

FOLKWAYS RECORDS FC 7651

DANCE-A-Long

MUSIC COMPOSED BY B. J. WALBERG

MATERIAL EDITED BY MARJORIE MAZIA



MT
950
W152
D173
1950

MUSIC LP

DANCE-A-LONG

FOLKWAYS RECORDS FC 7651

4/4

PERCUSSION

6/8

CIRCUS

WAY OUT WEST

FUN AND FROLIC

SCHOTTISCHE, WALTZ, POLKA, MAZURKA

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DESCRIPTIVE NOTES IN POCKET

FOLKWAYS FC 7651

DANCE-A-LONG

INTRODUCTION AND NOTES ON THE RECORDINGS
BY MARJORIE MAZIA, DANCE DIRECTOR

ALL OF US ARE BORN POTENTIALLY GREAT DANCERS. WE HAVE THE BODILY STRUCTURE, THE COORDINATION, THE RHYTHM, AND SUCH INNER DESIRE FOR MOVEMENT THAT WITHIN THE FIRST FEW YEARS WE ACCOMPLISH, THROUGH CONSTANT 'REHEARSAL' THE ABILITY TO SIT, CREEP, STAND, WALK, RUN, JUMP, SKIP, AND HOP. AS THE CHILD GROWS THE SCOPE OF MOVEMENT GROWS AND SOON WE HEAR, "PLAY THE MUSIC MOMMY, JIMMIE WANTS TO DANCE". AND MOTHER SAYS, "HE'S BEEN DANCING EVER SINCE I CAN REMEMBER."

WE LOVE WATCHING BABY BOUNCE TO THE MUSIC, OR SHAKE HIS HEAD TO THE RHYTHM. AND EVERY PARENT WELCOMES THE LAUGHTER WHEN THE YOUNG CHILD BEGINS TO FLY-LIKE-A-BIRD OR JUMP-LIKE-A-DOGGIE, WHILE DADDY CLAPS TO THE MUSIC. DANCING IS ONE OF THE EARLIEST FAMILY PLEASURES.

DANCE-A-LONG WAS CONCEIVED TO KINDLE THE EARLY LOVE FOR MOVEMENT -- FROM THE 'IMPROVISATIONAL' YEARS THROUGH THE TECHNICAL COLLEGE DANCE CLASS.

THE MUSIC WAS COMPOSED WITH THIS GREAT VARIANCE OF AGE USE IN MIND. THE MELODIC LINES, AND RHYTHMS ARE SIMPLE AND STEADY. THE PHRASING IS EASY TO FOLLOW AND WITH THESE NOTES WE HOPE TO BE ABLE TO GIVE OUR USERS ENOUGH MATERIAL TO STIMULATE FURTHER EXPLORATION OF MOVEMENT, BE IT AT



MT
950
W152
D173
1950

MUSIC LP

4
4

GALLOP
TURN
FALL

WALK
MARCH
RUN
BOUNCE
JUMP

STRETCH
LEAP
SKIP
HOP



JACK IN THE BOX



STRETCHES



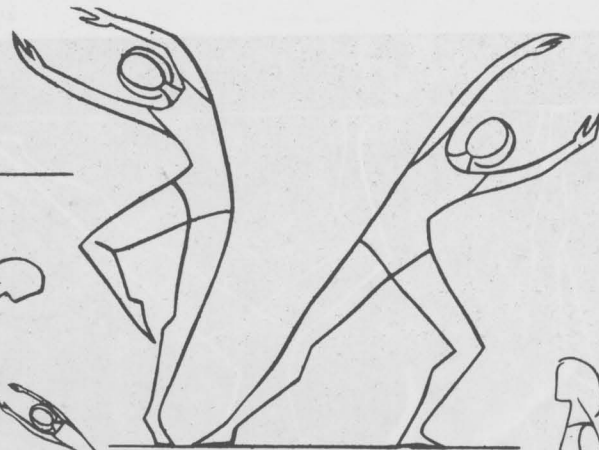
TOES UP AND DOWN



KICKS



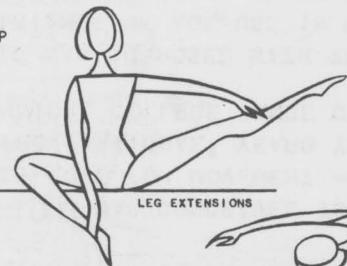
ANIMAL JUMPS



RISE AND REACH



REACH OUT



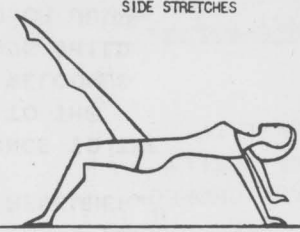
LEG EXTENSIONS



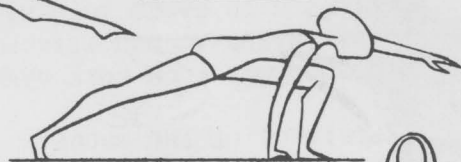
SIDE STRETCHES



BICYCLE RACE



KICK THE BALL



JUMP CHANGING LEGS



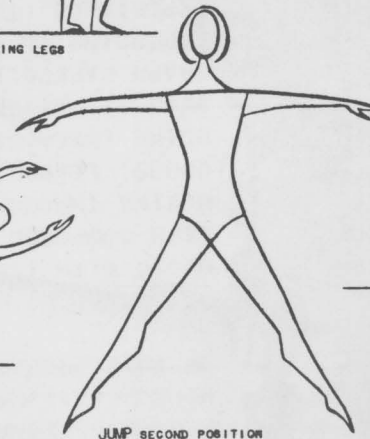
BRIDGE



STRAIGHT BACK BEND



TWIST



JUMP SECOND POSITION



JUMPS
FIRST POSITION



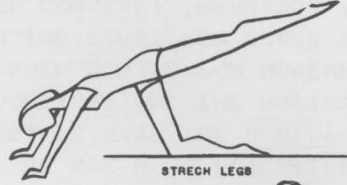
RIDE A PONY
JUMPS



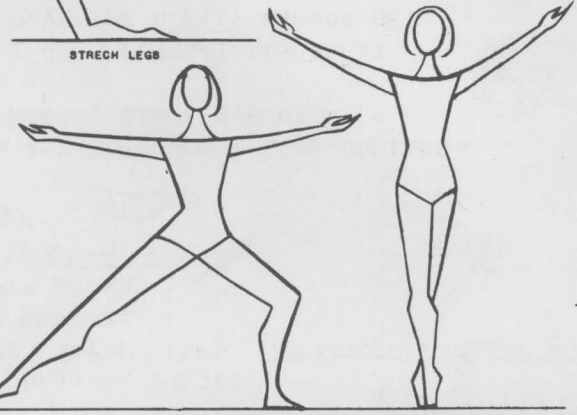
BOUNCES



PONY PRANCES



STRECH LEGS



OPEN TO THE SIDE THEN RISE



RISE AND TURN



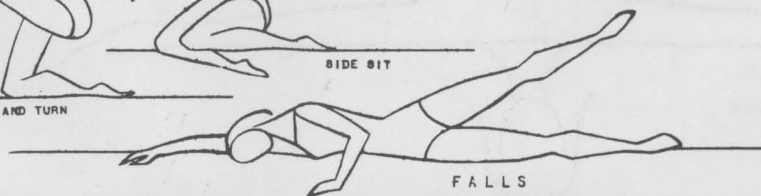
SIDE BIT



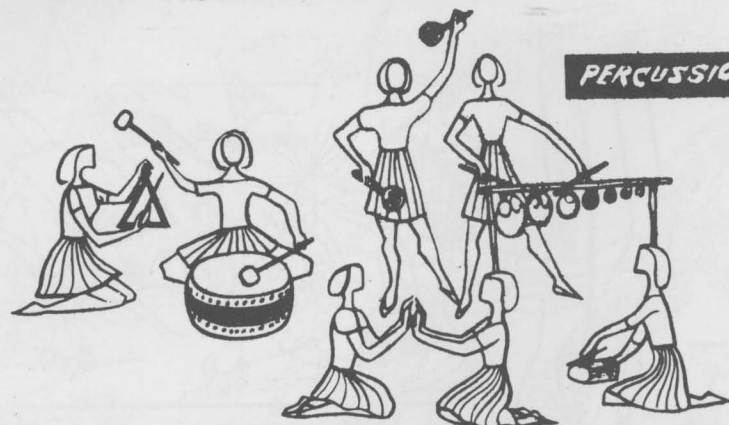
KNEE BENDS



TOE POINTS



FALLS



PERCUSSION

6/8



SWANS



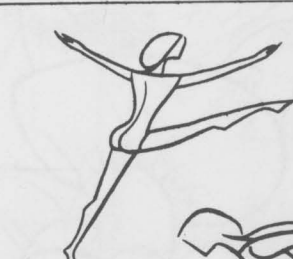
ROCKING CHAIR



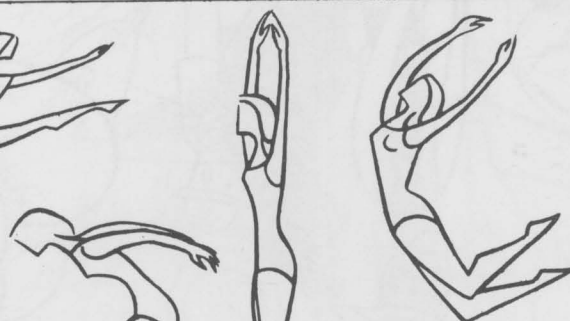
GROWING



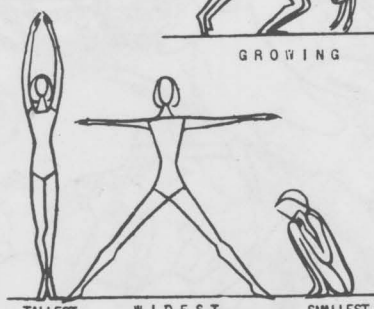
STEP HOP & SWING ARMS



HIGH LEG WALKS



SWING DOWN AND JUMP



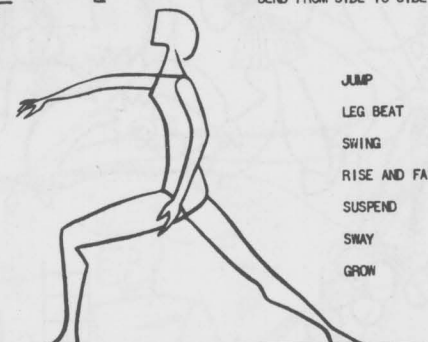
TALLEST WIDEST SMALLEST



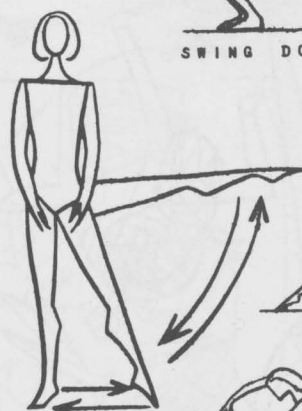
BEND FROM SIDE TO SIDE



SWING UP AND TWIST



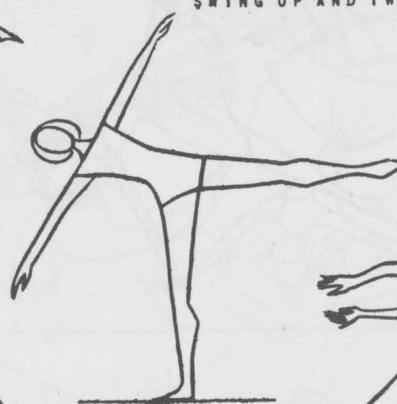
JUMP
LEG BEAT
SWING
RISE AND FALL
SUSPEND
SWAY
GROW



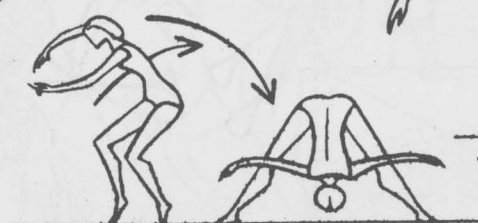
SIDE BEATS



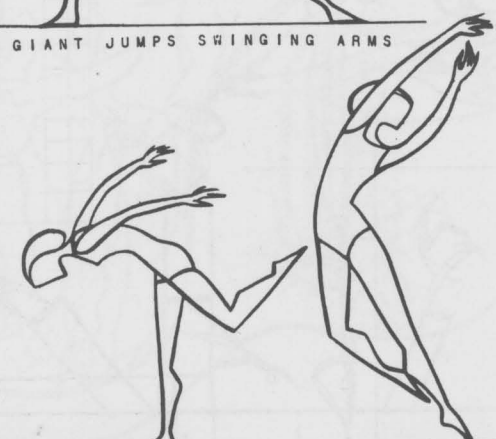
LIFT & DROP



SIDE LIFT AND HOLD



SWING TURN & DROP



GIANT JUMPS SWINGING ARMS



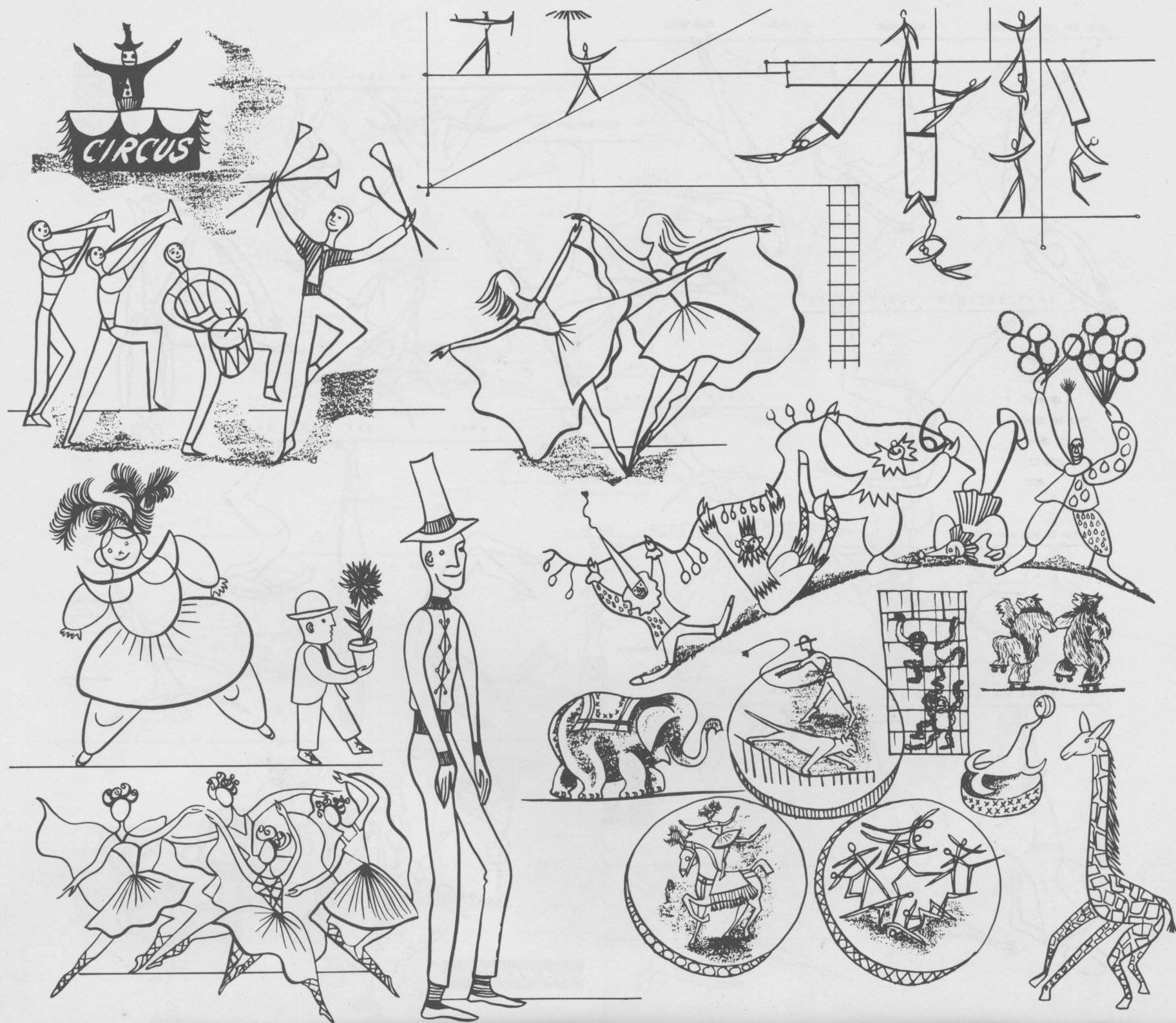
SWING DOWN

STEP LIFT

SWING DOWN

STEP

HOP AND TWIST







FUN AND FROLIC

WORK
DANCES

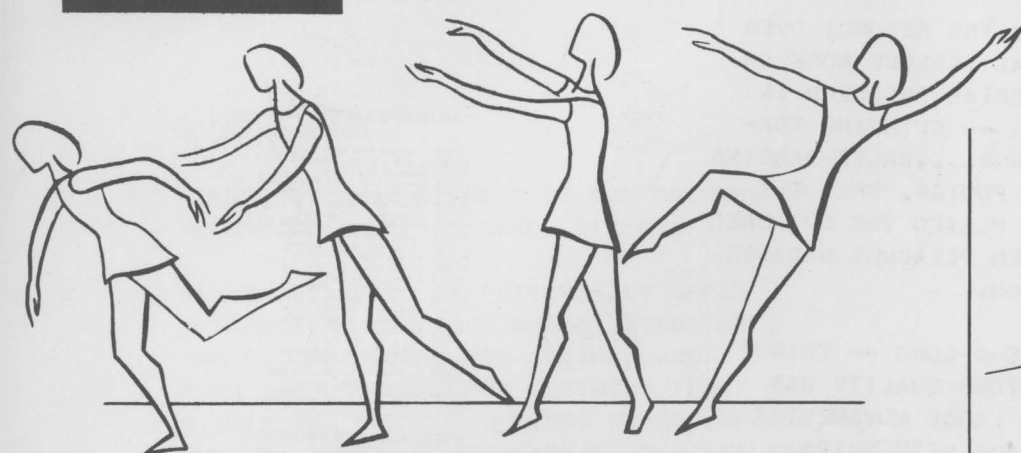
PLAYGROUND DANCES

PLAY DANCES

JOYOUS DANCES

SEASONAL DANCES

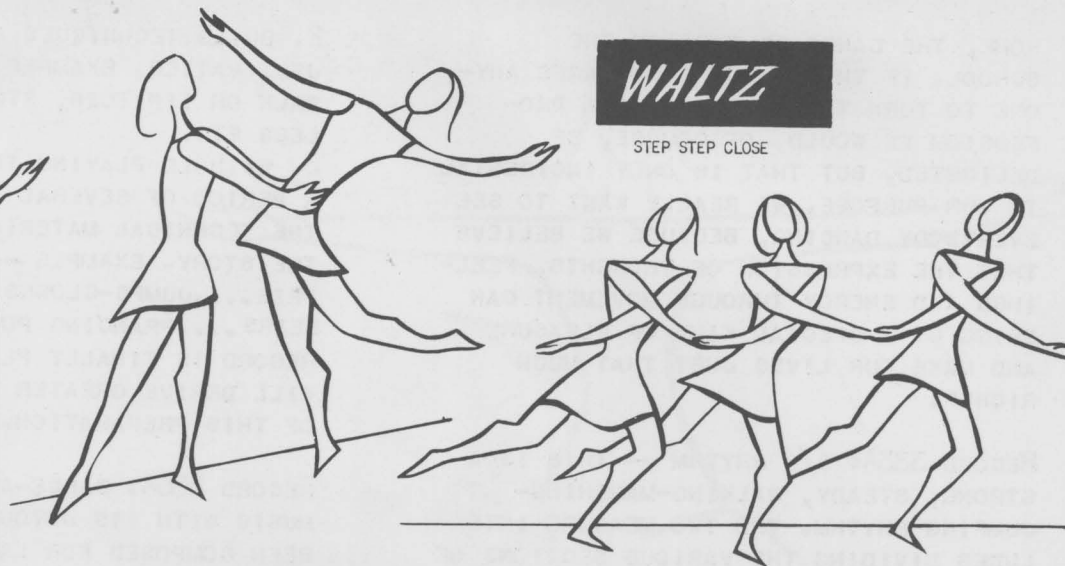
SCHOTTISCHE



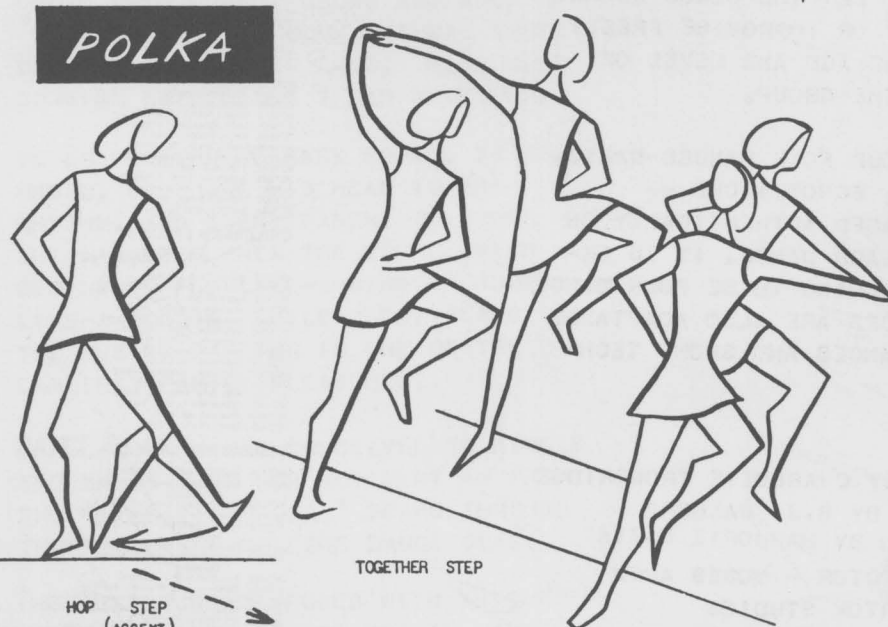
WALK WALK WALK HOP

WALTZ

STEP STEP CLOSE



POLKA



HOP STEP
(ACCENT)

TOGETHER STEP

STEP CUT HOP

MAZURKA



HOME, THE DANCE STUDIO, OR THE SCHOOL. IF THIS ALBUM ENCOURAGES ANYONE TO TURN TO THE DANCE AS A PROFESSION WE WOULD, OF COURSE, BE DELIGHTED, BUT THAT IS ONLY INCIDENTAL TO OUR PURPOSE. WE REALLY WANT TO SEE EVERYBODY DANCING, BECAUSE WE BELIEVE THAT THE EXPRESSION OF THOUGHTS, FEELINGS AND ENERGY THROUGH MOVEMENT CAN BRING US A SPECIAL KIND OF PLEASURE AND MAKE OUR LIVES JUST THAT MUCH RICHER.

RECORD 333A: 4/4 RHYTHM -- THIS IS A STRONG, STEADY, WALKING-MARCHING-JUMPING RHYTHM. THE TWO MEASURE INTERVALS DIVIDING THE VARIOUS SECTIONS OF THE PIECE, ARE USED AS A TRANSITION FROM ONE EXERCISE TO ANOTHER.

RECORD 333B(1): RHYTHM GAME-PERCUSSION -- THE PERCUSSION INSTRUMENTS PLAY A SHORT RHYTHMIC PATTERN WHICH THE STUDENTS TRY TO DUPLICATE. CHILDREN FIND IT GREAT FUN TO ANSWER IN THEIR OWN WAY -- CLAPPING, HITTING THE FLOOR, TAPPING FEET AND STRIKING INSTRUMENTS.

RECORD 333B(2): 6/8 RHYTHM -- THE 6/8 RHYTHM HAS A LYRIC-SWINGING-FLOWING QUALITY. THIS MUSIC IS EXCELLENT FOR AN ORIGINAL SHORT DANCE.

RECORD 334A: THE CIRCUS
B: OUT WEST

TWO DANCE STORIES WHICH CAN BE USED IN THE FOLLOWING WAYS:

1. STUDENTS MAY IMPROVISE FREELY FOLLOWING THE NARRATION.

2. BUILD TECHNIQUES AROUND THE SUBJECT MATTER. EXAMPLE -- THIN MAN; WALK ON TIP TOES, STRETCH UP, STIFF LEGS ETC.
3. WITHOLD PLAYING THE RECORD; OVER A PERIOD OF SEVERAL LESSONS WORK ON THE TECHNICAL MATERIAL INVOLVED IN THE STORY. EXAMPLE -- SWINGING TRAPEZE....JUMPS-CLOWNS....WALTZ-DANCING BEARS....PRANCING PONIES. WHEN THE RECORD IS FINALLY PLAYED THE CHILDREN WILL DERIVE GREATER PLEASURE BECAUSE OF THIS PREPARATION.

RECORD 335A: DANCE-A-LONG -- THIS MUSIC WITH ITS JOYOUS QUALITY HAS BEEN COMPOSED FOR LARGE MOVEMENTS: MOVING THROUGH SPACE WITH SKIPS, JUMPS, LEAPS, HOPS, AND RUNNING. USING INTERESTING CLOSE-TO-HOME SUBJECT MATTER, LET THE CLASS CHOREOGRAPH CAREFULLY OR IMPROVISE FREELY DEPENDING ON THE AGE AND LEVEL OF EXPERIENCE OF THE GROUP.

RECORD 335B: FOUR FOLK DANCES-WALTZ, POLKA, MAZURKA, SCHOTTISCHE -- THE MUSIC IS BASED AUTHENTICALLY ON THE RHYTHM OF EACH DANCE. IT IS EXCELLENT FOR TEACHING THESE FOLK DANCE STEPS. THE PIECES ARE ALSO ADAPTABLE FOR ORIGINAL DANCES AND SHORT TECHNIQUE STUDIES.

ILLUSTRATIONS BY CHARLOTTE TROWBRIDGE
MUSIC COMPOSED BY B.J. WALBERG
MATERIAL EDITED BY MARJORIE MAZIA
PRODUCTION DIRECTOR - MOSES ASCH
RECORDED AT BARTOK STUDIOS

RECORD NUMBERS REFERRED TO ARE FOR F 51-78. FOR THE LONG PLAYING FP 51-33 1/3 USE BAND NUMBERS.

CHILDREN'S AMERICANA

SERIES 10"

FC7001 American Folk Songs, Seeger
FC7003 1, 2, 3 & 4 Zing, Schwartz
FC7004 Alabama Ring Games
FC7005 Songs to Grow On, 1 Nursery
FC7009 More Songs to Grow On, Mills
FC7010 Little Fishes, Seeger
FC7011 Bigger Fishes, Seeger
FC7015 Songs to Grow On, 0, Guthrie
FC7018 French Songs in Eng., Mills
FC7020 Schooldays, Seeger, others
FC7021 Animal Songs, 1, Mills
FC7022 Animal Songs, 2, Mills
FC7023 Activity Songs, Berman
FC7025 Wonderful World, Slovic
FC7026 All Year Long, Slovic
FC7027 This Land is My Land
FC7028 Camp Songs, Seeger, Others
FC7029 Skip Rope Games
FC7030 Folk Songs for Camp
FC7036 Children's Songs, Richardson
FC7051 Animal Songs for Children
FC7053 American Xmas Songs, Seegers
FC7054 South Mt. Songs, Ritchie
FC7064 Old Time Songs, N.C. Rimbins
FC7070 Downtown Story, songs & sounds
FC7071 Laundry-Bakery Story

FOLKTALES FOR CHILDREN

10"

FC7102 Tales from Indonesia
FC7103 Tales from West Africa
FC7104 Dream Keeper, Hughes
FC7105 In the Beginning, Asch
FC7106 Joseph & Brothers, Asch
FC7107 Uncle Bouquet, Haiti
FC7108 Klondike, Berman
FC7109 Ride with the Sun
FC7110 Ashanti Tales, Courlander
FC7114 Negro Poetry, Hughes
FC7125 Davy Crockett, Hayes

CHILDREN'S INTERNATIONAL

SERIES 10"

FC7200 Pueblo Indian (\$4.95)
FC7201 Afrikaans Songs 1
FC7208 French Songs, Mills
FC7214 Games French Canada
FC7216 Latin American Songs
FC7224 Jewish Songs, Rubin
FC7226 Israeli Songs, Ben-Zur
FC7229 French Xmas Songs, Child.
FC7234 Yiddish Songs (Off)
FC7250 Jamaican Songs, Bennett
FC7262 Calypso, Lord Invader
FC7270 German Songs, Wolff
FC7271 German Song II, Wolff

CHILDREN'S SPECIAL

& HISTORICAL 10"

FC7307 Music Time, Bailey
FC7308 Call & Response, Jenkins
FC7312 Story of Isaac, Hughes
FC7340 Rhythms of World, Hughes
FC7341 Sounds of N.Y.C., Schwartz
FC7350 Interview, Wm. Douglas
FC7351 Interview, Robert M. Hutchins
FC7352 Sen. Margaret Smith
FC7353 Interview, Al Capp
FC7354 Interview, Margaret Mead
FC7355 Interview, Jim Farley
FC7402 Who Built America, Bonyun
FC7406 Follow the Sunset, Bailey
FC7439 Man and His Work
FC7432 Man and His Religion

CHILDREN'S SERIES 12"

FC7510 Songs of Camp, ed Badeaux
FC7525 Sleep-Time, Songs & Stories by Pete Seeger
FC7526 Song & Play-Time (Seeger)
FC7532 Flunks for Young People, Seeger
FC7533 Negro Flunks for Young People, Leadbelly
FC7554 Holiday & Other Songs, G. Bluestein
FC7604 American Playparties, Seeger, Ellenberg
FC7624 You Can Sing It Yourself
FC7651 Dance-a-long Rhythm, Activity
FC7659 Learn At We Play - for the exceptional
FC7673 Music for the Ballet Studio, Kolinski
FC7730 101 Nursery Rhymes
FC7738 Holiday Songs of Israel, Gueila Gill
FC7742 German Child, Songs, Vopel
FC7747 Span, Songs for Child.
FC7750 Christmas Songs of Many Lands, Mills
FC7752 Glory of Negro Hist., Hughes
FC7771 Children's Stories & Songs, McCurdy
FC7824 Child. Rhymes, Spanish
FC7833 Grimm's Tales, Spanish