



Suggestions for using the CD

I Am The Song

(Suggestions for educational music and movement experiences)

1. Can You Feel The Happy Rhythm? (2:53)

Form: ABC repeated

Grouping: 3/4

Pace: Moderate

Key: D Major

Description:

Lively music in 3/4 time, in three contrasting sections. Guitar, piano, glockenspiel, recorder, xylophones

and percussion.

Suggestions:

- Dance with a partner in self space (A), shape with your partner (B), dance away from your partner to find a new one (C).
- Dance big (A), small (B) and medium (C); try the same idea using high, low, middle; forward/backward, right/left, up/down; curved, straight, zigzag pathways;
- Waltz for (A), body percussion dance for (B), pulse shaping for (C).
- Dance with a prop (A), dance around your prop (B), dance away to find a new prop (C).
- Locomotor movement (A), shape and freeze (B), nonlocomotor movement (C).
- Tap the pulse of the music on your shoulders; play it on a percussion instrument.
- Play the strong-light-light pattern on a hand drum; find movements that fit with this grouping: sway, swing, waltz, rock, turn, spin, etc.
- Improvise rhythmic patterns on (B) with body or unpitched percussion instruments; improvise vocal sounds on (B).
- Play shakers for (A), drums for (B) and metals for (C).
- Sing the song and learn the orchestration (available in "The Body, The Voice, The Drum")

2. Samba (1:51)

Form: AAB repeated

Grouping: 4/4

Pace: Moderate

Key: C Major

Description:

Lively, instrumental music with a Latin feel in 4/4 time. Xylophones, recorder, guitar and small percussion.

Suggestions:

- Move or play question and answer phrases: one person moves for four or eight counts, and her partner copies. When the music repeats, change the leader. Try the same thing using small percussion instruments.
- Play the pulse of the piece on your body or instrument; play a slow, medium and fast pulse. Layer the pulses, each group playing a different one.
- Learn to play the orchestration (available in "The Body, The Voice, The Drum").
- Practice BrainDance fundamental patterns, do foot exercises and other warm-ups.
- Play mirror and shadow with a partner; explore other opposites like high/low, changing directions, big/small, changing speeds, near/far, on/off balance, locomotor/nonlocomotor.
- Dance with one body part for eight or sixteen counts; change to a new body part.

- Play Sixteen Counts with a partner, dancing away for eight, then coming back together for eight.
- Do a shape dance to the music: whole, half or quarter note values.

3. Listen To The Rain (2:37)

Form: AB repeated
Grouping: 4/4
Pace: Moderate
Key: F Major

Description:

Gentle, vocal music in 4/4 time. Each section is performed separately, and then together. Harp and glockenspiel accompaniment.

Suggestions:

- Learn the song and orchestration (available in "The Children's Corner").
- Tap the pulse of the music on your shoulders or on your partners shoulders; switch when the music changes.
- Create a dance-story for the piece about children playing inside while it rains, and then coming out to play when the sun returns.
- Use shakers, rainsticks and fingertips on hand drums to create rain sounds (A); use metal sounds to call back the sun (B).
- Great for breathing, relaxation, stretching and warm-ups.
- Create choreography with your students for each phrase of the text.
- Half of the group dances like the rain with scarves (A) while the other half freezes; when the music changes, the rain stops and the sun dancers dance with streamers (B).
- Mime different childhood games in small groups.
- Move in self space (nonlocomotor) for (A), move in general space (locomotor) for (B). Combine when the two sections are layered together.

4. Melody (2:17)

Form: A repeated
Grouping: 3/4
Pace: Moderately fast
Key: F Major

Description:

Flowing instrumental music in 3/4 time. Recorder, piano, guitar, synthesizers and small percussion.

Suggestions:

- Great for practicing swinging, swaying, turning and spinning.
- Use for dance technique, foot and arm exercises, stretching and breathing.
- Play shape museum; copy or change the shape you see, then dance away.
- Create sequences around weight sharing, counterbalances and lifts.
- Practice mirroring with a partner; when the music repeats, shadow with your partner.
- Play the strong pulse of the music on your body or with small percussion. Tap the slow, medium and fast pulses on your lap.
- Improvise with a prop the first time through the music, dance away from your prop in general space as the music repeats, dance with a new prop the third time.

5. Tribute To Theodore Geisel (3:15)

Form: ABC repeated

Grouping: 4/4

Pace: Moderate

Key: C Major

Description:

Funky, music with a hip-hop/rap twist in 4/4 time. Clavinet, bass, horns and percussion.

Suggestions:

- Learn the song and body percussion dance (available in "The Body, The Voice, The Drum").
- Pat the pulse on your body or play it on an instrument; try different paces of pulse, slow, fast and medium. Walk these pulses or find other ways to travel.
- Create a Seuss machine with a large group using your bodies; creating interacting parts, sounds, pulses and rhythmic patterns for your machine.
- Add body percussion to the poem section (C). Substitute rhyming words with body percussion.
- Walk to the pulse in different directions (A), find a partner (B), opposite shape play with your partner (up/down, right/left, forward/backward) (C).
- Dance, emphasizing a certain body part (head) (A), dance with your whole body (B), dance, emphasizing a different body part; repeat.
- Use the music to practice moving with different kinds of energy (sharp/smooth), weight (strong/light) and flow (free/bound).

6. Journey To The Moon (3:55)

Form: Continuous

Grouping: Free
Pace: Slow
Mode: Phrygian

Description:

Continuous, free rhythm, ambient music, with a sustained bass. Synthesizers.

Suggestions:

- Great for BrainDance, relaxation, breathing, stretching and yoga practice.
- Start as a small seed, cuddled around the core and slowly emerge and grow, moving more and more fully as the music continues.
- Alternate between bound and free flow movement.
- Improvise with triangels, chimes and recorders in Phrygian mode on E.
- Use for mirroring, shadowing and blind mirroring.
- Balance a chopstick between your palm and your partners palm and dance together slowly without dropping the chopstick; vary the activity by using opposite hands, two chopsticks and exploring the space fully.
- Play Magic Scarf; one partner improvises, moving a small scarf about her self space while her partner dances, copying the scarf. Switch roles.
- Choose a movement theme, like water to ice, or a concept, like near/far, and improvise a dance around that theme or concept.
- Practice vocal toning and overtoneing, inner humming and open vowels while in a meditative position.

7. The Lucky Song (2:41)

Form: AB repeated
Grouping: 4/4
Pace: Moderate
Key: C Major

Description:

Upbeat, 50's style vocal music in 4/4 Bossa Nova time.

Suggestions:

- Choreography the piece with your students.
- Learn the song (available from Tree Frog Productions).
- Play the pulses on your body or a percussion instrument, slow, medium and fast.
- Create a rhythmic ostinato (repeated pattern) and clap it against the music; when the music changes, change to someone else's pattern.

-Play percussion accompaniment with the song: congas, shakers, claves, cowbell, etc.

-Great for rhythmic exercises, dance technique, four count sequences.

8-12 Sticky Finger Suite (7:00)

Form: Five contrasting pieces

8. Ma-ching (1:37)

Form: ABC repeated

Grouping: 4/4

Pace: Moderate

Description:

Delicate instrumental music, based on phrases that echo and repeat in 4/4 time.

Suggestions:

-Use for mirroring and shadowing.

-Play Question/Answer Echo Phrases with a partner, using 8 count phrases.

-Play the pulse on your body or on a woodblock or triangle; try different pulses, slow, medium and fast.

-Play the rhythmic patterns of the piece; make up a complimentary pattern of your own and play it with the music.

-Move the pulse in your feet; move the patterns in your feet.

-Experiment with opposites: strong and light weight, big and small size, free and bound flow.

-Choose a lightweight prop (scarves, fabric, streamers) and improvise with it around a concept.

-Good for breathing and gentle stretching exercises.

9. Had Matter (:30)

Form: AABA

Grouping: 3/4

Pace: Mod. fast

Mode: Lydian

Description:

Wacky, circus style music in Lydian mode and 3/4 time.

Suggestions:

-Play the pulses of the piece on your body or a percussion instrument; walk the pulse around the space.

-Emphasize the strong-light-light grouping with movement or hand drum.

- Practice swinging, swaying, turning, rocking or spinning.
- Great for feet, leg, head and arm exercises that involve circles.
- Create a mime for a three-ring circus or carnival.
- Mirror your partner for 24 counts; change leaders for the next 24 counts; repeat, shadowing.
- Divide the class into three groups: woods, metals and hand drums; each group creates a repeated rhythmic pattern (ostinato) and plays it with the music. When the music changes, trade instruments with someone in your group.
- Choose a fun prop (ball, ribbon stick, hat) and improvise with it to the music; try the same activity with a partner, working together with one prop.

10. Metronome (1:55)

Form: ABC repeated

Grouping: 4/4

Pace: Slow

Description:

Slow, sustained pulses of music in 4/4 time. Synthesizers.

Suggestions:

- Great for breath, relaxation, stretching and yoga practice.
- Walk gently about the space on the half note pulse; move faster on the quarter note pulse; spin or turn quickly on the eighth note pulse; repeat the sequence as the music repeats.
- Practice expanding and contracting, growing and shrinking, rising and falling.
- Create a dance with a partner focusing on free and bound flow.
- Dance in slow motion with a prop (ball, scarf, etc.); use different kinds of energy, strong and light.
- Create a dance improvising on metals (triangles, chimes, finger cymbals).
- Tap the pulse on your shoulders or play it softly on an instrument; slow, medium, fast.
- Use for mirroring and shadowing.

11. Meticulous (:23)

Form: AABA

Grouping: 4/4

Pace: Fast

Mode: Aeolian

Description:

Fast, frantic instrumental music in 4/4 time. Xylophones, harpsichord and vibraslap.

Suggestions:

- Great for pulse activities, in eight count phrases.
- Play the pulse on your body or with a percussion instrument: slow, medium, fast.
- Use as a quick, aerobic warm-up piece.
- With a partner, create a dance of shapes and fast movement: one freezes while the other dances around fast, then switch with each 16 counts.
- Practice locomotor movements to the strong-light grouping.
- Create patterns to accompany the piece.
- With a trio or small group, make up a dance using hats or other props.
- Make up body percussion ostinati (repeated patterns) to the music.
- Travel forward through the space and change your direction at the end of each phrase.

12. Motet (2:17)

Form: ABBC repeated

Grouping: 4/4

Pace: Mod. slow

Description:

Slow, softly pulsing instrumental music in 4/4 time. Harp and recorder.

Suggestions:

- See ideas for #10 "Metronome".
- Create a balance study with your partner using aspects of weight: weight sharing, counter-balancing and lifts.

13. Walkin' Now In Beauty (3:55)

Form: AB repeated

Grouping: 4/4

Pace: Mod. slow

Key: C Major

Description:

Slow, flowing vocal music in 4/4 time. Vibraphone, xylophone, piano, recorder, glockenspiel, Native drum

and small percussion.

Suggestions:

- Create a dance of walking in a circle or free space (A), do a shaping dance in different directions (B).
- Add hand drums and other percussion to your dance.
- Learn the song and orchestration (available in "Inspirations").
- Use large pieces of fabric (spandex) to create a blanket dance to the music.
- Tap the pulses of the music on your body.
- Use the music for breathing, relaxation, stretching or dance technique.
- Explore opposite aspects of different concepts through movement: self and general space, single and multi focus, free and bound flow, mirroring and shadowing, locomotor and nonlocomotor.

14. Sansa Kroma (1:55)

Form: AB repeated

Grouping: 4/4

Pace: Fast

Mode: C Major

Description:

Upbeat, West African singing game in 4/4 time.

Suggestions:

- Learn the song, hand clapping game and orchestration. (Sheet music available in "The Body, The Voice, The Drum").
- Great for pulse exercises with body percussion, instruments or movement.
- Create a folk dance with your students: walk in a circle for 16 counts, turn and walk the opposite direction for 16 counts; 4 steps in, 4 steps out, 4 steps in, 4 steps out. Change these steps or add arm movements.
- Create repeated rhythmic patterns (ostinati) that fit with the music.
- See ideas for other AB form songs on this CD or Music For Dancers.
- Play Question/Answer Phrases with a partner using movement or instruments (A); travel away to find a new partner (B).
- Play 16 counts with a partner (A); dance away to find a new partner (B).
- Create a percussion ensemble based on the rhythmic patterns of the piece: use congas, hand drums, bells, shakers and claves.

15. I Am The Song (3:21)

Form: ABABCABB
Grouping: 3/4
Pace: Moderate
Key: C Major

Description:

Moderately flowing music in 3/4 time. Guitar, piano, recorder and percussion.

Suggestions:

- Create a combination using movements that fit in the strong-light-light grouping: waltz, sway, swing, turn, spin, circle rotations, etc.
- Play the strong-light-light pattern on a hand drum using fingertips and thumb.
- Great for breathing, relaxation, fundamental work, and stretching.
- Play Question/Answer Phrases with a partner using 12 or 24 count phrases.
- Use for mirroring and shadowing or a prop dance.

16. Music Is Our Common Ground (3:42)

Form: Canon (round)
Grouping: 4/4
Pace: Mod. slow
Mode: Dorian

Description:

Slowly flowing, canonic music in a minor mode in 4/4 time. Guitar, piano, strings and bass hand drum..

Suggestions:

- Great for breathing, relaxation, fundamental work and stretching.
- Use for mirroring and shadowing with a partner or group.
- Play Echo Phrases with a partner; move for eight counts and your partner copies you for eight counts; switch roles.
- Learn the song and orchestration (available in "Inspirations").
- Create a movement sequence for each of the four phrases of the text and perform them in canon; improvise movement during the vocal improvisation.
- Walk to the pulses of the song; walk in different directions or integrate other concepts to vary the walking.
- Use for work with weight: counterbalances, weight sharings, lifts, etc.
- Create an accompaniment using repeated rhythmic patterns (ostinati) and percussion: chimes, finger cymbals, triangles, hand drums, shakers.

-Choreograph a dance of weaving using light weight fabric, scarves or streamers.

17. Waltz Of The Toys (1:57)

Form: Additive (layered)

Grouping: 3/4

Pace: Moderate

Key: C Major

Description:

Playful music with character in a delightful 3/4 waltz style. String bass, woodblock, cabasa, harp, bell, clavinet, temple blocks, vibraphone, recorder and snare drum.

Suggestions:

-Learn the orchestration and dance (available in "Inspirations").

-Practice movements in the strong-light-light grouping: swinging, swaying, rocking, turning, spinning, waltzing, etc. Draw circles of different sizes with arms, legs and head to the music.

-Move like the character of the first instrument introduced; as each new instrument is added, change your movement.

-Create a dance of toys or childhood games.

-Choreograph a dance using a ball in a small group; try the same thing using different props.

-Play the strong pulse (1) on a hand drum; play the light pulses (2,3) on a woodblock.

-Improvise rhythms in body percussion or on instruments to the pulse, patterns and grouping of the piece.

-Travel across the space in a certain way: wobbling, off balance, shaping, etc.; when the music repeats, change the way you are moving.

-Begin mirroring with a partner; when the music changes (repeats), switch the leader; repeat the activity with shadowing.

18. Leaves That Fall (2:44)

Form: AB repeated

Grouping: 4/4

Pace: Moderate

Mode: Mixolydian

Description:

Gentle vocal music with two interwoven melodies and a speech section in 4/4 time. Bass metallophone, xylophone, glockenspiel, recorder, tambourine, shakers, chimes and bongos.

Suggestions:

-Learn the song and orchestration (available in "The Children's Corner")

- Create a dance about the fall leaves: used colored scarves on the speaking part, develop simple choreography to go with each phrase of the lyrics. Students can start the dance as leaves on a tree, then dance away, then return.
- Tap the pulse on your partner's shoulders while sitting behind her; when the music changes, turn and switch roles; try different pulses, slow, medium and fast.
- Move in self space during the singing (A); move in general space during the speaking (B); explore other opposites to this music: bound and free flow, straight and curved pathways, strong and light weight, smooth and sharp energy, on and off balance, fast and slow.
- Mirror with a partner (A); shadow with a partner (B).
- Improvise the sounds of fall leaves with your voice, body or percussion instruments (B).
- Play pulses and patterns to create repeated rhythms that fit with the song.
- Play Echo Phrases with a partner; one partner moves for 4 slow pulses, the other repeats the movement.
- Create a combination and practice using the music: choose movements that are strong-light, like walking, step-touch, grapevine, etc.

19. Shine Your Light (5:24)

Form: Canon (round)

Grouping: 4/4

Pace: Slow

Key: F Major

Description:

Slow, sustained, ethereal vocal music in a four part round in 4/4 time. Synthesizer, guitar, harp, piano and strings.

Suggestions:

- Great for Braindance, breathing, relaxation, fundamental work, yoga practice and stretching.
- Use for mirroring, shadowing and partner dancing with props or using aspects of weight.
- Use as a cool down: walking slow, stopping, shaping and starting.
- Learn the song and orchestration (available in "Inspirations").
- Use your hands to indicate the pitch of the melody: raise them when the melody goes higher, lower them when the melody goes lower.
- Improvise using a prop around the concept of balance: balance on the prop, balance the prop on your body, balance without the prop, fall of balance to balance again with the prop; add a partner to vary the activity.

20. Everybody Needs A Drum (2:58)

Form: ABCD repeated
Grouping: 4/4
Pace: Fast
Unpitched percussion piece

Description:

A driving percussion piece with vocals on the last repeat in 4/4 time. Congas, bass drum, bells, shakers, etc.

Suggestions:

- Learn the words and percussion (available in "Inspirations").
- Pat the pulse of the piece; change to a slower or faster pulse; play your pulse on a percussion instrument; share your pulse with a partner; play a different pulse from the one your partner plays.
- Divide the class into four groups, each playing a different pulse value: whole, half, quarter and eighth.
- Create a Question/Answer improvisation: leader plays a four, eight or sixteen pulse phrase, the group answers with a new rhythm.
- Use the basic rhythm pattern blocks of the piece to create an improvisation in a drum circle.
- Use the music for foot exercises, dance technique, combinations and other timed work.
- Pulse your body in self space (16) (A); move around the space with a pulse (16), then change your direction (16) (B); create a pulse with a partner (16) (C); shape with your partner on the pulse (16) (D); repeat the sequence.
- Do a directions dance: up/down (A), forward/backward (B), right/left (C), changing directions (D); repeat the sequence; try it using other concepts (pathways, levels, size).

21. Follow Me, Moon (2:42)

Form: AB repeated
Grouping: 4/4
Pace: Moderate
Key: D Major

Description:

Soft, flowing music with two interwoven vocal parts in 4/4 time. Guitar, piano, glockenspiel and small percussion.

Suggestions:

- Great for breathing, relaxation and stretching.
- Use for mirroring and shadowing with a partner or group.
- Create a dance of walking, in different directions and speeds.
- Tap the pulse on your shoulders; share the pulse with a partner.

- Play a triangle wherever you hear a rest in the melody (usually the end of each phrase).
- Learn the song and orchestration (available in "Inspirations").
- Use as a center dance piece with the story Harold And The Purple Crayon.
- Nonlocomotor (self space) movement (A), locomotor (general space) movement (B).
- Dance with light weight (A), create counter balances with a partner (B); repeat using focus.

22. I Am Powerful (Mantra) (3:54)

Form: ABABABCAA

Grouping: 4/4

Pace: Mod. slow

Mode: Mixolydian

Description:

Funky, hip-hop style music with a repeated bass line accompaniment pattern. Synthesized keyboards, clavinet and percussion.

Suggestions:

- Learn the song and orchestration (available in "Inspirations").
- Travel through general space (A), shape and freeze (B), improvise with body percussion(C).
- Play the pulse with body percussion or instruments; walk to the pulse around the space; change the pace of the pulses (slow, medium, fast).
- Shadow with a partner (A), mirror with a partner (B), travel around the space to find a new partner (C).
- Play the pulse on a percussion instrument (A), improvise with your instrument (B), play a pattern on your instrument (C); repeat the sequence while traveling through the space.
- Travel through the space and change directions at the end of each 16 pulse phrase.
- See ideas for other AB or ABC form songs on this CD.



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