

Lenjengo



- Repeat
 - Here is a step-by-step method to create the lenjengo rhythm. Lenjengo comes from West Africa, more specifically The Gambia. It is used in a fast, upbeat, celebratory dance at the end of a harvest season, as the women of the tribe dance and spin winnowing tools used in the harvest. To learn this rhythm, start by repeating just the first measure. After you feel comfortable, try the second. Then try the third, which is the complete lenjengo rhythm. If you do not have drums/hand drums, you can play this on any surface or item that has two different sounds! Identify what you want to be your bass sound and your upper tone sound.
 - *For the teacher: This will probably be too fast to use hands and feet. I suggest using bucket drums or even just using fists and open hands on a table (fist for bass, hand for higher tone).*
- Respond
 - <https://www.youtube.com/watch?v=7jhuezygx78>
 - Check out this video here. Can you hear the main rhythm? How is it different from the rhythm outlined above? Can you play back what you hear? What about the other instruments? Can you figure out what they are playing/their role in the group?
 - *For the teacher: This would be a great time to discuss that the rhythm is not traditionally notated, but learned aurally and by rote. This is why the rhythm is not the same as the one noted above.*
- Expand
 - <https://www.youtube.com/watch?v=HCG53OrSjis>
 - Here is a fast shuffle beat. Can you try to play the lenjengo rhythm with this track? Try experimenting with changing your rhythm a bit and improvising some other rhythms in the style of lenjengo. Try adding some space or filling in space between notes.
 - *For the teacher: This is a good time to introduce the idea of “fills”. If the student is struggling, play some examples and start easy, maybe just adding or removing one eighth note. Perhaps show some examples of other drumming/drum set players for inspiration.*