

Vebjørns byttereinlender

This is a simple reinlender mixer that I learned from Vebjørn Bakken, lead instructor in the Symra dance group in Oslo. He says that Symra learned in in 2002 from Turid and Magne Sørøy.

Recordings: Any "square" reinlender

Meter: 2/4

Steps: Reinlender step: Step fwd on L (ct 1), on R (ct &), on L (ct 2), lift or hop (ct &). Repeats with opp ftwk.

Step-hop: Step on L (ct 1), lift or hop (ct &). Repeats with opp ftwk.

Formation: Couples with shoulder-waist pos facing LOD, W on M's right.

Meas Movement

I Forward and elbow turn

1-2 Two reinlender steps fwd, M starting L and W R.

3-4 Join R elbows with ptr and turn CW almost once with 4 step-hops. M ends facing LOD, W RLOD.

II Chain and turn

4-6 With 2 reinlender steps, chain first with L and then stop at next person with R. M moves LOD, W RLOD. It is nice if you make contact with R hands, but not absolutely necessary.

7-8 In ballroom pos, turn twice CW with the person you meet with the R hand.

The dance progresses so that you dance with every other person.

Presented by Alix Cordray