

## Reinlendernøtt (Æ Russer)

I learned this dance at the Nordic festival *Isleik* in 2010 from a Danish instructor. The name I have used in Norway means “reinlender nut” – as in something hard to crack.

The original is called “Æ Russer” or “Den russiske” (The Russian one), from Thy in Denmark, and described by Svend Hamborg in “Beskrivelser og noder til Thydanse II”. In Denmark the dance has its own melody. Because we have shamelessly Norwegianized the dance and perform it to any reinlender, I have chosen to keep our Norwegian name.

Music: Any reinlender or schottis.

Formation: Couples facing LOD, W on M R, with shoulder waist position. Free hands hang at sides.

Steps: Masurka step L: step fwd on L (ct 1), step fwd on R (ct &), hop (ct 2). “Crosses” the music when repeating.

Reinlender step L: step on L (ct 1), step on R (ct &), step on L (ct 2), lift or hop (ct &).

Reinlender step-hop L: step on L (ct 1), hop on R (ct &).

### Meas Pattern

- 1-2 Two masurka steps fwd, starting M L and W R. This is followed by 1 reinlender step-hop, M L and W R, moving closed position for a turn. End roughly with M back to center and W facing.
- 3 One reinlender step, M R and W L, making 1/2 turn CW.
- 4 Two reinlender step-hops, starting M L and W R, making one turn CW. At the end, open out to start over.

*Presented by Alix Cordray and Bjørn Ove Opheim*