

Røros Ringlender

Røros district, Norway

This is a reinlender variant danced by people in the area around Røros in eastern Norway. It has many “cousins” both within the area (for example “Stabberinglender” presented by Alix Cordray in the US in 1985) and in other parts of Norway. In each area these are claimed as “our local variant”.

A common trait to this “family” of variants is the 'un-square' relationship to the music. Because the dance begins by crossing the musical phrase, it invites a variety of solutions as to when and on which foot to transition into and out of the various parts. This quality is more typical for older regional dance forms (bygdedans) than for newer standardized folk dance forms.

In the real world of the local dance floor few couples dance alike. Differences occur, for example:

- • in how and when couples choose to transition from one figure to another
- • in how long couples choose to dance each figure
- • in the order in which the figures are used and the number of figures used
- • from one dancer to another (in the couple, the M generally decides, though compromise is known to occur)
- • in the same dancer from one occasion to another (this is to a lesser degree)

But, there are some elements that all have in common:

- • the dance moves mostly LOD/CCW around the dance space
- • the dance generally begins with open position and includes eventually some kind of closed turn
- • dancers follow the music (as they interpret it) and M and W dance together

The version described below is as commonly used in the Røros Folkdance Club.

MUSIC: any reinlender, but preferably a “ringlender” in Røros dialect, played by musicians of the Røros/Glåmos/Brekken area. Lilting 2/4

FORMATION: circle of couples, LOD/CCW

STEPS AND STYLING: natural walking steps, step-hops. Feet close to the floor. Steps are described for M. W use opposite footwork.

TURN POSITION: ptr's facing and slightly to L of each other. M's R hand on W's back above waist level. M's and W's L hands on ptr's upper R arm just below shoulder. W's R arm under M's L arm (R hand on his back) or on M's upper L arm just below the shoulder.

THE DANCE: Røros Ringlender (steps described for M, W opp ft and facing)

Music	Counts	Parts
3 meas.		Part I
		Partners facing, M's back to center. M's R & W's L hands joined at shoulder level, elbows bent and down. Free hand loose or on hip.
ct. 1	1	moving LOD, step L to L
ct &	2	step on R near L
ct. 2	3 and	Step on L, bringing R up beside. Joined hands come forward and body follows, turning slightly LOD
ct. 1	4 and	step on R in RLOD, bringing L lightly up beside. Ptnr's facing, hands return to original position
ct. 2 & 1 2		Repeat this pattern once more
2 meas.		Transition from I to II
ct. 1	1	Step L fwd LOD
ct. &	2	Step R near L
ct. 2	3	Step L fwd LOD (joined hands come fwd)
ct. 1	1	Step R fwd LOD (joined hands to original pos)
ct. &	1	Step L near R
ct. 2	3	Step R (and lift a bit) turning towards ptnr
3 meas.		Part II. Fast couple turn
		Moving LOD, cpl uses 2 step hops (1 meas.) to turn once around. The hops are small, and may also be danced as lifts. In place of the hop one may also take 2 quick, light catch steps:
		1 & 2 &
		R L R L R L
		The turn continues until the musical phrase ends. The fast couple turn generally goes CW, but some like to dance it CCW.
8 meas.		Part III, slow couple turn CCW
		This turn continues LOD, and is similar to the CCW turn in Vossarull and Gudbrandsdal mazurka.
Meas. 1	1 &, 2 &	Step L R L-lift, almost in place, to change direction. M may punctuate 1 st L with a slight stamp.
Meas. 2	1 &, 2 &	Step R L R-lift, making ½ turn CCW
Meas. 3	1 &, 2 &	Step L R L-lift, making ½ turn CCW
Meas. 4-8	Same	Continue turning in this way until change in the musical phrase. Then take open pos as in part I and begin the dance again. ("Fudge" footwork if necessary.)