



NCKP  
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# Music Moves Us . . . Literally!

## Using Movement to Enhance Musicianship

- Based on Dalcroze Eurhythmics — an experiential way of knowing music through the body
- It's all about the flow — Achieving the optimal state of awareness, focus, and concentration
- It's a philosophy, not a method
- Rhythmic games, songs, gesture, movement, quick reaction, and echo all facilitate better understanding, awareness, and experience of: pulse, rhythm, meter, phrasing, form, dynamics, listening skills, harmony, ensemble, and more!

Activities at today's session included:

- simple echo clapping
- "hip/hop" cues for going twice as fast or slow while listening to "Superstition" by Stevie Wonder
- stepping/walking to the beat of the music being improvised on piano
- freeze a gesture or expression to match mood of music
- alternating quarter note pulse with whole notes while listening to Bach Invention in A minor
- walk if you hear bass, tap if you hear treble, both if both, none if none! While listening to piano
- "tip-toe" = eighths, "walk" = quarter, "slide" = half, "stretch" = whole
- passing a bean bag around the circle to the downbeat
- bounce a ball on the downbeat, listen to the changing meters being played on the piano
- pass a ball between LH and RH to different pulses (quarter, half, whole, 2 bars, 4 bars!)
- solfège on the body (1 2 3 4 5 or do re mi fa sol = feet, knees, hips, shoulders, head)
- solfège on hoops on the floor — listen to piano, repeat in hoops OR you jump in different hoops and everyone else has to sing what it was
- Step downbeat, change direction on new phrase while listening to Autumn Sketch by Gillock
- Expand and contract an imaginary balloon with your hands to react to the dynamics of Nocturne by Poole

### Resources (clickable):

- Meaningful Movement by Butke and Frego
- American Eurhythmics Society
- EXTENSIVE bibliography of Dalcroze Eurhythmics resources
- Great videos:
  - Stop/start quick reaction exercise with Greg Ristow
  - Jumping Game with Greg Ristow
  - Lisa Parker explains Eurhythmics and demonstrates downbeats, anacrusis, and phrasing



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