

# Lunden Reinlender

(Norway)

A Norwegian Reinlender with a set pattern of figures

Pronunciation: LUUN-den RHINE-len-der

Music: "Jeg gikk meg ut I lunden grønn" Yae yikk mae oot ee LUUN-den grun by Kristen Bråthen Berg

Rhythm: 2/4

Formation: Couples facing CCW in a circle, M's R arm around W's waist, W's R hand on M's L shldr

Meas	Pattern
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*Ftwk is from M's perspective. W opp ftwk.!*

## Fig. 1 - Basic Reinlender

- |     |   |
|-----|---|
| 1-2 | Step L-R-L-hop (1&2&), step R-L-R-hop (1&2&).   |
| 3-4 | M stepping quickly in front of W and taking shoulder-waist hold, cpl rotates 2x CW with 4 step-hops: L-hop-R-hop-L-hop-R-hop (1&2&,1&2&). |

## Fig. 2 - Basic Reinlender in Shoulder-Waist hold

- |     |   |
|-----|---|
| 1   | Keeping shoulder-waist hold, M dances in place while guiding W to her R with step-together-step-hop (1&2&). |
| 2   | M dances in place while guiding W to her L with step-together-step-hop (1&2&).                              |
| 3-4 | As Fig. 1   |

## Fig. 3 - Ptnrs turn away from each other

- |     |   |
|-----|---|
| 1   | Partners turn away from each other, M turning to own L twd ctr of circle and W turning to own R away from ctr with an energetic step-step-hop (1&2&).   |
| 2   | Partners turn and come back toward each other with step-together-step-hop (1&2&), M clapping on ct 2 and slapping outside of L ft with L hand on ct. &. |
| 3-4 | As Fig. 1   |

**Fig. 4 - Basic Reinlender in Shoulder-Waist hold with turn-away partner change**

- 1 Keeping shoulder-waist hold, M dances in place while guiding W to her R with step-together-step-hop (1&2&).
- 2 M dances in place while guiding W to her L with step-together-step-hop (1&2&).
- 3-4 Partners turn away from each other (M turning to L and dancing back to W behind him while W turns R and dances fwd to M in front of her) with 4 step-hops (1&2&,1&2&).

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**Jeg gikk meg ut i lunden  
grønn**

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 opplagsbrev 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 woods**

I went out into the green woods  
There I met a beautiful girl.  
"Do you want to be my friend  
And follow me home?"

Refrain:

Sing "fadderi," sing "faddera,"  
Sing "fadderi" and "fadderalla lei."  
"Do you want to be my friend  
And follow me home?"

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

But when eight days were over  
The girl chose a different guy.  
She wrote me a letter  
She betrayed our friendship.

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