

Come Dance Again



Educational Activities, Inc.
P.O. Box 87, Baldwin, NY 11510



Come Dance Again

On Your Feet Or In Your Seat

ABBREVIATIONS AND DEFINITIONS

BKWDbackward	LHleft hand	RHright hand
CCWcounterclockwise	M.L.Minimally Limited	Sslow
CWclockwise	N.R.Non-Restricted	S.H.Severely Handicapped
DNWDdownward	P.D.Partially Disabled	SWDsideward
FWDforward	Qquick	TWDtoward
Lleft	Rright	UPWDupward
LFleft foot	RFright foot	Xtimes

The activities suggested are designed to stimulate participants of all ages who have physical limitations or developmental deficiencies.

This recording contains creative movement activities designed for participants who will benefit from activities that encourage improved physical, emotional, and intellectual responses. The varied music, which includes popular, classical, and ethnic selections, is suitable for improving socialization, creative expression, physical development, and spatial awareness.

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ABOUT THE AUTHORS

Erna Caplow Lindner, Ph.D. D.T., is a full professor of health, physical education, and recreation at Nassau Community College and an adjunct professor at Adelphi University, both in Garden City, N.Y. She is a dance specialist with teaching and therapy experience ranging from pre-school through elderly groups. Dr. Lindner's extensive background includes performing, choreographing, and directing dance in the northeastern U.S. For many years, she has conducted master classes and workshops on creative dance, dance therapy, nonverbal communication, and self-awareness for professional and educational organizations. Professor Lindner is often invited as an authority to speak and train leaders on the therapeutic and educational uses of dance. She has applied her sensitive and innovative movement approaches as a therapist with Parkinson's disease, Alzheimer's, and developmentally, emotionally, and physically disabled people. Her contributions to the fields of dance and education are cited in *Who's Who of American Women*, *International Who's Who*, and the *Dictionary of International Biography*. She has also written numerous articles and contributed chapters to books on dance.

Leah A. Harpaz, M.A. D.T., has had many years of experience in the field of dance and movement as an educator, performer, and choreographer. She is an outstanding teacher in dance programs for children and adults. Ms. Harpaz has also initiated therapeutic movement projects for special populations ranging from pre school through the elderly in community centers, senior centers, and nursing homes. She is currently a dance, movement, and exercise specialist at the 92nd St. "Y" in New York City, adjunct lecturer at Adelphi University and Baruch College, and a staff member of the Great Neck Senior Center and Adult Education Program in Long Island. Ms. Harpaz has also appeared on TV leading an exercise program for older adults and has been featured in a videotape on intergenerational activities, *Between the Generations*. Her pioneering therapeutic movement program for Parkinson's patients was featured in an article in the *New York Times*. She is the 1987 recipient of the *Inspiration Award* from the Town of Islip, New York, for her outstanding contribution and achievement in the field of dance and movement for older adults.

Since 1977 the two authors have traveled extensively to conduct dance/movement sessions at schools, rehabilitation centers, and have led conferences in the United States, Canada, and Israel. Dr. Lindner and Ms. Harpaz are co-authors of the text *Therapeutic Dance/Movement: Expressive Activities for Older Adults*, Human Sciences Press, NY 1979.

ALSO AVAILABLE

SPECIAL DANCING ON YOUR FEET OR IN YOUR SEAT, by Erna Caplow Lindner and Leah A. Harpaz. Creative activities for special populations. (CD-102, AC-102)

SPECIAL MUSIC FOR SPECIAL PEOPLE, by Erna Caplow Lindner, Sonya Samberg, and Leah A. Harpaz. Accompaniment for adapted dance/exercise with directions for geriatric and disabled populations. (CD-85, AC-85)

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1— Holiday (Disco/Rock) 4/4

Activity A: “Warm-up” stretching exercises, sitting, standing while holding on to a chair, or free standing — *On Your Feet or In Your Seat*

Reach in different directions with varied shapes of straight and curved movements. Use large and small, and high and low actions with arms, legs, torso, and head. Do each stretch slowly and smoothly using at least eight count phrases (two measures). Gradually increase number of body parts being used.

Appropriate For: N.R., M.L., P.D., S.H.

Achievements: Increased range of motion, improved body image, spatial orientation.

Activity B: Marching or “disco” improvisation with frisbees — *On Your Feet*

Hold one or two frisbees or sturdy paper plates in hands. Try up, down, side to side, open/close, and cross-over actions while marching or doing improvised “disco” movements. Can be done alone or facing a partner.

Appropriate For: N.R., M.L., P.D.

Achievements: Creative expression, increased mobility, socialization, body and spatial awareness.

2—When the Saints Go Marching In 4/4

Activity A: Rhythm game with instruments — *In Your Seat*

Hang rhythm instruments (bells, tambourines, maracas) on a long rope which can be passed around the circle of participants. Alternate passing the rope with playing the instruments as they change positions at approximately four measure intervals.

Appropriate For: M.L., P.D., S.H.

Achievements: Rhythmic response, group interaction.

Activity B Marching for cardiovascular warm-up — *On Your Feet*

Start walking around room half-time to music, increase tempo of walk to brisk march, then add arm motions to increase muscular output, finally lift knees for strong aerobic action. Then reverse if “cool-down” desired. (Begin walking in 2 concentric circles, then march in square pattern around room, finally high step in long lines down length of the room.)

Appropriate For: N.R., M.L.

Achievements: Raised energy level, increased cardio-respiratory rate, improved mobility and flexibility.

3—Side By Side 4/4

Activity A: Spatial relationships with partner or chair — *On Your Feet*

Explore directionality and interactions by responding to suggestions such as: move back, around, over, under, away, toward, in front of partner or chair. Use phrase “side by side” in music as a recovery action before beginning a new relationship.

Appropriate For: N.R., M.L., P.D.

Achievements: Spatial orientation, performance accomplishment, coordination.

Activity B: Partner dance – *On Your Feet*

Starting position: Partners designated A & B stand next to each other.

Measures

- Introduction
- 1 A walks 3 steps FWD and kicks L leg FWD.
B walks 3 steps BKWD and kicks L leg FWD.
 - 2 A walks 3 steps BKWD and kicks R leg FWD.
B walks 3 steps FWD and kicks R leg FWD.
 - 3 & 4 A and B stand shoulder to shoulder, hold inside hands, lean away from each other, then lean TWD each other 2X.
 - 5 A and B face L, B's hands are on A's shoulders, and walk 4 steps to L.
 - 6 A and B face R, A's hands are on B's shoulders, and walk 4 steps to R.
 - 7 & 8 Repeat measures 3 and 4.
 - 9 Tap RF 2X FWD and 1 X SWD, then step.
 - 10 Tap LF 2X FWD and 1X SWD, then step.
 - 11 & 12 Repeat measures 3 and 4.
 - 13 A and B move diagonally FWD R with “chug” step raising arms, and then “chug” diagonally BKWD L while lowering arms.
 - 14 A and B move diagonally FWD L with “chug” step raising arms, and then “chug” diagonally BKWD R while lowering arms.
 - 15 & 16 Repeat measures 3 and 4.

Repeat moves throughout song.

Appropriate For: N.R., M.L.

Achievements: Spatial orientation, performance accomplishment, coordination.

4—Masquerade 4/4, 3/4, 2/4

Activity A: Rhythm instrument activity – *In Your Feet*

Each participant has a simple rhythm instrument (e.g. drums, finger cymbals, bells, maracas, rhythm sticks, tambourines, triangles).

1. Everyone plays instrument in response to varying rhythms of the music.
2. The drums, rhythm sticks and maracas play 4/4; the triangles, finger cymbals, and tambourines play 3/4; everyone plays 2/4.
3. The drums and rhythm sticks play 4/4; triangles and finger cymbals play 3/4; maracas, tambourines, and bells play 2/4.

Appropriate For: M.L., P.D., S.H.

Achievements: Concentration, rhythmic response, group interaction.

Activity B: Intergenerational movement games – *On Your Feet or In Your Seat*

1. Start with half of group sitting and other half standing in front of the seated group. (Usually young children standing, elderly sitting.) During 4/4 music, people sitting clap their hands while people standing walk around and return to their partners during 8 measures. During 3/4 music, standing and sitting partners hold hands and sway side to side as well as FWD and BKWD. When 2/4 music begins, children run away (to corners of room or around in a circle) while sitting group claps and stamps feet quickly to call the children back. Everyone ends up with the same partner, and the dance begins again.
2. Partners stand in large double circle. They march holding hands CCW 8 measures during 4/4; then face each other holding hands and sway side to side 8 measures during 3/4; they move with quick, small steps TWD center of circle with one person BKWD and other person FWD for 2 measures during 2/4; then all move away from center of circle 2 measures and repeat to end of musical phrase.

Appropriate For: N.R., M.L., P.D., S.H.

Achievements: Mental concentration, rhythmic response, cooperative interaction, directionality.

5—The Cad of Baghdad 4/4

Activity A: Dancercise with scarves – *On Your Feet or In Your Seat*

Using hands, arms, hips, head, feet, and legs make figure eights of different sizes (big and little) in different directions and planes. Try drawing eights in the air in front, to sides, in back, overhead, and on floor. Experiment with unusual body parts making eights with shoulders, elbows, eyes, chest, and knees.

Appropriate For: N.R., M.L., P.D.

Achievements: Creative expression, body awareness, spatial orientation.

Activity B: Adapted “belly dance” — *In Your Seat*

Measures

- Introduction
- 1 & 2 Arms circle outward and close in prayer position in front of chest.
 - 3 & 4 Head down, move L, head down, then up; move R, head down, look UPWD, and return head to normal, straight ahead position.
 - 5 & 6 Open fingers slowly like a lotus flower and close.
 - 7 Place RH in lap; L wrist circles CW, then CCW.
 - 8 Place LH in lap; R wrist circle CW, then CCW.
 - 9 & 10 Wrists circle CW 2X, then CCW 2X. (Both hands begin close to chest and then move to FWD extension.)
 - 11 & 12 R shoulder FWD and BKWD; then L shoulder FWD and BKWD.
 - 13 & 14 Lean torso FWD and BKWD as both shoulders rotate FWD 2X, then BKWD 2X.
 - 15 & 16 Circle torso TWD R, then circle TWD L.
 - 17 & 18 Shake torso, especially shoulders.
 - 19 & 20 R arm reaches R with pushing gesture; then L arm reaches L with pushing gesture.
 - 21 & 22 Both arms slowly reach SWD with pushing gesture.
 - 23 & 24 Both arms extend overhead, and palms touch: then hands lower in prayer position at center of chest.
 - 25 & 26 Repeat measures 5 and 6.
 - 27 & 28 Repeat measures 3 and 4.
 - 29 & 30 Repeat measures 1 and 2.

Appropriate For: N.R., M.L., P.D., S.H.

Achievements: Increased range of movement, improved circulation, individual expression, improved body image.

6 — He's Got The Whole World In His Hands 4/4

Activity A: Opening ball game, name game, or unifying activity – *In Your Seat*

Group sitting in a circle.

1. Ball passing (soft Nerf ball, beach ball, or yarn ball) with leader calling participant's names; for example, "Mary, catch the ball in your hands, then "Mary, throw the ball with your hands," The leader throws the ball to each person, and they each throw it back.
2. Individuals throw ball while calling out receivers' names. Ball is passed around or across circle. The tosser announces who is to catch ball.
3. Circle squeeze — leader squeezes the hand of next person in circle, who in turn passes the squeeze on around the circle.

Appropriate For: N.R., M.L., P.D.

Achievements: Mental concentration, coordination, socialization.

Activity B: Closure movement activity — *On Your Feet*

Everyone walks around room by themselves. On the chorus, "He's got the whole world. . ." each person finds a partner, and they move together as a pair while holding hands. On the next chorus, they find another couple and move as a group of four. This group joins hands with another group of 4, and they move as a group of 8. On last repeat of song everyone holds hands in one big circle, and they move FWD and BKWD, and then snake-like. At the end, everyone raises hands together.

Appropriate For: N.R., M.L., P.D.

Achievements: Socialization, physical contact, group unity.

7 — Oh What A Beautiful Morning! 3/4

Activity A: Parachute/chiffon movement activity — *On Your Feet or In Your Seat*

Group members hold outside edge of a parachute or a large chiffon curtain panel.

Verse or Alternate Chorus:

Measures

- 1 & 2 Gently lift parachute or fabric UPWD.
- 3 & 4 Lower slowly.
- 5 – 8 Repeat measures 1-4.
- 9 – 12 Sway slowly side to side moving parachute (fabric) with swinging motion.
- 13 – 16 Shake parachute to make rippling motion.

Chorus: Raise parachute (fabric) high so that it billows up and people can look under it at others in the group. Individuals can wave to each other, call out names, or 1 or 2 can even change places while the canopy-like shape is in effect. Continue billowing parachute through the ending.

Appropriate For: N.R., M.L., P.D., S.H.

Achievements: Released tension, improved respiration, group unity

Activity B: Streamer or ribbon activity – *On Your Feet or In Your Seat*

With a 30-36" long ribbon or plastic streamer in one hand, each participant can respond with gestures based on the movements of clouds drifting, kites flying, leaves falling, balloons floating, ferris wheels turning, scythes cutting, animal trainers whipping, cowboy lariats spinning, water rippling, waves crashing, flames leaping, balls bouncing, water fountains splashing. During the chorus, use the streamers to cross and uncross body laterally or to gently wave. On the verse, imaginative designs and patterns can be made throughout space or in one place. (Can also be used as a **Follow the Leader** activity or **Charades** type activity.)

Appropriate For: N.R., M.L., P.D.

Achievements: Creative expression, mimetic experience, constructive recall, increased range of movement, improved self image.

8 — Mexican Waltz 3/4

Activity A: Adapted folk dance with partners and hats — *On Your Feet*

There are 6 verses with the chorus repeated after each verse.

Verse1: (Measures 1-16) Enter in line and form circle. Partners walk in one behind the other, each holding hat in RH with that arm extended TWD center. As dancers enter, they perform 3 walks, and then stamp, stamp; repeat 3X. On last stamp, stamp, dancers place hats on heads and face partner in single circle.

Chorus: Partners stand with R shoulders adjacent, touch R palms, walk CW 3 steps, and change direction. Partners then touch L palms, walk CCW 3 steps and face each other. Dancers clap own hands on hips, then on chest, then together. Finally, clap partner's RH, clap own hips, clap chest, clap hands together, and clap partner's LH.

Verse 2:

Measures

- 1 – 4 Face partner with hat in both hands at R hip. Step to R side, close LF, step to R side, close LF, step to R side, and stamp, stamp.
- 5 – 8 Repeat to opposite side. (One partner goes TWD center of circle, the other away from center of circle.)
- 9 – 16 Repeat measures 1-8.

Repeat Chorus.

Verse 3:

Measures

- 1 – 4 Hold hat in RH, swing it in a slow, large arc up to R and down.
- 5 – 8 Bring hat to chest and bow to partner.
- 9 – 16 Repeat measures 1-8 swinging hat in arc to L.

Repeat Chorus.

Verse 4:

Measures

1 – 4 Face partner, place hat at R hip, pivot 1/4 turn R so partners are L shoulder to shoulder, then pivot to face partner and touch hats together at shoulder height.

5 – 8 Pivot 1/4 turn to L, holding hat at L hip so R shoulders are facing, then pivot to face and touch hats together at chest height.

9 – 16 Repeat measures 1-8.

Repeat Chorus.

Verse 5:

Measures

1 – 4 All join hands in single circle, take 3 walks TWD center, and stamp, stamp.

5 – 8 Take 3 walks out from center, and stamp, stamp.

9 – 12 Take 3 walks in and clap hands 2X.

13 – 16 Take 3 walks out and clap hands 2X.

Repeat Chorus.

Verse 6:

Measures

1 – 4 Take 3 walks TWD center while taking hat off and placing it at chest.

5 – 8 Take 3 walks away from center and place hat on head.

9 – 16 Repeat measures 1-8. At end quickly lift hat high overhead.

Appropriate For: N.R., M.L.

Achievements: Performance accomplishment, sequencing, group unity, ethnic experience.

Activity B: Adapted hat dance – *In Your Seat*

Starting Position: Partners sit facing each other.

Verses (clapping pattern)

Measures

1 Touch both hands to own thighs.

2 Touch both hands to own chest.

3 & 4 Clap own hands together 3X.

5 Touch partner's RH with RH.

6 Touch partner's LH with LH.

7 & 8 Touch both hands to partner's two hands 3X.

Repeat pattern.

Chorus: Try movements with the hats such as passing them back and forth, exchanging hats with partner using one hand or two, swinging hats up and down or side to side, putting hats on heads and taking them off, and making circles with hats or twirling them. Do each hat gesture for 8 measures of each 16 measure verse.

Appropriate For: M.L., P.D.

Achievements: Physical contact, coordination, performance accomplishment.

9 — Canon in D Major (Pachelbel) 4/4

Activity A: Relaxation, guided imagery – *In Your Seat or Lying Down*

Group members sit or lie down comfortably, preferably with eyes closed, and follow the images given by the leader. Encourage release of muscular tension and mental stress by asking the group to use their imaginations to visualize the trip described. Leader takes group on an imaginary journey by describing the sights, sounds, and smells associated with places or experiences such as the seashore, mountainside, waterfall, lake, forest, flower garden, farm, sleigh ride, pleasant walk, boat ride, etc.

Appropriate For: N.R., M.L., P.D., S.H.

Achievements: Constructive recall, decreased tension, quieting.

Activity B: Free improvisation, solo and group – *On Your feet*

Encourage participants to create gentle, flowing movements using different levels and body parts to express the quality of the music. Your group may illustrate underwater scenes with seaweed, coral, fish; clouds drifting and wind blowing; flowers growing; animals waking and stretching; sunrise or sunset, etc.

Appropriate For: N.R., M.L., P.D.

Achievements: Creative expression, group interaction, relaxation.

10—Bye, Bye Blackbird 4/4

Activity A: Adapted Charleston dance pattern – *On Your feet*

Starting Position: Individuals in lines all facing same direction.

Measures

Introduction

1 Touch R toe next to LF, then touch R heel next to LF. Cross RF in back of LF and step. then step to L side and close RF to

2 Repeat measure 1 to left side

3 Step R, kick LF, step L, kick RF.

4 Repeat measure 3

5 Walk FWD with RF (S), LF (S), side step R (Q), close L (Q), step R (arms extended diagonally R high, L low (S).

6 Walk FWD L (S), R (S), side step L (Q), dose R (Q), step L (arms extended diagonally L high, R low) (S).

7 Charleston step R, FWD, kick L, and FWD.

8 Charleston step L, BKWD, touch RF, and BKWD.

9 Bend knees together as you slap thighs; extend L leg SWD as both arms reach UPWD R.

10 Bend knees together as you slap thighs; extend R leg FWD and arms UPWD L.

- 11 Swivel toes and heels (Susie O) TWD R 3X.
 12 Swivel toes and heels (Susie O) TWD L 3X.
 13–16 Two Charleston steps and full turn with 8 small steps to right.

Repeat 3X.

Ending: Extend RF to side while circling RH.

Extend LF to side while circling LH.

Bend FWD low, swing arms BKWD.

Straighten up, swing arms FWD and UPWD while shaking hands.

Appropriate For: N.R., M.L.

Achievements: Performance accomplishment, sequencing, group unity, rhythmic response, constructive recall.

Activity B: Range of motion exercises – *In Your Seat*

Begin with heel and toe raises, ankle circling, and leg rotations from knee and hip. Alternate with relaxed waving or shaking of hands/arms on “Bye, Bye Blackbird” chorus. Move head side to side, tilt head SWD bringing ear to shoulder, raise and lower head (“yes” gesture), shoulder “shimmy,” and circle shoulders. Bend torso FWD, then SWD and rotate rib cage in complete circle. Finally, relax body parts one at a time.

Appropriate For: P.D., S.H.

Achievements: Joint flexibility, body awareness, spatial concepts.

11—Birdie Song 2/4

Activity A: Mimetic circle dance—In Your Seat

Chorus:

Measures

Introduction

- 1 & 2 Bird's beak opens and closes. With finger tips of both hands facing each other, close fingers to opposing thumb and quickly open. Perform 4X.
 3 & 4 Wings flapping. With bent elbows facing outward and hands at chest, bring elbows up and down quickly, pressing against torso. Perform 4X
 5 & 6 Dancing feathers. Move torso from side to side, or swivel knees from side to side. Perform 2X.
 7 & 8 Clap hands 4X.
 9 – 16 Repeat measures 1-8.

Verse 1: Everyone holds hands in a circle and sways from R to L.

Repeat chorus.

Verse 2: Everyone holds hands in a circle and lifts arms up and down.

Repeat chorus.

Verse 3: Everyone holds hands in a circle and leans FWD and BKWD.

Repeat chorus.

Appropriate For: P.D., S.H.

Achievements: Group interaction, spatial orientation, mimetic expression.

Activity B:

Mimetic circle dance – *On Your Feet*

Starting Position:

Everyone with partners in a single circle.

Chorus: (Measures 1-16) is the same as Activity A above, except on “Dancing Feathers,” rotate hips, bend and swivel knees as though preening tail feathers.

Verse 1: (Measures 17-32) All hold hands and go in and out of circle, walking or skipping.

Repeat chorus.

Verse 2:

Measures

- 17–24 All hold hands and go CW around circle, walk or skip.
 25–32 All hold hands and go CCW around circle, walk or skip.

Repeat chorus.

Verse 3:

Measures

- 17–24 Hook R elbows with partner and walk or ship around CW.
 25–32 Hook L elbows with partner and walk or ship around CCW.

Repeat chorus.

Appropriate For: N.R., M.L., P.D.

Achievements: Socialization, rhythmic response, spatial orientation.

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