

Søderlender

(Norwegian) Taught to the Poulsbo Leikarringen by Leikarringen BUL Kongsberg at Stemne folk dance workshop in 2009. Brought to Steam and Stomp 2019 by Amanda Albrecht.

4 couple square set. Ladies on the right of their partners. "1s" stand parallel to Band, "2s" stand perpendicular to Band. For form 3 numbers 1, 2, 3, and 4, 1s have backs to Band, 2s face band, 3s R shoulder to band, 4s L shoulder to Band.

Music: Any quick Reinlender. Taught to Reinlender etter Lars Hjellbakk at Stemne.

Basic step:

R foot heel out, back in. Toe out, back in (touching floor with opposite part of foot). Step R, R foot, L behind, bring feet together with 2 hops. Repeat with R and L directions reversed. Hands clasped behind back when not in use, face center when not active. This basic step (heel, return, toe, return, step, step, hop, hop) can be done sideways, forward or around. Sideways go one direction in 8 counts and return. Forward, walk forward on the steps both times, then flip around to face center on final hop. Around, face partner, give R hands, give weight, step L both times.

Figure 1: Apart

1s step sideways away from your partner along your side of the set facing center and return. When fully apart, 1s should be lined up with the stationary 2s to form two lines. 2s copy. 1s repeat. 2s repeat.

Figure 2: Across

1s start on outer foot, stepping forward. Meet in the center, making a line between the stationary 2s. Pass by the R shoulder to continue forward to the far side of the set, on the final hop, spin to face center. 1s have now traded places as couples. 2s copy. 1s repeat to return home. 2s repeat.

Figure 3: Around

Done as individual couples. Face partner, take R hands, trades places traveling to their left, and returns home continuing L foot leading. Order of couples is North South East West with the Band being behind the North couple. On final hop, turn to face center.

Figure 4: Right

1s face partners, step sideways to their own R and return L. Ladies will go into the center, gents will go out from the center. On final hop, face center.

Figure 5: Chaos 1

Combines figures 1+2. These are the figures done facing the center of the square. 1s dance figures 1, 2, 1, 2. 2s meanwhile dance figures 2, 1, 2, 1.

Figure 6: Chaos 2

Combines figures 3+4. These are the figures done facing your partner. 1s dance 3, 4, 3, 4. Both couples dance around simultaneously, not taking turns as for figure 3. 2s meanwhile dance figures 4, 3, 4, 3.

Figure 7: Closing

All couples dance figure 4 simultaneously two times. On final hop, stomp with both feet.