record listed above.

FORMATION: Ptrs facing, M back to ctr. Inside hands (MR, WL) joined at shldr level ("W" pos), outside hands down at sides.

STEPS AND STYLING: Reinlender Change-of-step: Beg with outside ft, dance 3 steps fwd (cts 1,&2); raise and lower heel of inside ft (ct &). Step alternates.

Reinlender Step-lift (2 to a meas): Step on designated ft in a desired direction (ct 1): raise and lower heel of that ft (ct &); repeat with opp ftwk (cts 2, &).

Norwegian Ballroom Position: MR arm around W waist, WL hand on MR shldr. W extend R hand with palm down, W grasp the outside of WR hand with L. Palm of ML hand is on back of WR hand.

Modified Shoulder-shoulder Blade Position: Ptrs facing W hands on M shldrs, M hands on W back just below shldr blades. ML hand is higher than R and arms are rounded.

Dance should have a light relaxed quality. Each step has an even "bounce" achieved by flexion of knees and ankles. In Fig. 1, the transitions of facing are very smooth without any "sharp edges."

MUSIC 2/4

PATTERN

Measures

2 meas INTRODUCTION No action.

I. MOVING IN LOD AND RLOD

A 1 Beg with outside ft (ML, WR) dance 1 Reinlender Change-of-step in LOD. Use first 2 steps (cts 1,&) to face in LOD.

2 Beg MR, WL dance 2 Reinlender Step-lefts in LOD. On the second one (cts 2,&), turn to face ptr, joining ML and WR hands at shldr level and releasing other hands.

3-4 Beg with new outside ft (MR, WL) repeat meas 1-2 with opp ftwk and direction.

5-8 Repeat meas 1-4.

II. COUPLE TURN IN LOD

B 1-2 Turning to face LOD, dance 2 Reinlender Change-of-steps fwd beg ML, WR. Near the end of meas 2, M start to move in front of W in preparation for the cpl turn.

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3-8 Take Norwegian Ballroom pos or Modified Shldr-shldr blade pos with ptr. Beg ML, WR dance 12 Reinlender Step-lifts moving in LOD and making 6 CW turns. If necessary the step-lifts can become small step-hops in order to make 1 revolution on each meas.

9-16 Repeat meas 1-8.

REPEAT DANCE FROM THE BEGINNING.

C Folk Dance Federation of California, Inc. February 1987.