

Barnereinlender

Norway

Barnereinlender means children's *reinlender*/schottische. I learned the dance from Alix Cordray who relayed it is used to help Norwegian children learn to move with music.

Music: 2/4 or 4/4 - any Norwegian reinlender with even/regular phrasing

Formation: Individuals, where ever you want around the dance space, usually facing the same direction.

Begin with weight on both feet with feet parallel, toes facing forward.

Measures and Dance Sequence

1. Weight on L, turn the Right toe out, in, out, in. In 2/4, count 1, and, 2, and, for the four toe movements. R heel remains in contact with the floor,
2. Weight on R, turn the Left toe out, in, out, in. L heel remains in contact with the floor.
3. Weight on L. Lift the Right knee, up, down, up, down
4. Weight on R. Lift the Left knee, up, down, up, down
5. Place your Left hand on your nose then make 4 small CCW circles with your Right hand in front of your face
6. Place your Right hand on your nose then make 4 small CW circles with your Left hand in front of your face
7. Jump forward, pause, jump backward, pause (count 1, jump forward, count and, pause, count 2, jump backwards, count and, pause)
8. In the rhythm of Q Q S (QQS equals counts 1, and, 2,) jump CW around, making about 1/3 of a turn on each of the three jumps to end facing the same direction from which you began

Cues: Toes; Knees; Circles; Jumps (S, S, QQ, S).

The dance repeats until the music ends.

To add another dimension, the dancers need not always end up facing the same direction. You can change the facing during the turning jumps at the end and interact with others while doing the dance.

It is fun to do this dance to live music. Request that the musicians begin slowly and gradually increase the speed, as the participants become more comfortable with the dance.