

Alixs Barnemasurka

During the last few years, I have had quite a few introductory courses for young children. I typically have 45 minutes to introduce them to folk dancing. Of course, it is very important for them to be successful and enjoy the dances.

Most young children today have practically no experience with music in 3/4 because everything they hear is in 2 or 4. So, I have arranged this dance in an attempt to get them to experience the music. My arrangement has changed and evolved. Anything goes, as long as the participants think it is fun.

I often introduce the dance with a "clapping" imitation game – I do 4 claps, then the children imitate. Then I do other rhythms: short-short-long, long-short-short, waltz-time, then clap on 1-3 (the usual Norwegian experience of the rhythm).

Music: Any masurka or other music in even threes.

Meter: 3/4

Formation: Solo.

Meas Movement

1-8 Clap hands. In each meas, clap on cts 1 and 3. Bounce once for each clap for emphasis.

9-16 In each measure jump onto both ft with R ft forward (ct 1), jump onto both ft with L ft forward (ct 3).

17-24 Arm movements. Elbows down and hands up (ct 1). Elbows up and hands down (ct 3).

25-32 In squat pos, jump on cts 1 and 3 in each meas, moving around the room. (It's easiest to go sideways.) With hands in loose fists, open arms on ct 1, and close them again on ct 3 in each meas. This figure is extremely popular with the young boys.

Presented by Alix Cordray