

Barnereinlender

(Norway)

Barnereinlender, "Children's Reinlender," is done in Norway to introduce children to folk dancing, to help them practice rights and lefts, and to teach them the relationship of music and dance phrasing. I learned it from Roo Lester, a well-known Scandinavian dance teacher from the Chicago area.

Pronunciation: BAHR-neh-rine-lehnder

Music: FSP CD98-1 Band 2; Sanna Longden Video #2 4/4 meter
 Reinlender is the Norwegian name for schottische. Any upbeat reinlender music with regular phrasing is appropriate. This dance can, of course, be done to any country's schottische, or even any 2/4 or 4/4 AABB tune, but it is best to use a Norwegian one when presenting it as from the Norwegian culture.

Formation: An individual dance anywhere in the dance space, or all facing into the circle or in one direction.

Meas

Pattern

DANCE

- 1 Turn R toe to R side (ct 1); move it back to place (ct 2); repeat cts 1, 2 (cts 3,4).
- 2 Repeat meas 1 with L toe to L side. (Note: on video, for a quick teach, I did all 8 beats on 1 ft.)
- 3 Lift R knee (ct 1); touch R toe in place (ct 2); lift R knee (ct 3); step on R ft (ct 4).
- 4 Repeat meas 3 with the L leg.
- 5 Put one hand on nose, "wind" nose with the other hand.
- 6 Repeat meas 5, switching hands (same nose).
- 7 Jump twd ctr (or fwd in facing direction) (ct 1); hold (ct 2); jump out (ct 3); hold (ct 4).
- 8 Turn in a full circle with 3 jumps (cts 1,2,3); hold (ct 4).

Correct use of rights and lefts is not important in many situations. Just teach it quickly and enjoy! After everyone is comfortable with the pattern (usually takes 3 or 4 times through), lead the movements double-time for added energy, attention, and enjoyment.

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 Presented by Sanna Longden.