Alixs Barnemasurka

(Norway)

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 (everything they hear is in 2 or 4). So, I have arranged this dance in an attempt to get them to experience the music. Anything goes, as long as they think it is fun.

Pronunciation:

Music: Any masurka or other music in even threes. 3/4 meter

Formation: Solo here and there. They will need to be grouped into groups of 2, 3, or 4.

Meas	Pattern
1-8	Clap hands. In each meas, clap on cts 1 and 3. Bounce once for each clap for emphasis.
9-16	In groups of 2, 3, or 4, circle to L with running steps.
17-24	In the same groups of 2, 3, or 4, make a L hand star and rotate CCW with running steps. (Really young children can simply circle to R.)
25-32	Release hands. 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