

Polyrytmiske øvelser "Bestemors gangar"/"Fjellmannjenta"

Figur 1: gå grunntrinn 3/4 på 4/4 + klapp på 1'eren i takta

Figure 1 shows two staves, Gr.1 and Gr.2, in 6/8 time. Gr.1 has a 3/4 pattern (quarter, eighth, quarter) and Gr.2 has a 4/4 pattern (quarter, eighth, quarter, eighth). Both staves have a 'V' mark above the first beat of each measure.

Figur 2 Underdelinger 3/8 - 2/8

Figure 2 shows two staves, Gr.1 and Gr.2, in 3/8 and 2/8 time. Gr.1 has a 3/8 pattern (quarter, eighth, eighth) and Gr.2 has a 2/8 pattern (quarter, eighth, eighth). Both staves have a 'V' mark above the first beat of each measure. The lyrics "di ba da" are written below the notes.

Figur 1: grunntrinn 1 (3/4 på 4/4) + klapp

Figur 2: grunntrinn 1(4/4, evt. markering) + klapp (på lår) + "di ba da" + "di-i ba-a da-a"