

Alf Steinars Reinlender

I learned this dance from Alf Steinar Nekstad, who is from Tustna in Nordmøre. He learned it from his mother. The dance was no longer commonly danced when he was young in the 1960s, but was more popular when his mother was young in the 1930s. The dance was used as a variation of the ordinary reinlender. This description is based on video and discussion with Alf Steinar in Oslo in May, 2001.

- Music: Any reinlender that is squarely phrased, i.e. has 8 measures in a phrase, so that the dance repeats with the music.
- Meter: 2/4 (two step-hops or one reinlender step per measure).
- Formation: Couples facing LOD, in open shoulder-waist position. M has his R arm around W waist, she places her L hand on his R shoulder. The free arm hangs down.
- Steps: Reinlender step L: step forward L (ct 1), step on R forward or beside L (ct &), step forward L (ct 2), lift (ct &). Repeats with opposite foot.
Step-hop L: Step fwd on L (1), lift or hop (&). Repeats with opposite foot.
- Style: The style is relatively flat, with very little bounce. Glide around the room. In this area lifts are usually used instead of hops (that is, the hops are "sviktet bort" – the movement is the same as a hop, but with much less energy).

Meas Movement

- 1-2 Starting M L and W R, dance two reinlender steps fwd in LOD.
- 3 One reinlender step, M L and W R. The step begins with an ornament: turn a little toward partner, jump a little and land on both feet at about shoulder width (1). M continue by stepping on R beside L (&), and on L to L (2), lift and turn to face LOD (&). W uses opposite footwork. The ornament is an accent of ct 1 in the meas.
- 4 Dance one reinlender step forward, M R and W L. M move in front of W at end of the meas.
- 5-8 Take closed position, usually shoulder-waist hold or a variation. Alf Steinder has his R hand around W waist and his L on her shoulderblad. She has both hands on his shoulders. Dance eight reinlender step-hops, turning 4 times CW. M steps around partner on L (ct 1), lift (ct &), step toward partner on R (ct 2), lift (ct &). W does same, but starts with ct 2. At end, W open out to resume starting position.

This dance can be regarded as a variation of open reinlender where you dance "twice as much of everything" – 4 reinlender steps instead of 2, and 8 step-hops instead of 4.