

Swedish Folk Song

Swedish

Am B⁷ Em B⁷ Em E E⁷

7 Am D D⁷ G B⁷ Em B⁷ Em

1. Everyone should be seated in self space.
2. Play the recording and move with bilateral motion to macrobeats and microbeats with your feet and hands. Students imitate these motions.
3. Repeat, changing your hand movement to macrobeats using a clapping action. Hold the hands horizontally and alternate top hands. That is, the right and left hands will alternate top and bottom position, changing with each macrobeat. Students should imitate this action.
4. Play the recording and model alternating macrobeat movement again. This time, pass a beanbag one hand to the other on macrobeats as you listen to the recording. The hand action required to do this is similar to the alternating clapping action practiced earlier this lesson. Students should continue to practice the clapping action as they observe your beanbag movement.
5. Give each student a beanbag. Play the recording again and ask the students to pass the beanbags from hand-to-hand macrobeats as they listen.