

Firkantreinlender

This reinlender dance for two couples is widely used in Norway and there are many different variants. It has several names, including "Reinlender for to par" (Reinlender for two couples). The basic idea of the figures is always the same, but instructors adapt the number and order of figures to fit the group.

Source: The dance floor. Alix first learned it in 1976 at the teacher training course in Norway.

Music: 2/4. Any "square" reinlender.

Formation: Set of 2 couples. Face LOD, one couple behind the other (cp1 1 is in front). Each cpl holds nearer hands with ptr. The two M hold L hands near M1 L shoulder. The two W hold R hands near W1 R shoulder.

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

Meas Pattern

I – Separate and go around

1-2 Beginning M L and W R, dance two reinlender steps fwd in LOD.

3-4 Cpl 1 releases nearer hands and with 4 step-hops, separates and dances around cpl 2 to end behind them. Join nearer hands. Cpl 2 advances in LOD.

5-8 Repeat meas 1-4, with the front cpl (now #2) separating. Cpl 1 ends in front.

(This figure can also be done in reverse, with the back cpl separating.)

II – Back under the arch

1-2 Beginning M L and W R, dance two reinlender steps fwd in LOD.

3-4 All continue to hold hands, no one releases. With 4 step-hops, cpl 1 backs under an arch made by cpl 2. Cpl 2 feel themselves pulled and turn, W to L and M to R, to end in front of cpl 1.

5-8 Repeat meas 1-4, with the front cpl (now #2) backing under an arch made by cpl 1. Cpl 1 ends in front..

III – Arch and around

1-2 Beginning M L and W R, dance two reinlender steps fwd in LOD.

3-4 All continue to hold hands, no one releases. With 4 step-hops, cpl 1 lift joined hands, turn away from each other (W to R, M to L) and pull cpl 2 forward under the arch. Cpl 2 ends in front of cpl 1. This maneuver can also be thought of as the same as Fig 1 without releasing hands or as the "reverse" of Fig 2.

5-8 Repeat meas 1-4, with the front cpl (now #2) making the arch and pulling cpl 1 through. Cpl 1 ends in front.

IV – Front M lead around

1-2 Beginning M L and W R, dance two reinlender steps fwd in LOD.

3-4 All continue to hold hands, no one releases. With 4 step-hops, the 2 cpls change places. The front M lifts his L arm, and dances in a CW half circle around all the others. He pulls his partner along beside him. M 2 must hold his position and dance only fwd in LOD.

5-8 Repeat meas 1-4, with M 2 leading around. Cpl 1 ends in front..

(This figure can also be done with the front W lifting her R arm and leading around CCW.)

*Presented by Mari Nustad
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