

GAMMAL REINLENDAR

(RHINE-lehn-dahr)

Skandia CD, track 28

NOMENCLATURE

Credible English Title Norwegian Schottische.

ETHNO-CULTURAL ATTRIBUTES

Heritage Norwegian.
U.S. Source Ingvar Sodal.
Category Old-time dance, found in numerous regional ethnic variants.
Motivation and application Recreational, non-performance-oriented.

MUSICAL ATTRIBUTES

Type Duple-meter, schottische rhythm, moderately slow tempo, definite legato temperament.

CHOREOLOGICAL ATTRIBUTES

Function Individual couple dance.
Character and form Springy, light. Reflecting restrained power.
Footwork Alternating plus repetitive. Opposite.
Specific steps Reinlendar (schottische).
Dance holds Simple hand-hold. Closed shoulder-waist hold.
Formation Any number of couples moving LOD (CCW), inside hands joined.

THE DANCE ROUTINE

Reinlendar two-step: This step has a springy, light character, with a ";sweeping"; feeling on the two-step figure and only a small lift on count 4.

Music	Counts	1	2	3	4		1	2	3	4
Step	Man	Step L	Close R	Step L	Lift L		Step R	Close L	Step R	Lift R
	Women	Step	Close	Step	Lift		Step L	Close	Step L	Lift L

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	Waltz	R	L	R	R	Step L	R	Step L	End L
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Reinlendar turn: This step is used in closed position during the couple turn. Opposite footwork for M and W, M beginning on L, W on R foot. The step is a step-lift on each count while the other foot touches the floor slightly. The couple turns CW twice around in 4 step-lifts, corresponding to 4 counts of music, on one phrase in the music.

Variations: The following are some simple, commonly used variations. They are danced in no set sequence, the changes and style of dance are determined by the whim of the man in his response to the music.

1. a. **Open position, 2 Reinlendar two-steps forward:** Face each other on first two-step, M's back to center, W's L hand in M's R. Swing joined arms forward and face LOD on second two-step.
 b. **Closed position Reinlendar turns:** In a high shoulder-waist hold, make two complete turns using 4 Reinlendar turn steps.
2. a. **Closed position, 2 Reinlendar two-steps:** In a high closed shoulder-waist hold, M leads W to his L $\frac{1}{4}$ turn during first two-step. M leads W to his R $\frac{1}{4}$ turn during second two-step.
 b. **Closed position Reinlendar turns:** 2 CW turns using 4 Reinlendar turn steps.
3. a. **Closed position, 2 Reinlendar two-steps:** As in variation 2 above.
 b. **Closed position reverse Reinlendar turns:** 2 CCW turns using 4 Reinlendar turn steps.
4. a. **Separate and return, 2 Reinlendar two-steps:** With arms loose to the sides, couple separates, dancing diagonally forward and away from partner on first two-step (M to L, W to R) and returns together dancing diagonally forward on second two-step (M to R, W to L).
 b. **Closed position Reinlendar turns:** 2 CW turns using 4 Reinlendar turn steps.
5. a. **Solo turn away from partner, 2 Reinlendar two-steps:** Arms loose to the sides, each dance one complete turn using 2 two-steps (M turning solo CCW, W turning solo CW).
 b. **Closed position Reinlendar turn:** 2 CW turns using 4 Reinlendar turn steps.

BACKGROUND INFORMATION

Next to the Waltz, the Reinlendar is probably the most popular *gammaldans* (old-time dance) in Norway. It is commonly danced throughout the country, taking on a different flavor and style from one region to another. Some of these patterns or figures have been formalized in two dances, *gammal reinlendar* (Old Reinlendar) and *Sunnmørreinlendar* (Reinlendar from Sunnmøre) as described in *Norske Folkedansar II* by Klara Semb. Both of these dances are popular among folk dance groups. The variations presented here are examples of variations which can be found around the country where the dance is usually performed reestyle."

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Gammal Reinlendar

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