

SUNNMØRES REINLENDAR
Norwegian Couple Dance

Resembling the more widely known Gammal Reinlendar, this version comes from the Sunnmøre region centered around Nordfjord, just south of Ålesund on Norway's west coast.

Source: Klara semb: Norske Folkedansar II, Rettleiing om Dansen.
Noregs Boklag, Oslo 1956; and Rigmor Nesheim of Eksingdal.

Record: RCA Victor Norway LPNES 65 B8 "Solveig."

Forma- CCW circle of cpls, inside hands joined. Free hand on hip,
tion: thumb fwd.

Music: 2/4 Count 1, &, 2, &.

Tempo: ♩ = 84 One figure = 26 sec.

No introduction

Meas

Figure

I. TWO-STEPS AND HOP STEPS

- | | |
|-----|--|
| 1 | Step fwd on outside ft (ct 1). Close inside ft to outside ft (ct &).
Step fwd on outside ft (ct 2). Hop on outside ft (ct &). |
| 2 | Step fwd on inside ft (ct 1). Close outside ft to inside ft (ct &).
Step fwd on inside ft (ct 2). Hop on inside ft (ct &). |
| 3 | Step fwd on outside ft (ct 1). Hop on outside ft (ct &).
Step fwd on inside ft (ct 2). Hop on inside ft (ct &). |
| 4 | Repeat meas 3. |
| 5-8 | Repeat meas 1-4. |

II. TWO-STEPS AND TURN

- | | |
|-----|---|
| 1-2 | Repeat meas 1-2, Fig. I. |
| 3-4 | Cpl takes ballroom pos, M L hd over W R hd, and dances two full reinlendar turns CW (see note). |
| 5-8 | Repeat meas 1-4 of Fig. II. |

III. UNDER THE ARM AND TURN

- | | |
|------|---|
| 1 | Join inside hds, outside hd hanging free. Ftwrk as in meas 1, Fig. I. Lift joined hds. While M watches, W executes 1 full turn CCW under M arm. |
| 2 | Ftwrk as in meas 2, Fig. I. While W watches, M executes 1 full turn CW under W arm. |
| 3-4 | Repeat meas 3-4, Fig. II. |
| 5-16 | Repeat meas 1-4 three times more. |

SUNNMØRES REINLENDAR (continued)

IV. SEPARATE AND TURN

- 1 W both hds on hip, thumb fwd. M arms crossed over chest. Ftwork as in meas 1, Fig. I. M executes 1 full turn CCW; W 1 full turn CW.
- 2-4 Join inside hds, free hd on hip, thumb fwd. Repeat meas 2-4 of Fig. II.
- 5-16 Repeat meas 1-4 three times more.

V. SKATERS' POSITION AND TURN

- 1 Cpl takes Skaters' pos with L hds on top. Ftwork as in meas 1, Fig. I. W crosses in front of M to inside of ring while M dances almost in place.
- 2 Ftwork as in meas 2, Fig. I. W crosses in front of M to outside of ring again while M dances almost in place.
- 3-4 Repeat meas 3-4, Fig. II.
- 5-16 Repeat meas 1-4 three times more.

VI. KNEELING

- 1-2 Join inside hds, free hd on hip, thumb fwd. M drops to R knee, joined hds high. W dances around M with ftwork as in meas 1-2, Fig. I.
- 3-4 Repeat meas 3-4, Fig. I.
- 5-16 Repeat meas 1-4 three times more.


VII. SPÁT AND MAKE UP

- 1 M cross arms over chest, W both hds on hip, thumbs fwd. Using ftwork of meas 1, Fig. I, M turns 1/4 turn CCW and dances straight in twd ctr of circle. During cts 2, & M looks over his R shoulder and pouts at W.
W turns 1/4 turn CW almost in place with following steps: Step fwd on outside ft (ct 1). Close inside ft to outside ft (ct &). Step fwd on outside ft, look over L shoulder and pout at M (ct 2). Touch L toe behind R ft, continue to pout at M (ct &).
- 2 Using ftwork of meas 2, Fig. I, W turn 1/2 turn CCW, smiling twd M.
M begins 1/2 turn CW twd W, spreads arms wide and stamps R ft (ct 1). Continuing turn, M closes L ft to R (ct &). Completing turn twd W, M steps R and claps hds (ct 3). M hops on R and reaches for W (ct &).
- 3 As in meas 3, Fig. II. W lowers R arm straight down and makes a fist with R hd. M cups W R hd in his L hd.
- 4 M lifts W (ct 1) and turns CW, setting her down (ct &) at his R side ready to begin dance again.
- 5-16 Repeat meas 1-4, Fig. VII, three times more.

SUNNMØRES REINLENDAR (continued)

NOTES:

Execute one full turn CW per meas. Timing for one measure is

	
1 &	2 &
a b c d	e f g h

M Part

- ct a Step fwd and around CW with L ft
 b Rise on ball of L ft and touch R toe beside L heel
 c Pivot CW on ball of L ft
 d Take wt on L heel
- e Step diagonally behind R
 f Rise on ball of R ft and touch L toe behind R heel
 g Pivot CW on ball of R ft
 h Take wt on R heel

W Part

- ct a Step diagonally bkwd R.
 b Rise on ball of R ft and touch L toe behind R heel
 c Pivot CW on ball of R ft
 d Take wt on R heel
- e Step fwd and around CW with L ft
 f Rise on ball of L ft and touch R toe beside L heel
 g Pivot CW on ball of L ft
 h Take wt on L heel

Presented by Bruce Taylor