

SPECIAL MUSIC FOR SPECIAL PEOPLE

Accompaniment for Adapted Dance/Exercise with Directions for Geriatric and Disabled Populations



By Erna Caplow-Lindner, Leah Harpaz and Sonya Samberg



Educational Activities, Inc., Baldwin, New York 11510

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ABBREVIATIONS AND DEFINITIONS

Balance	rocking side to side	Fwd	forward	P. D	Partially Disabled
Bkwd	backward	Grapevine step .	step to side, cross in front; step to side, cross in backstep	R	right
CCW	counterclockwise	L	left	RF	right foot
Corner	person next to you who is not your partner (for dance patterns only)	LH	left hand	RH	right hand
Ct	count	Meas	measure	S.H	Severely Handicapped
CW	clockwise	M.L.	Minimally Limited	Swd	sideward
				Twd	toward
				X	times

1. THE HUSTLE (4/4 TIME)

ACTIVITY A: Warm-up", sitting or standing.

Segmental Exercises — involve individual body parts such as head, shoulders, hands, arms, feet, and legs. Do series lifting and lowering, slow circling, tensing and relaxing, using each body part

Geared for: S.H., P.D., M.L.

Achievements: Increased mobility, improved circulation, released tension.

ACTIVITY B: Creative, expressive sitting.

One hoop or each group of two to four people—hold hoop loosely as one person "leads" gentle movement to music while others follow and respond to leader. Alternate roles of leader and follower. (May be done with eyes closed.)

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

Achievements: Social interaction, individual expression, rhythmic response.

2. THE SYNCOPATED CLOCK (4/4 TIME)

ACTIVITY A: "Warm- up", sitting or standing.

Segmental Exercises — mimetic work and play movements such as: fishing, hammering, piano playing, swimming, rowing, treadle machine operating, churning, etc. Movements involve pushing, pulling, extending and flexing arms and hands, knee lifting and lowering, torso rotation and side bending.

Geared for: S.H., P.D., M.L.

Achievements: Motivated mental recall, increased range of movement, improved circulation.

ACTIVITY B: Passing objects rhythmically, sitting or standing in a circle.

Rhythm Game — with a tambourine, ball or bean bag.
1. 4 Cts-hold/shake tambourine, or bounce ball, or change bean bag from hand to hand. 4 Cts-pass to next person in circle. Repeat around group to end of music.

2. 2 Cts-to pass object from one person to next consecutively around circle.

3. Ct 1, Ct 2, Ct 3-pass object on each beat from one person to next and third person holds for Ct 4. Repeat around circle.

Geared for: P.D., M.L.

Achievements: Rhythmic response, mental concentration, cooperative interaction.

3. ANNIVERSARY SONG (3/4 TIME)

ACTIVITY A: Movement with scarves.

Swinging Movement — Freely, using hand held scarf, swing side to side, Fwd & Bkwd and in circular pattern (with RH then LH and then both). Change scarf from one hand to other in front of body and overhead. Bend alternately Swd & Fwd to touch tip of scarf to floor. Turn head from side to side with scarf around neck or on head.

Geared for: S.H., P.D., M.L.

Achievements: Coordination. rhythmic phrasing, individual expression.

ACTIVITY B: Dance pattern with scarves.

Dance Pattern in Circle Formation—holding ends of scarf with adjacent people.

Measures

1 & 2 Walk in Twd center, lifting arms.

3 & 4 Back out as arms lower.

5-8 Balance R & L 2x.

9-12 Slow solo turn, let scarf wave at waist or chest level.

13-16 Walk in single circle, CCW.

Repeat as necessary.

Geared for: P.D., M.L.

Achievements: Social interaction, concentration, performance accomplishment.

4. ALEXANDER'S RAGTIME BAND (2/4 time)

ACTIVITY A: Playing rhythm instruments.

Rhythmic Activity to accompany music.

1. Participants have different rhythm instruments and play them at different times:

Measures

- 1-4 Drums and rhythm sticks play.
- 5-8 Triangles or finger cymbals play.
- 9-12 Maracas, tambourines, or jingle bells play.
- 13-16 All instruments play together.

Repeat from Meas 1.

2. Divide group in half with different kinds of instruments.

Stanza—just drums or rhythm sticks (8 Meas)

Chorus—Everyone plays (8 Meas)

Stanza—only maracas or bells, or tambourines (8 Meas)

Chorus—unison playing (8 Meas)

Repeat from beginning.

3. On each alternate 4 Meas phrase, select one small group to play while using new body action or position (raise hands, twist torso, cross or circle arms, etc.). Then direct unison playing 4 Meas.

Repeat with different groups.

Geared for: S.H., P.D., M.L.

Achievements: Concentration, rhythmic response, group interaction .

ACTIVITY B: Movement response, rhythmic exercise.

Physical response to musical phrasing — alternate knee lifting and hand clapping, torso rocking and arm swinging side to side, double arm circling with hands shaking — Each activity repeated 4 Meas.

Geared for: M.L.

Achievements: Increased mobility, released tension, improved circulation.

5. TEA FOR TWO (2/4 TIME)

ACTIVITY A: Adapted dance pattern—sitting.

Sitting Dance

Measures

- 1 Touch RF to R side and return to place.
- 2 Repeat Meas 1 with LF.
- 3 Clap hands, tap R thigh with RH.
- 4 Repeat Meas 3 on L side.
- 5 Extend R arm Fwd with 2 small pushes.
- 6 Repeat Meas 5 with L arm.

7 & 8 Circle both arms simultaneously.

Repeat as necessary.

Geared for: P.D., M.L.

Achievements: Performance accomplishment, improved body image, group unity.

ACTIVITY B: Adapted dance pattern—standing.

Standing Dance

Measures

1 & 2 Same as above

3 & 4 Clap hands, tap RF with RH; repeat on L (Lift leg with bent knee).

5 As R arm pushes and extends, make quarter R turn with 2 steps.

6 Repeat Meas 5 to L.

7 & 8 As arms circle, rise and bounce heels 4x.

Repeat as necessary.

Geared for: M.L.

Achievements: Performance accomplishment, improved body image, group unity.

6. ORCHIDS IN THE MOONLIGHT (4/4 TIME)

ACTIVITIES A & B: Relaxation.

A. Breathing Sequence—Inhale and exhale (like blowing out a candle). On inhalation raise different body parts, exhalation lower, e.g., arm, leg, head, shoulders. Do several times.

B. Tense and Release—Tighten various body parts and then "let go". Make fists, uncurl one finger at a time, then extend fingers forcefully and relax. Tense and relax toes; close eyes tightly and release; squeeze buttocks muscles and relax.

Geared for: S.H., P.D., M.L.

Achievements: Improved respiration, decreased tension, improved circulation.

7. CONSIDER YOURSELF (4/4 TIME)

ACTIVITIES A & B: Get acquainted circle, marching, hand-shaking .

A. Sitting in single circle formation:

1. Everyone claps 16 Cts. (variations: finger snaps, foot taps, clap thighs, etc.)
2. First person shakes hands with person on R and says, "I'm (name)." (4 Cts).
3. That person in turn shakes hands with person on his/her R and says, "I'm (name)." (4 Cts)
4. Continue around circle with two more people shaking hands and introducing themselves for 8 Cts. Repeat from beginning with variations, e.g., activities 2, 3, and 4 (above) can be done CW and CCW so that different couples relate to each other.

B. Two groups — "A", able to march stands behind "B", people seated in circle.

1. "A" marches CCW 16 Cts while "B" claps.
2. "A" walks into circle facing "B" and shakes hands. (12 Cts)

3. "A" walks in back of "B" and places hands on "B's" shoulders. (4 Cts)
Repeat from 1, choosing different partners each time, if possible. (Leader can take "A" part and group members take "B" part.)

Geared for: S.H., P.D., M.L.

Achievements: Socialization, rhythmic response, physical contact.

ACTIVITY C: Standing—a "progressive" activity.

Measures

- 1-4 Leader or person chosen from group walks around seated group 16 steps while they clap 16 x.
- 5-8 Walking person stops in front of someone and shakes RH (4 Cts); LH (4 Cts); both hands (4 Cts); helps person stand and join the walking path. Now 2 people repeat Meas 1-4; then each chooses another person to shake hands with and they join and walk around. Then there are 4 people doing walking phrase (Meas 1-4) and progression continues until everyone who can is selected to walk around the room at the same time.

Geared for: M.L.

Achievements: Socialization, rhythmic response, physical contact.

8. THE MAN ON THE FLYING TRAPEZE (3/4 TIME)

ACTIVITY A: Rhythmic pantomime.

EQUIPMENT:

Balloons on strings,
bean bags, streamers
(cloth or paper approximately 18 inches long)

Improvise circus activities such as juggling, balancing, and swinging.

Balloons—juggle with body parts.

Bean bags—balance or toss.

Streamers—whip, lariat, swinging trapeze, or snake actions

Geared for: P.D., M.L.

Achievements: Coordination, mimetic expression, constructive recall, rhythmic response.

ACTIVITY B: Wheelchair dance.

Pattern can be done with hand-operated wheelchairs or with Gurneys.

Formation: Participants numbered 1 & 2 in a large single circle.

Measures:

- 1-4 Individuals move around the circle CCW.
- 5 & 6 Go Fwd into the circle. 7 & 8 Back out of the circle.
- 9-12 Move CW around circle.
- 13-16 Repeat measures 5-8. (Pause)
- 17-24 Face Partner and turn CW around each other until back in place.

25-32 Turn to face your Corner and repeat 17-24 CCW. (Pause)

33-40 Move around simultaneously in 2 circles, #1 CW (inside), #2 CCW (outside).

41-44 #1 backs out of circle, as #2 goes Fwd into circle.

45-48 Reverse with #1 Fwd and #2 backs out. (Pause)

49-52 #1 turns alone in place while #2 claps 4x.

53-56 #2 turns alone in place while #1 claps 4x.

57-62 Move around simultaneously in 2 circles, #1 CW (inside), #2 CCW (outside).

63 & 64 Face new Partner, then make single circle, #1 in front of #2, all facing CCW.

Geared for: P.D., M.L.

Achievements: Ground interaction, performance accomplishment, space orientation.

9. CHERKESSIA (2/4 TIME)

ACTIVITY A: Follow the leader—sitting.

Sitting Activity

Chorus—Everyone claps 16x.

Stanza—Individuals take turns improvising movements and group follows, e.g., head shaking, shoulder shrugging, elbow circling.

Geared for: S.H., P.D.

Achievements: Concentration, creative expression, individual recognition, eliminate perseveration.

ACTIVITY B: Follow the leader—standing.

Standing Activity

Basic Step—Ct 1—stamp RF Fwd as arms extend Fwd; Cts 2, 3, 4—bend arms and step lightly in place LRL.

Chorus—Everyone does basic step 4x.

Stanza—Follow the leader actions, change leader for each repeat.

Geared for: M.L.

Achievements: Concentration, creative expression, individual recognition, eliminate perseveration.

10. THE EASY WINNERS (4/4 TIME)

ACTIVITY A: Adapted soft shoe cane dance—sitting.

EQUIPMENT: small, light canes or wands, cardboard tubes, dowel sticks, batons

Sitting Dance—hold cane in RH with tip in palm of LH.

Measures (2 Meas intro):

- 1-2 Turn RF outward and extend R arm Swd with cane, replace. Repeat.
- 3 Extend R heel Fwd on floor and touch cane to R shoulder, return to place.
- 4 Repeat Meas 3 with LF & L shoulder.
- 5-8 Repeat Meas 1 through 4.
- 9 Hold cane with hands, extend arms Fwd, return to place.

- 10 Extend arms upward and return to place.
- 11 Twist torso R, do paddling action 4x.
- 12 Repeat Meas 11 to L .
- 13-16 Repeat Meas 9 through 12.
- 17&18 Lift R knee, touching cane to knee, replace, repeat with L knee.
- 19&20** Extend R arm holding cane to R, change hands and extend to L side, replace.
- 21** Hold top of cane with both hands and tap cane on floor. While tapping RF to side, tap cane again as closing RF to LF.
- 22** Repeat 2 taps of cane in front as LF opens to side and closes.
- 23&24** Twirl cane with RH in front of chest (like baton).
- 25&26** Repeat with LH.
- 27&28** Twirl cane with two hands.

Geared for: P.D.

Achievements: Performance accomplishment, improved body image, coordination, group unity.

ACTIVITY B: Adapted soft shoe cane dance—standing.

Standing Dance — same pattern adding foot actions as follows:

Measures:

- 9 & 10** Bend knees when arms extend and straighten when return to place.
- 11 & 12** Do “two-step” 2x Fwd ()RLRL, then 2x Bkwd.
- 19** Lunge to R, return to place.
- 20** Lunge to L, return to place.
- 23-28** Mark time with feet in place.

Geared for: M.L.

Achievements: Performance accomplishment, improved body image, coordination, group unity.

11. SAILOR’S HORNPIPE (2/4 TIME)

ACTIVITIES A & B: Rhythmic pantomime, adapted dance pattern.

A. Sitting Activity — Each movement pattern is done for 4 Meas of music.

1. “Hitching Trousers”— Pull up pants with one hand in front and one in back at waist level, alternate hands every 4 Cts. Do 4x.
2. “Haul in the Anchor”— Lean diagonally Fwd R with hands grasping imaginary rope on 1 Ct, pull back Twd body 3 Cts. Alternate sides. Do 4x.
3. “Raise the Sail”— Pull down on an imaginary rope from overhead to lap. Alternate arm each 4 Cts. Do 4x.
4. “Ahoy”— Shade eyes with R hand and turn R. Repeat to L with LH; repeat 2x.
5. “Clear Sailing”— clasp hands in front of body with palms facing down, rock arms from side to side 4x.

- B. Standing — People able to walk or “jig” can add a rocking foot pattern in place, a side grapevine step, or a Fwd lunge on alternate feet as appropriate.

Geared for: P.D., M.L.

Achievements: Coordination mimetic expression, constructive recall, improved circulation.

12. HUKILAU (4/4 TIME)

ACTIVITY A: Adapted folk dance, mimetic action — sitting.

Sitting Version

1. “Oh, We’re Going to a Hukilau”— With arms at chest height, 2 wrist circles R.
2. “A Huki, Huki, Huki, Huki, Hukilau”—2 wrist circles L.
3. “Everybody Loves A Hukilau”—hands do beckoning action in front.
4. “Where the Lau Lau is the Kau Kau at the Luau”— Cup 1 hand, with other gesture scooping food to mouth 2x.
5. “Oh we throw our nets out into the sea”—Both hands over 1 shoulder, make arcing motion like throwing a net.
6. “And all the Ama Ama come swimming to Me”— With 1 hand on top of other, palms down, wiggle thumbs and move hands in fish-like motion.
7. Chorus—Repeat movements 1 & 2.
8. “What a beautiful day for fishing”—Make large circle with both hands.
9. “In the old Hawaiian way”—Put fingertips together to make thatched roof.
10. “And the Hukilau nets are swishing down in old Laie Bay”— Turn hands over with fingertips still touching and do scooping motions diagonally R & L.
11. Repeat all movements from beginning (1-10).
12. Repeat 1-7.

Ending—Do “pulling” motion 2x on R and 2x on L.

With hands shaking, bring arms upward and Fwd. Place hands, palms down, on top of each other and incline head Fwd.

Geared for: S.H., P.D., M.L.

Achievements: Performance accomplishment, small muscle coordination, ethnic experience, group unity.

ACTIVITY B: Adapted folkdance, mimetic action—standing.

Standing Version— Hand gestures same, add basic foot pattern: step side, close together, step side, tap.

1. Do basic step to R.
2. Do basic step to L.
4. Bend knees slightly and straighten 2x.
10. Make 1/4 turn R and 1/4 turn L.
11. Bend knees slightly 4x.

Geared for: P.D., M.L.

Achievements: Performance accomplishment, muscle coordination, ethnic experience, group unity.

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CD 85

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The activities suggested are arranged for groups of well elderly, physically and developmentally limited young and old, and severely handicapped of all ages.

ABOUT THE AUTHORS

Erna Caplow-Lindner, M.S., G.D.T., CSE — Ms. Lindner is Associate Professor of Health, Physical Education, & Recreation at Nassau Community College on L.I. She is a dance specialist with experience ranging from pre-school through post-college teaching, choreography, and performing. For the past twelve years she has directed the "Danceabouts", a professional dance-theatre company for young audiences. Her contributions to the fields of education and therapy, through workshops and training seminars, have been cited in the 1977 edition of "Who's Who in American Women". She has written articles and contributed chapters to books on dance.

Leah Harpaz, M.A., G.D.T.—Leah Harpaz conducts dance therapy sessions for the elderly at Temple Israel, Great Neck, L.I. and the Jewish Institute for Geriatric Care. For many years she has conducted creative dance programs for normal and emotionally disturbed children. Ms. Harpaz's background includes training and performance in modern dance, ballet, folk dance, and dance therapy in the U.S.A. and Israel. She is a performing member of the "Danceabouts" Company.

Sonya Samberg, G.D.T.—Ms. Samberg conducts therapeutic dance/exercise programs for Bronx Community College, N.Y., St. Philip Neri Church, and a Riverdale community center. She is the dance specialist at the Jewish Home & Hospital for the Aged, N.Y.C. Her experience includes innovating the dance program in the public schools of Alaska,

in addition to choreographing and performing with outstanding jazz and ethnic dance groups on the east coast.

The three authors have led training workshops for geriatric recreation specialists on therapeutic dance/movement

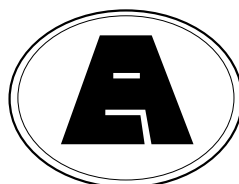
CREDITS

BassJule Ruggiero
DrumsRon Traxler
Guitars, vocalsAlan Stern
KeyboardsRich LePage
ClarinetBernie Witkowski
PhotographyBill Harris
Cover DesignShep Graphics
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ProducerAlan Stern
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