

# Everyday Movement & Dance

By Debra Navin

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## Sasha!

### Russian Folk Dance

#### Sashay the Donut by New England Dance Masters

Song is available here: [https://dancingmasters.com/?attachment\\_id=33](https://dancingmasters.com/?attachment_id=33)

Dance, as found online (a google search will yield many video examples of this dance):

1. Speak "Sasha, Sasha, Ras, Dva, Tre" (one, two, three)  
Right, Right, Right / Left, Left, Left / Both, Both, Both / Down, Down, Down (pat on lap) *repeat*  
Right arm swing ending with 'HEY!' (8) Left arm swing ending with 'HEY!' (8)
2. Walk around the room and wave, identify a partner before new A section begins

Teaching Process:

1. Teach words
2. Mirror Clapping Pattern
3. Have the students figure out how many beats I silently count to before I say 'HEY!'
4. Do the dance WITHOUT the right arm and left arm swing and keeping the same partner
5. (on another day) Add the swing and partner switching.

## I DON'T WANT TO! Dance

*This dance is derived from the 'Grumpy March' that goes with Wizard's Walk found in the New England Dance Master's 'Sashay the Donut'*

1. The dance begins with a brief discussion about all the things we hate doing (i.e. dishes). For each thing we dislike we say the words "I DON'T WANT TO" to steady quarter notes. Each time we repeat the notes they get more expressive with stomping feet and pounding hands.
2. Eventually, we add scarves or streamers to this movement and learn the A section.

### **A SECTION:**

4 stomps (scarf behind back)- audiate the words "I don't want to"

4 Arm flicks (with scarf)

4 stomps (scarf behind back)

4 arm flicks (with scarf)

8 Beats of 'total tantrum' arms & stomps while turning in a circle

8 beats of rising from a low position with a grumpy face into a tall happy smile.

### **B SECTION:**

Improvised 'happy dance' around the room

## Firefly Song

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There is a Fi-re fly a - waiting in my gar-den. There is a fi-re fly a -  
 7 waiting there for me. Glowing like a mag-ic lan-tern, it shines and it shim-mers.  
 13 Call-ing to me come and dance with the moon beams to - night.

1. Sing song to the participants while moving a flashlight around in the path of a firefly. Encourage participants to fly their own fireflies in their place to explore the pathways of that firefly which I repeat the song enough times for participants to learn it.
2. Explore what it would look like to be the different parts of a garden (tree, flower, bush, weed, etc.) Demonstrate these things with our bodies making sure to show appropriate levels to match the items.
3. Arrange our bodies across the room in a beautiful garden that has a variety of plants (and levels).
4. Fly the firefly (flashlight) around the room during the song. Pass out more flashlights and allow participants to try the different roles in the song.

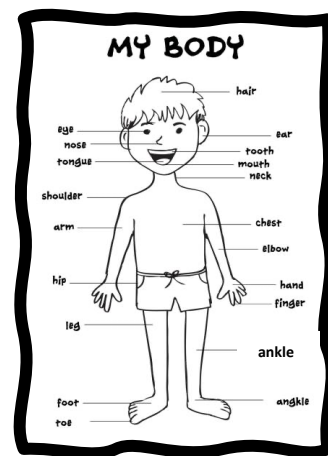
## Mama Don't Allow

Folk Song

Exploration of Laban Movements



Ma-ma don't 'llow no hand clap - in' round here.  
 Ma-ma don't 'llow no hand clap - in' round here.  
 We don't care\_ what ma-ma don't 'llow gonn-a clap our hands\_ an - y how  
 Ma-ma don't 'llow no hand clap - in' round here



Teaching Process:

1. Sing song. Demonstrate that the action falls on the measures of rest
2. Change 'hand clapping' to other movements. Slowly moving to use the Laban movement language
3. Students suggest a body part and a Laban effort

*Laban Movement Analysis (LMA) is a method and language for describing, visualizing, interpreting and documenting all varieties of human movement. Also known as **Laban/Bartenieff Movement Analysis**, the method uses a multidisciplinary approach, incorporating contributions from anatomy, kinesiology, psychology, Labanotation and many other fields. It is one type of Laban Movement Study, originating from the work of **Rudolf Laban**, developed and extended by **Lisa Ullmann**, **Irmgard Bartenieff**, **Warren Lamb** and many others. In addition, many derived practices have developed with great emphasis on LMA methods. It is used as a tool by dancers, actors, musicians, athletes, physical and occupational therapists, psychotherapy, peace studies, anthropology, business consulting, leadership development, health & wellness, and is one of the most widely used systems of human movement analysis today. (<https://labaninstitute.org/>)*

	Weight	Space	Time	Energy
Punch(ing)	Heavy	Direct	Quick	Bound
Press(ing)	Heavy	Direct	Slow	Bound
Flick(ing)	Light	Indirect	Quick	Free
Dab(ing)	Light	Direct	Quick	Free
Slash(ing)	Heavy	Indirect	Quick	Bound
Wring(ing)	Heavy	Indirect	Slow	Bound
Float(ing)	Light	Indirect	Slow	Free
Glide(ing)	Light	Direct	Quick	Free

## Body Shape Cards and Art: ideas for creative dance

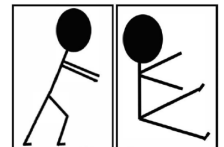
1. Activity One: Freeze into a single pose as seen on board or copying a selected student  
Music: Dolly Suite, Op. 56: I. Berceuse. Allegretto moderato (Arr. For Cello & Piano) by Gabriel Faure, performed by Andreas Brantelid & Bengt Forsberg (spotify)
2. Activity Two: Dance party & freeze into a pose  
Music: Havana Banana by Too Many Zooz (spotify & YouTube)
3. Activity Three: Create dance moves from the stick figure poses  
Music: Masquerade Suite: Maskarad (Masquerade): I. Waltz by Aram Khachaturian, performed by the St. Petersburg State Symphony Orchestra (spotify)
4. Activity Four: Use popsicle sticks, faces & bendy figures to create original ideas.  
Music: Fun Fun Fun Fun Fun Fun by Parry Gripp (spotify)

Printable stick figures (free):

<https://childhood101.com/wp-content/uploads/2018/07/Yoga-for-Kids-Body-Shape-Cards.pdf>

[https://www.yourtherapysource.com/files/Personal\\_Space\\_Freebie.pdf](https://www.yourtherapysource.com/files/Personal_Space_Freebie.pdf)

<https://childhood101.com/making-body-shapes-with-printable-body-shape-cards/>



Toys:

Bendy Emoji people found on Amazon.com: Neliblu Emoji Party Favors - Fun Toys - 1 Dozen 4.5" Emoji Smiley Face Emoticon Bendable Figures - Bulk pack of 12 By Neliblu \$12.97

Art:

A Sunday Afternoon on the Island of La Grande Jatte by George Suerat

Christina's World by Andrew Wyeth

Composition 8 by Wassily Kandinsky

La Moulin de la Galette by Pierre-Auguste Renoir

Starry Night by Vincent VanGogh

Three Dancers by Pablo Picasso

The Scream by Edvard Munch

Untitled (1982) by Keith Haring

Untitled (1993) by Keith Haring

## Owl's Dance

### King of the Fairies by Arany Zoltan (Spotify & YouTube)

This dance alternates between two sections of 16 beats.

Section ONE	Wake (lights off)	Stretch	Tidy Nest	Turn Head	Hunt insects and mice	Fly	Sleep (lights on)
Section TWO	4 side sweeps and two giant circles while saying 'whooo'						

Teaching Process:

1. Brainstorm what we know about owls.
2. Act out some of the owl behaviors and chose which 7 to use (I recommend keeping 'wake' & 'sleep').
3. Practice SECTION TWO.
4. Put the movements to music alternating between section one and two giving each section 16 beats.

## Wizards Walk Grumpy March

*New England Dance Master's 'Sashay the Donut'*

Do you recognize this?

## But WHY??

### Deb's reasons for including movement and dance in every music class

- Opportunity to really listen to music of all types
- Connect physically with concepts such as form & meter
- Help coordination for future instrument playing
- Teamwork, social connections
- Active learning
- Music has the power to reach the full range of human emotions. Dancing and movement can help express those emotions



Deb Navin teaches Elementary Music at Greenfield and Beverly Elementary Schools for Birmingham Schools in Michigan. She has degrees from The Crane School of Music and Temple University. Deb has trained in Orff-Schulwerk, Music Learning Theory and World Music Drumming. She has taught General Music, Choir, and Band in public and private schools in Massachusetts, Pennsylvania, and Michigan.

### PLEASE NOTE:

*Activities presented today are intended for use of participants of this session in a classroom setting. **Please do not distribute or share without permission.***