

Lunden Reinlender

(Norway)

A Norwegian Reinlender with a set pattern of figures.

Pronunciation: LOON-dehn RIHN-lehn-der

Music: 2/4 meter CD: *Balkan and Beyond – Stockton 2009*, Band 9.
 “Jeg gikk meg ut I lunden grønn” Translation: “I walked out into the Green Woods”
 (Yaee yihk mae oot ee LOON-den gruhn) by Kristen Bråthen Berg.

Formation: Couples facing CCW in a circle, M’s R arm around W’s waist, W’s L hand on M’s R shldr. Ftwk is from M’s perspective, W use opp ftwk.

Styling: On hop, opp ft is low in front of supporting ft. Norwegian hops are slightly more exuberant than Swedish hops.

Meas Music: 2/4 meter Pattern

INTRODUCTION

I. BASIC REINLENDER

- 1-2 Moving fwd, step on L (ct 1); step on R next to L (ct 2); step on L (ct &); hop on L (ct &); repeat with opp ftwk (cts 1,&,2,&).
- 3-4 M stepping quickly in front of W and taking shoulder-waist hold, cpl rotates 2 times CW with 4 step-hops: L-hop-R-hop-L-hop-R-hop (cts 1,&,2,&, 1,&,2,&).

II. BASIC REINLENDER IN SHOULDER-WAIST HOLD

- 1 Keeping shoulder-waist hold, M dances in place while guiding W to her R (CCW) with step-together-step-hop (cts 1,&,2,&).
- 2 M dances in place while guiding W to her L (CW) with step-together-step-hop (cts 1,&,2,&).
- 3-4 Repeat Fig I, meas 3-4.

III. PARTNERS TURN AWAY FROM EACH OTHER

- 1 Ptrs turn away from each other, M turning to own L twd ctr of circle and W turning to own R away from ctr with an energetic step-together-step-hop (cts 1,&,2,&).
- 2 Ptrs turn and come back twd each other with step-together-step-hop (cts 1,&,2,&). M clapping on ct 2 and slapping outside of L ft with L hand on ct &.
- 3-4 Repeat Fig I, meas 3-4.

Lunden Reinlender—continued

IV. BASIC REINLENDER IN SHOULDER-WAIST HOLD WITH TURN-AWAY PARTNER CHANGE

- 1 Keeping shoulder-waist hold, M dances in place while guiding W to her R (CCW) with step-together-step-hop (cts 1,&,2,&).
- 2 M dances in place while guiding W to her L (CW) with step-together-step-hop (cts 1,&,2,&).
- 3-4 Ptrs turn away from each other (M turning to L and dancing back to W behind him while W turns R and dances fwd to M in front of her) with 4 step-hops (cts 1,&,2,&, 1,&,2,&).

Dance repeats to end of music, ending with Fig II.

Optional Ending: Fig II, meas 4, ct 2, M prepares by putting hands on W's waist; ct &, M lifts W straight up.

Presented by Lee Otterholt

LUNDEN REINLENDER Lyrics

Jeg gikk meg ut i lunden grønn

I went out into the green woods

Jeg gikk meg ut i lunden grønn,
der møtte meg ei piga skjønn.
"Å vi`du vera vennen min
og følga med meg hjem?"

I went out into the green woods
There I met a beautiful girl.
"Do you want to be my friend
And follow me home?"

Refreng::
- Sjung fadderi, sjung fadderalla,
sjung fadderi og fadderalla lei.
"Å vi`du væra vennen min
og følga med meg hjem?"

Refrain:
Sing "fadderi," sing "fadderalla,"
Sing "fadderi" and "fadderalla lei."
"Do you want to be my friend
And follow me home?"

"Om åtte dagar sko du få svar,
når eg hev fråga mor og far.
Og viss at det æ viljen din,
så sko eg bliva din."

"In eight days you'll have your answer,
After I have asked my mother and father.
Then, if you still want me,
Then I will be yours."

Når åtte dagar forgangne var,
da pigan seg en anden tar
Et opplagsbrev hun til meg skrev,
ho sviki har sin ven.

But when eight days were over
The girl chose a different guy.
She wrote me a letter
She betrayed our friendship.

"Adjø min far, adjø min mor,
adjø min søster og lilla bror.
No reiser eg til fremmande land,
Kjem alli meir igjen.

"Goodbye my father, farewell my mother,
Adieu my sister and little brother.
I'm traveling to a foreign country
And never coming back."