

Familievals / Familiereinlender

(Norway)

This is a simple mixer that can be done to any waltz or reinlender with regular phrasing. It is easier to do the dance to the slower waltz music, so it's usually best to try that first. The name means "Family Waltz/Reinlender." An alternative name is "Waltz/Reinlender Mixer." This dance is widely used in Norwegian folk dance groups, especially at parties and among new dancers.

Pronunciation:

Music: Any squarely phrased waltz or reinlender. It is easier if the reinlender is slow, but the chaos caused by a fast tune can be fun, too. It is also better if the reinlender is short.

Formation: Circle of couples, W on M's R. Join hands at shoulder height.

Steps: "**Slengsteg**" R: Step on R (ct 1); swing L fwd at slightly across (cts 2-3) while lifting on R.

Waltz Turn: To look Norwegian, the waltz steps (and the Slengsteg step) should have a pattern of down-up-down; that is, weight is lowered in the 3rd ct as well as the 1st. Good dancers will often "svikte gort" (lift instead of taking steps) on the 2nd and 3rd counts, taking only one step (on the 1st ct) during the meas. This is most often used on the R-footed meas when turning CW. Another characteristic is that while rotating, the steps are thought of as fwd and bkwd (fwd on the R, back on the L for CW turn) rather than side to side.

Reinlender step-hop R: Step on R (ct 1); lift or hop on R (ct &). In Norwegian styling, the knee action of the free leg generally follows the knee action of the supporting leg. This is especially pronounced when not turning.

Meas

Pattern

Introduction.

Movement is described for waltz music.

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| 1 | M does Slengsteg L, W Slengsteg R, to slightly face corner. |
| 2 | M does Slengsteg R, W L, to slightly face ptr. |
| 3-4 | Repeat meas 1-2. |
| 5-8 | Drop hands with ptr. take ballroom pos with corner (in Norway, M holds on top of W's R hand—these joined hands are almost in the correct pos already and needs only a very minor adjustment when taking ballroom pos). Dance 4 waltz steps with corner, turning approx 1 1/2 CW. At end, M puts W on his R and they join hands in a large circle. The W that started on the M's L is now on his R. |

With reinlender music, the whole dance is done with reinlender step-hops. (It takes 8 step-hops, or 4 meas, to do the dance once.)

Presented by Alix Cordray