

## **Music For Creative Dance: Contrast and Continuum, Volume II**

Music by Eric Chappelle

Creative Dance Ideas by Anne Green Gilbert

### **1 Whales**

*Alternating sections of music with no beat and music in 3/4 time*

Create a dance about whales that incorporates changes in levels, speed, pathways and directions, or contrasting movements of adult whales and young whales.

Dance freely on the sections with whale sounds; do turning, swinging or waltz run on the sections with 3/4 meter.

Dance slowly, strongly or smoothly on the slow sections and quickly, lightly or sharply on the fast sections.

### **2 Bee Beat**

*Continuous uptempo music in 4/4 time*

Use for warming-up, technique, improvisation or choreography.

Explore many ways of jumping, hopping, leaping, and other locomotor skills.

Combine movements together such as chasse right (slide forward) - chasse left, 2 big jumps forward pushing hands forward or clapping (repeat).

### **3 Checkerboard**

*Theme and variations with pauses, with contrasting tempos and dynamics*

Relate to the changes in music dynamics by moving smoothly, sharply, slowly, quickly, strongly, lightly, on low or high levels.

Follow a leader's movements in self space or through general space using the pauses to signal the end of the leader's phrase and the beginning of the partner's phrase.

Alternate movement with one body part and the whole body, changing on the pauses.

### **4 Weavers**

*Continuous music in 4/4 time*

Use for technique, warm-up exercises or improvisation.

Dance smoothly (or with successive flow) relating to the violin music, or sharply (or with simultaneous flow) relating to the drum beats. Change movements randomly or as directed.

Practice various turns, running in curved pathways, leaping or other movement skills.

Create short movement combinations such as run, turn, stretch, melt, roll, rise. Each movement takes one

measure (4 counts) with the running, turning and rolling moving quickly within the measure and the stretching, melting and rising moving slowly within the measure.

### **5 Pizz.Ah!**

*Eight count phrases that are repeated with a 4 count pause between phrases*

Echo, shadow or mirror a partner's or leader's movements for eight counts. On the pause, switch roles.

Dance with upper body half, keeping lower half frozen. After the pause, dance with lower body half, keeping upper body half frozen. Repeat alternation or try right and left halves, also.

Choose two contrasting dance movements and alternate them on each phrase (low/high, strong/light, forward/backward, etc.).

### **6 Pharaoh's Waltz**

*Continuous music in 3/4 time, slightly slower than "Fiddlers Three" on Vol. I*

Use for warming-up, technique, free dancing, improvisation or choreography.

Practice movement skills such as swinging, turning, waltz run.

Combine movements together such as twist right (1-2-3), twist left (1-2-3), turn right (1-2-3-4-5-6), twist left, twist right, turn left or 4 waltz runs, swing right, swing left, swing forward, swing backward (repeat).

### **7 Pathway Puzzle**

*Three contrasting melodies each ending with a falling effect*

Move in straight pathways during the first section, curved during the second and in zigzag pathways in the third section, then melting, falling or extending at the end of each section. Instead of the whole body melting, try melting different body parts.

Play with level changes. Move on a high level and melt to the floor on the falling sounds, then move on the floor and rise to high level during the falling sounds. Alternate levels or change randomly.

Explore moving away from and toward a partner on different pathways, then sharing weight or connecting together on the falling sounds.

### **8 Skippy Ska**

*A swinging 4/4 piece in the Jamaican music style called Ska*

Practice sliding, galloping or skipping. Vary movements by changing directions, pathways, adding arm movements, dancing with a partner.

Use for hinge slides: partners face each other and slide face to face then back to back, face to face then back to back.

Create simple movement combinations such as slide 8 counts, jump 8 counts, gallop 8 counts, hop 4 counts right and 4 counts left or skip 4 counts, sharp arm movements 4 counts, skip 4 counts, smooth arm movements 4 counts (repeat).

## **9 Ski Reel**

*The melody is Ross' Reel #4 - New England contra dance tune; 32 counts followed by breaks of 4 counts twice, 8 counts, 12 counts, 8 counts, and 4 counts twice*

Dance freely for 32 counts and try different movements on the breaks: make shapes, isolate body parts, balance, connect with a partner or trio, spell a word, do a math problem, make a statue describing a verb, etc.

Explore contrasting dance concepts by moving one way (quickly, sharply, lightly, backwards, or high level) on the music and the opposite way (slowly, smoothly, strongly, forward, or low level) on the breaks.

Dance with a prop or partner during the music and then dance over, under, around or away from your prop or partner on the breaks.

## **10 Pastorale**

*A quiet, meditative vocal piece*

Use for resting, relaxation, stretching, cooling-down.

Practice movement skills such as swinging, waltz run, turning or the movement combinations described under "Pharaoh's Waltz".

Use for free dancing, improvisation and choreography when slow music is desired.

## **11 Caribbean Leaps**

*Continuous up tempo music in 4/4 time*

Practice various leaping patterns such as run, run leap, leaps over objects of different heights or leap turns.

Use for free dance, improvisation or warming-up when lively music is needed.

Explore many ways of jumping and hopping: with a partner; forward-backward-side-side; while turning; in zig zag pathways.

Create simple movement combinations such as: walk 4 steps, jump 4 times while turning right, walk 4 steps, jump 4 times while turning left (repeat); 2 lunge steps forward, 4 running steps kicking feet back (repeat).

## **12 Little Bolero**

*A short bolero which builds, then thins out at the end*

Use for free dancing, improvisation or choreography.

Dance with small movements when the music begins, increasing range as the music gets fuller and decreasing size as the music thins out.

Start dancing with one finger, adding body parts as the music gets fuller until the whole body is dancing, then take away parts as the music thins out.

Explore relationships by starting with solo dances, moving to duets, quartets, small groups, larger groups then progressively decreasing size of the groups to solos again.

### **13 - 19 Travel Notes - a suite**

*World variations on a theme*

Relate to the music styles from different regions with different movement qualities. Discuss what body parts, levels, energy was used for each section.

Use sections separately for short choreographic studies when music suggesting a certain region is needed. Look (or listen) for the emotional qualities that each piece of music evokes.

### **20 Circular Journey**

*A narrative musical form suggesting moving from cheerful through surprised, frightened, sad, determined, proud and back to cheerful*

Relate to the music phrases with different movement qualities and emotions.

Create a movement story to accompany the music story. Do this as a whole group or let small groups choreograph their own stories. Add props for dramatic effect.

Have a movement conversation with a partner - one moves while the other watches. Change roles on each musical change-or-shadow or mirror your partner's movements - change leadership on each musical phrase.

### **21 Potpourri II**

*Musical fragments from the previous pieces with pauses between sections*

Move the way the music makes you feel, freeze in a shape on the pause.

Move a different way on each section - try different levels, size, directions, pathways, speed, energy, body parts. Balance in a shape on the pause.

Alternate dancing with upper and lower body halves, freeze or balance on different body parts on the pause.

*Ideas from Creative Dance for All Ages by Anne Green Gilbert, Reston VA NDA/AAHPERD, 1992*