

# Joe Tapping Tunes

## Teaching Guide by Hap Palmer

### Introduction

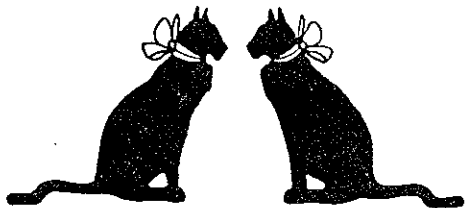
This guide is comprised of a series of questions and challenges that can be used in three ways:

1. As lead-up activities before a song is played.
2. As a catalyst to stimulate exploration while the music is playing.
3. As follow-up activities after the song has been played.

In whatever way they are used, they represent only a small fraction of the movement possibilities for each song. Also, many ideas are interchangeable between songs.

Read the guide to get a general sense of the activities, then present them in your own words. Add, omit, change or adapt to fit the needs of the children you are working with. You need not present a whole sequence of movements exactly as outlined in this guide. You may choose instead to focus on just one idea. You may listen to a song and get a completely different idea that is as good or better than what is suggested in the guide.

However these songs are used, it is important to be aware of the rhythmic skill level of the group you are working with. With younger children choose activities that emphasize identification of body parts and exploration of space and movement quality. Children who can recognize the basic pulse within a song can try activities that involve counting and responding to the beat of the music.



### Side A/Band 1 — BIRDS IN A TREE

Find a partner. One person will be a tree. Make your body into a tree shape. Can you make an uneven shape? Make one branch high and one branch low. Make the trunk lean to one side. What other direction could you make the trunk lean in? Find all the ways you can twist and bend your trunk and branches. What other ways can a tree move? (sway, shake, spring back after a gust of wind, vibrate, flutter).

The other partner is going to be a bird. The bird flies around the tree. Can you find spaces to fly through? Can you find a branch you can fly under? over? around? Now fly around the whole room. Fly around all the trees. Find spaces where you can go over, under and around the trees.

The melody to this song has two parts, 'A' and 'B'. During the 'A' part, birds fly around the trees. During the 'B' part, the birds stop flying and squat down somewhere to rest. The trees which have been holding their shape now move. Imagine it's getting windy. See how much variety you can find in your tree movements.

The trees and birds take turns moving; one group moves while the other is still. You can also try having trees and birds moving at the same time during the last chorus.

### Side A/Band 2 — STOP TIME BLUES

Walk in a straight path. Whenever you want, suddenly stop and face a different direction... Good, now walk in this new direction. Keep walking in straight lines, making sudden changes of direction... surprise me... change directions when I'm not expecting it.

I'm going to play a basic 4/4 rhythm on the drum. See if you can take a step on each beat. Ready begin — 1,2,3,4, 1,2,3,4, keep going... Freeze. Now let's try a slow walk. I'll play the same rhythm, but you step only on beats 1 and 3. Now add a small bounce on beats 2 and 4. Let's try our bounce walk with sudden changes in direction. Now let's mix them up. Sometimes the fast walk, sometimes the bounce walk — always making sudden changes of direction.

There are 4 times in this song where the music stops, and only the drum plays. When the music stops, fall down and tap out a rhythm on the floor with your hands. When the music starts again, jump back up and start walking. Let's try it with the record. We'll do our change of direction walk, then fall down when the music stops.

Here are some ideas that will make the walking more interesting:

As you walk imagine you are being pulled by the arm — your arm is leading you through space... Can you find another part of your body that could lead you? Who has another idea? Each time you change direction, find another part to lead you in the new direction.

As you walk around the room, from time to time hold hands with somebody near you and pull against each other's weight making a stretching shape. Hold the shape a short time, then release and walk again. When the song ends, form a stretching shape with someone near you and hold the position.

### Side A/Band 3 — ROCKIN' ROBOT

Jerky movements are quick and sudden. Move your hands up and down with short jerky movements. In how many directions can you move your shoulders with short jerky movements? What other body parts can you move with jerky movements?

Pretend you are a robot and walk with short jerky movements. Can you walk and move different body parts at the same time? Walk in straight lines. Each time you change direction make it sudden and quick. Can you find another way (jump, hop, crawl) you could travel with short jerky movements? Can you move your arm in a big circle with short jerky pulses?

There are many places in the music where you will hear high electronic sounds. What could these sounds mean? (Possible answers: A signal for the robot to change direction. The sound of the robot talking.)

Each time I hold up a word card, imagine it sends out a signal which the robot obeys. Move the body part that you see written on the card I hold up (teacher holds up cards with various body parts such as: HAND, FOOT, SHOULDER, CHEST, KNEE, ELBOW, HEAD). Now see if you can move in the way that is written on the card I hold up (examples: WALK, RUN, JUMP, CRAWL, HOP, ROLL, SKIP).

In rhythm with the music, take 3 steps on beats 1, 2, and 3, then hold on the 4th beat. On the 4th beat, while your feet are not moving, move one part of your body with a short jerky movement. Repeat the pattern: step, step, step, move one body part. Try to move a different body part each time. What other pattern could you do with this music?

### Side A/Band 4 — COOL IT

Walk around the room moving at a low level. Can you move on all fours? Stay low but move with long stretching movements.

What animal does this remind you of? (cat, tiger, bobcat, or?). Can you find other ways of moving at a low level?... Try sliding, crawling, rolling. Make your movements slow, even and smooth, staying at a low level all the time.

Now let's try moving in a very different way... a contrasting way of moving. Move at a high level bouncing up and down. Show me how high you can get. Can you make sudden explosive jumps or leaps? Can a cat move in this way? What other animal could you be?

Some parts of this melody suggest low-level catlike movements. Other parts are more energetic and suggest bouncing movements.

Holding hands with a partner, try making low stretching pulling shapes. Contrast these with high loose bouncing movements.

### Side A/Band 5 — **FUNKY CHOO CHOO**

Take 5 steps in place, then stop and do 2 up and down pulling motions with your hand and arm. We'll pretend we're pulling an imaginary cord that blows a train whistle. This time move forward as you take 5 steps. What other direction could you move in? Try taking your 5 steps in a curved or circular pathway.

Now move your feet faster (double time). Take tiny steps and slide your feet on the floor as you move. Take two sliding steps for each beat. Bend your arms at your elbows and circle them by your side like the wheels of an engine as you do quick sliding steps. Keep moving — don't stop after 5 beats — travel anywhere you want in the room.

Let's try these two ways of walking with music. During the part that emphasizes the 5 beats, we'll do our 5 step walk. During the other part of the melody we'll do our double time sliding walk. I will call out when to change.

Connect with another person so we have small trains of two... Now let's have the trains of two connect into trains of four. The person in front is the engine. The engine must keep the train from crashing into other trains. Let's try connecting trains of four with each other. How many people do we have in each train now? Can you find another way you could move for 5 beats? What's another way you could move for 2 beats? Working in small groups, create your own movement pattern for moving in 5 beats, then 2 beats.

### Side A/Band 6 — **FEELIN' FINE**

Make your body bounce down and up. What can you think of that goes down and bounces back up? Bounce 8 times, then take 6 counts to fall down and hold. Can you get back up in 2 counts? Let's try the whole sequence: bounce 8 times, fall and hold for 6 counts, then get back up in 2 counts. Can you do the whole sequence 4 times without stopping? Each time you fall and hold, find a different shape for your body. As you bounce, make your arms loose and floppy. What else could you flop? Bounce and make your whole body flop. Now let's try our movement sequence with music. Think of flopping different body parts, and making different shapes when you fall (with younger children, the teacher can call out the movements as the music plays).

Let's add on to the sequence using your ideas. Can you find a swinging movement that you could do for 8 counts? a traveling movement? What other ways does this music make you feel like moving? Does the music make you feel happy or sad? How do you move when you're happy?

### Side A/Band 7 — **YOU GOT IT**

For this activity, each person needs a pair of rhythm or lummi sticks. Listen to the music and create your own sequence of rhythmic patterns, or try the following:

Introduction — 16 counts.

Pattern 'A' Tap your sticks on the floor 8 times.  
Tap your sticks together 8 times.

Tap your sticks on the floor 8 times.  
Tap your sticks together 8 times.

Pattern 'B' Count 1: Tap your sticks on the floor.  
Count 2: Tap your sticks together.  
Count 3: Tap your sticks on the floor.  
Count 4: Tap your sticks together.  
Do this 4 count pattern 8 times.

Pattern 'C' Counts 1 and 2: Shake sticks in the air.  
Count 3: Tap sticks on floor.  
Count 4: Tap sticks together.

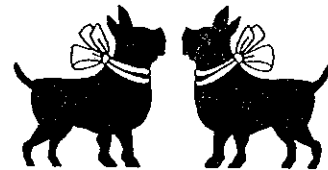
Repeat patterns 'A' 'B' and 'C' then finish with pattern 'A' and 6 repetitions of pattern 'B'.

Variations:

Find all the places you can tap your sticks on the floor: front, back, sides, diagonals. Where is the farthest place you can reach while remaining in a seated position? Tap the floor in a different place each time. Use all the area around you.

Each time you tap your sticks together, tap in a different place: above your head, to the side, in back of you, in front of your stomach. Can you find another place where you could tap your sticks?

Does anybody have an idea of another rhythmic pattern we could use? Can you find a pattern you could do with a partner?



### Side B/Band 1 — **JUMPIN' FOR JOY**

Can you jump up and down and stay in the same place? Now jump up and down and travel forward. What other direction could you travel as you jump up and down? Jump up and down and clap your hands at the same time. What else could you do with your arms and hands as you jump? Can you jump and turn around? Who can jump off two feet, and land on one foot? Now hop off one foot and land on two feet.

Find a partner. One person will be 'A' and the other person will be 'B'. 'A' jump 8 times. Move any direction you want; move your arms any way. Now 'B' jump 8 times just the way 'A' did. 'A' jump again 8 times, and 'B' once again jump the way 'A' did. Now hold hands with your partner and jump together 32 times. You can turn in a circle or travel anywhere you want. Let's put everything we've done together and try it with music: 'A' jump 8 times, 'B' repeat, 'A' jump 8 times, 'B' repeat, 'A' and 'B' jump 32 times together.

### Side B/Band 2 — **SOPHISTICATED POPCORN**

Have you ever seen popcorn popping? When it pops, does it happen slowly or suddenly?... Yes, it happens suddenly almost like a little explosion. Make your hand pop up. What other direction could your hand pop in? What other parts of your body could you make pop?

Lie down on the floor. See if you can get up with a series of sudden quick popping movements... a hand goes up, a knee, the hand goes up a little more, your hips pop up, your elbow... whatever parts you want in any order you choose.

What is the opposite of sudden quick popping movements? Try moving around the room with smooth flowing movements. Move in curved paths with an easy rising and falling of the arms. How could you combine popping and flowing movements? Can you alternate back and forth between the two? Is there a way to do both popping and flowing movements at the same time?... Oh there's a good idea! I see flowing movements with the legs, and popping movements with the arms. Can you find another way to combine popping and flowing movements?

Now try these movements with music. The feeling of the music will fit the way you are moving. Start out lying down and pop up isolated body parts until you are standing. Then move

around the room in a smooth and flowing way. In the third part of the song, combine popping and flowing movements — find different ways to mix them up. Then go to just smooth and flowing movements again. In the last section of music go back to popping movements. See if you can pop back down to the floor, then pop back up and end in a shape you have never been in before.

### Side B/Band 3 — UPS AND DOWNS

Shake your hands high. Shake your hands low. Shake your hands high again. Now put it together: shake high, then low, then high again. Now do the high-low-high phrase 4 times — ready begin... Good. Now shake your hands in front of you, then in back of you. Do this 3 times, followed by the high-low-high phrase 1 time. Now let's try all the movements in a sequence: high-low-high 4 times, front-back 3 times, high-low-high 1 time. Let's try the sequence with music.

Did you notice that our hands went down and up with the melody?

There are many places in this song where the musicians play improvised solos. As you listen to each instrument, can you tell me if it's playing high notes or low notes? Move our hands high with high notes, and low with low notes. What other part of our body could you move high and low? Can you move 2 parts? 3 parts? your whole body? Let's try moving with the music again. This time we'll do our movement pattern with the written melody, then make up your own high and low movements as the musicians improvise their solos.

### Side B/Band 4 — STROLLIN'

Do an easy walk around the room. Try to eliminate all tension. Let your arms swing in a smooth flowing way. Change directions any time you want. Explore the whole room. Have you been to the corners? the center of the room?

I'm going to clap and count 1,2,3,4. Walk around the room taking one step for each beat. This walk is fairly fast. Let's slow it down and step only on beats 1 and 3. Now let's make it look really easy and relaxed. Add a bounce or slight knee bend on beats 2 and 4. Let's change back and forth — sometimes a fast walk, and sometimes a slow easy walk. (This can be done in a pattern. For example, alternating 8 fast steps with 4 easy steps.)

Bend down, put your hands on the floor, and walk on all fours. Can you think of an animal that walks like this? Who can think of another animal that walks on all fours? Show us how your four-legged animal moves when it's out for a stroll walking in an easy relaxed way. Can your animal step on each beat? on just beats 1 and 3? Experiment with different patterns of walking on hands and feet. You might try R hand, L foot, L hand, R foot or R hand and L foot together, L hand and R foot together, or R and L hands together, R and L feet together.

### Side B/Band 5 — SLINKY

Let's form a large circle and sit down on the floor. I'm going to give everybody a pair of rhythm sticks. Play with me as I play a basic 4/4 rhythm on the drum. Now try hitting your sticks together on beats 1 and 3 and hit the floor on beats 2 and 4.

I need one person to stand in the center of the circle and hold this long stick. Let's think of some ways to move with the long stick. Can anybody help us out? Yes, you could hold the stick high or hold it low. You could wave it in a circle. Oh that's a good idea, tapping the end of the floor. You could lay it on the floor and jump over it. What else could you do while the stick is on the floor? What could you do with the stick while walking? jumping?

How does a slinky move? (slowly, undulating, rolling, rattling) Can you move your spine in the quality of a slinky? What other part of your body could you move in this way? See if you can get this quality in your movements as you play your rhythm sticks, or move with the long stick.

Let's try this with music. We're going to make a stick dance. The people sitting around the circle playing rhythm sticks can create rhythms that go with the music. The person in the center of the circle with the long stick will find different ways of moving with the long stick. When this person feels finished, he/she will hand the stick to someone sitting around the circle and trade places. If you get the long stick, stand inside the circle and find your own way of moving with the stick. When you feel finished, hand the stick to someone else.

### Side B/Band 6 — NICE 'N EASY

Keeping your legs and hips still, let your spine move in an easy flowing way. Let it bend and sway...maybe even flop. But don't let your stomach fall forward. Keep the center of your body alive. Find all the directions your spine can move in — forward, sideways, backwards, diagonally.

See how far you can lean forward without falling down. How far back can you lean without falling down? What's another direction you could lean? Can you stand on one leg and go off balance without falling?

Now walk around the room in an easy relaxed way. Travel a gently curving pathway. As you move around the room, find places where you can go off balance. Go as far off balance as you can without falling. Just as you are about to fall, catch yourself and use that momentum to carry you into another curved pathway. Don't worry about staying with the rhythm of the music. Let it ebb and flow. Move in your own time. Go off balance whenever you choose.

Now let's do the opposite movement. Stand straight. Keep your body as balanced as you can. Everything is straight up and down — vertical. Try and step with the rhythm of the music. Make your muscles tight and tense.

Now let's try all these movements with the music. Here is the order:

1. Spinal movement (6 bars).
2. Easy relaxed walk with moments of off balance (16 bars).
3. Vertical walk (8 bars).

### Side B/Band 7 — TIME STEP SWING

Brush the ball of your right foot on the floor with a small forward kicking motion of the leg. Now brush the ball of the right foot back. Put the two motions together — a forward and backward brushing done quickly with a kind of flopping movement of the leg. This is called a shuffle. Step on the right foot and shuffle with the left foot. Now shuffle with either foot and change feet whenever you want. As you shuffle, let your arms flop. Let your whole body flop. Pretend you are a skeleton... you have no muscles, just bones.

Now let's try a different quality of moving. Jump up and down 3 times and freeze in a shape on the landing of your third jump. Try it again 1,2,3, freeze! Make your muscles tight and tense so you can hold your shape. Each time you freeze find a different shape to hold your body in.

Now loosen up by doing a floppy run around the room. Cover the whole space. Change directions any time you want, but end up in the same place you started.

We're going to try these three different ways of moving with a song in the following order:

- Shuffle flop,
- Three jumps and freeze,
- Shuffle flop,
- Three jumps and freeze,
- Floppy run,
- Shuffle flop.

Each movement lasts for 8 measures or 32 beats. Begin after the introduction which is 2 measures or 8 beats.