

Barnereinlender (Norway)

This is one of a number of choreographed reinlenders that are used in children's classes to help them get used to the music.

Pronunciation: BAHR-neh-RIGHN-lehn-dehr

Source: Semb, Klara, Norske Folkedanser, Turdansar, Oslo 1991.
ISBN 82-521-3657-5.

Recordings: Norwegian Dances, Stockton '95 (special cassette).
Dans Norsk, Heilo PAK 1004, side 1 band 3, Reinlender - "Ringlender fra Engerdal."
Any reinlender with 8-measure phrases can be used. Meter: 2/4.

Formation: People standing alone anywhere in a room. Often done in a circle. Feet together.

Meas Ct Movement

- | | | |
|---|---|--|
| 1 | 1 | Open R toe to side, pivoting on R heel. |
| | & | Close R toe, returning to starting position. |
| | 2 | Repeat ct 1. |
| 2 | | Repeat meas 1, but open and close L ft. |
| 3 | 1 | Lift R knee with knee twd L (R foot ends beside L knee). |
| | & | Return to starting pos. |
| | 2 | Repeat ct 1. |
| 4 | | Repeat meas 3 with opp ftwk; lift L knee twd R. |
| 5 | | Hold nose with R hand (make a circle with thumb and forefinger, and put this circle around your nose). Crank rhythmically with L hand. |
| 6 | | Repeat meas 5 with opp hands. |
| 7 | 1 | Jump fwd on both feet. |
| | 2 | Jump bkwd on both feet. |
| 8 | | Jump 3 times (1,&2) on both ft, turning once around to R. |

Presented by Alix Cordray