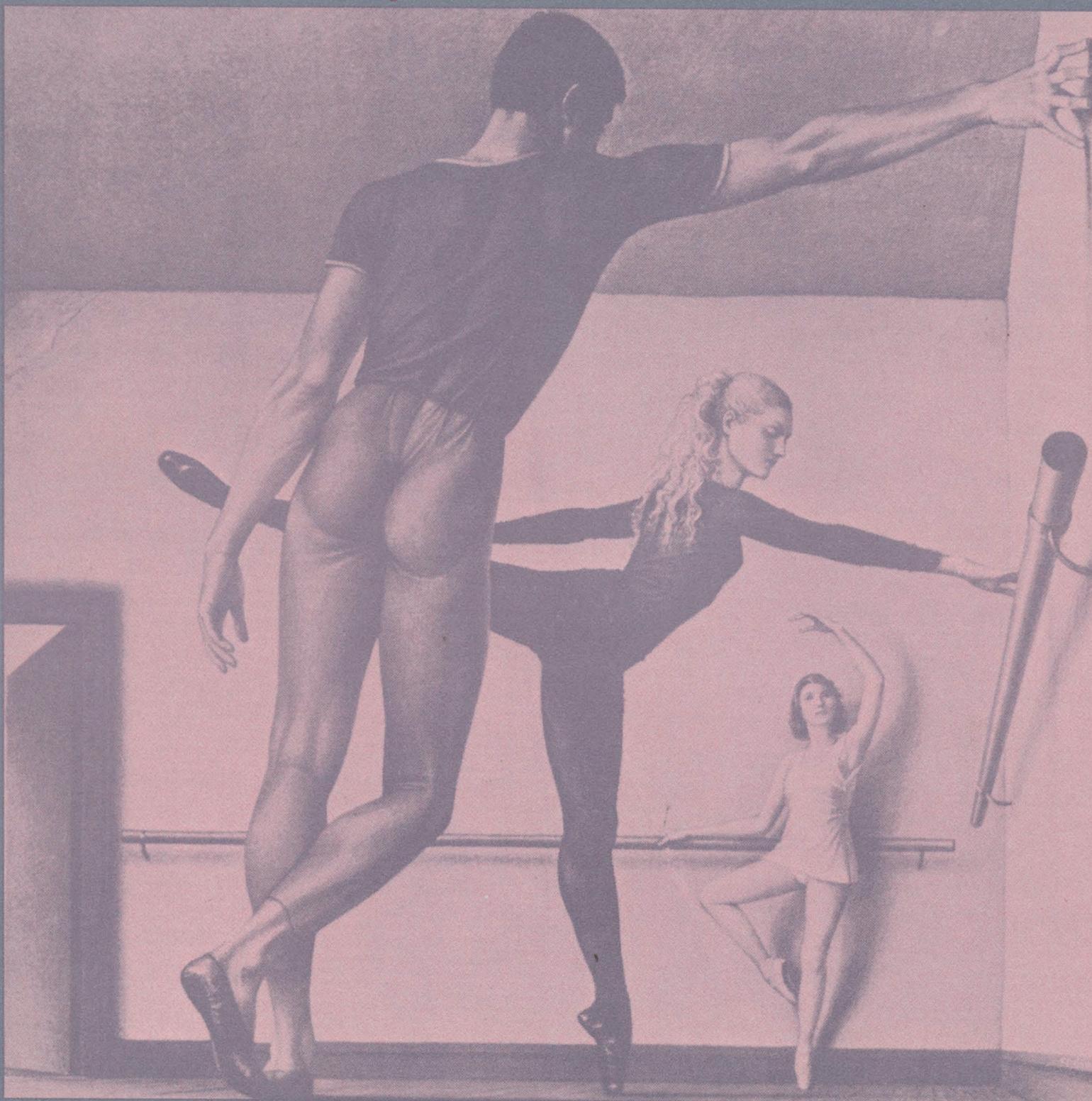


FOLKWAYS RECORDS FC 7673

MUSIC FOR DANCE RHYTHMS

41 Piano Exercises by Mieczyslaw Kolinski

Music for the Ballet Studio



MT
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M987
1959

MUSIC LP

FOLKWAYS RECORDS FC 7673

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3. Allegretto moderato in 6/8
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**MUSIC FOR DANCE
RHYTHMS**

**41 Piano Exercises by
Mieczyslaw Kolinski**

DESCRIPTIVE NOTES ARE INSIDE POCKET

COVER DESIGN BY RONALD CLYNE
COVER PAINTING, "ARABESQUE" BY PAUL CADMUS

FOLKWAYS RECORDS FC 7673

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MUSIC

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for the

BALLET STUDIO

41 PIANO PIECES

by

Mieczyslaw Kolinski

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MUSIC FOR THE BALLET STUDIO
41 piano pieces
by Mieczyslaw Kolinski

The present selection of piano pieces has been specifically composed for the use in ballet studios. All numbers are different in character and tempo or in one of these two features so as to provide suitable music for virtually all ballet steps and combinations.

The pieces have been classified according to musical rather than to choreographical principles, since each number can serve for a variety of dance movements, while one and the same step can be performed to the music of different pieces. However, the musical classification chosen corresponds to characteristic types of dance movements. The five main sections are: Soft Legato, Soft Non-Legato, Medium-Strong Legato, Medium-Strong Non-Legato, and Strong. Each of these sections is subdivided according to tempo, meter and particular features of the music. Larger margins between the sections facilitate the identification of the numbers.

The formal structure of the pieces is regular, each one comprising either 32 or, less frequently, 16 or 64 measures. This structural regularity makes it possible to use only one half of a number for shorter exercises. All pieces are preceded by a chord to assure a correct start of the dance movements.

It is up to the individual teacher to choose the appropriate music for the steps to be executed. In this connection an alphabetical index of ballet steps referring to corresponding pieces of music might prove helpful. However, many teachers will certainly appreciate the following selection of ballet steps and combinations suggested for each number. These dance steps might be freely modified and completed by arm movements, according to the teacher's taste and method. Needless to say, they represent only a restricted choice out of the diversity of potential dance movements to which the music of the present recording might serve as a suitable accompaniment.

BALLET STEPS AND COMBINATIONS
suggested
by Grace Ziebarth

Side I

Section A: Soft Legato

Band I. Adagio in 6/8

Grand Plié - Développé - Promenade in Arabesque - Attitude

BAR: Grand plié in 1st, 2nd, 4th and 5th position, rising on half-toe between each plié (8 counts for each position).

CENTER: Développé right leg forward croisé. Slide right foot through 1st position to first arabesque. Promenade in arabesque one full turn to the right and continue another quarter turn while drawing the right leg into attitude croisé. Rise on half-toe and hold balance before starting to the left (2 counts for each of the four movements).

Band 2. Andante in 6/8

Développé - Balancé - Pirouette en dedans

BAR: Développé right leg forward (4 counts). Hold leg in place and, with the free arm, make a circular port de bras finishing as the leg descends to 5th position (4 counts). Same movement to the side, back and again to the side. Same movement on half-toe.

CENTER: Balancé forward croisé. Balancé backward croisé. Tombé forward to 4th position croisé. Pirouettes en dedans finishing in 5th position (1 count for each movement). Repeat to the other side.

Band 3. Allegretto moderato in 6/8

Battement Tendu - Relevé - Rond de Jambe par Terre - Bourrée

BAR: a.) Three battements tendus forward. One relevé in 5th position (1 count for each movement). Same movements side, back, side. Accent may be out to pointe tendue or in to 5th position, as desired.

b.) Rond de jambe par terre. Start with the right foot pointed back. Eight ronds de jambes en dehors finishing with the foot pointed front. Then slow port de bras bending forward and back. Same rond de jambe en dedans adding the same port de bras with the foot pointed back.

CENTER: Bourrées traveling in a diagonal, moving sidewise and turning in place (4 counts for each movement).

Band 4. Adagio in 2/4

Dégagé - Grand Rond de Jambe - Développé - Fondu

BAR: Dégagé right leg slowly forward, standing leg sinking to demi-plié. Grand rond de jambe carrying the right leg to the side and back, while straightening standing leg. Passé right leg and slowly développé to the side while rising to half-toe. Lower right leg to 5th position in back (4 counts for each movement). Reverse all movements starting to the back.

CENTER: Fondu, développé forward, fondu, développé side, with the right leg. Coupé and do the same movements with the left leg (1 count for each movement). Continue the step moving backward, alternating feet. Same step starting to the back, progressing forward.

Band 5. Andante in 2/4

Demi-Plié - Relevé - Battement Tendu - Passé Relevé

BAR: a.) (Toe) Facing bar in 2nd position. Demi-plié, relevé to toe, two times. Demi-plié on toe, straighten knees and hold balance (1 count for each movement).

b.) Three battements tendus forward, one passé relevé to 5th position back. Three battements tendus back, one passé relevé to 5th position front. Eight battements tendus to the side (1 count for each movement).

CENTER: One battement tendu front, side, back and side, finishing in 5th position in demi-plié (1 count for each movement). Relevé on the back foot, at the same time bring the other leg to passé and hold balance. Lower leg to 5th position back (4 counts).

Band 6. Andante in 4/4

Rond de Jambe par Terre - Battement Frappé - Temps Lié - Glissade - Relevé

BAR: a.) (Beginners) From 1st position. Slow rond de jambe par terre en dehors and en dedans, stopping at each point of the circle.

b.) Battement frappé to the front, side, back and side.

CENTER: Temps lié: Glissade croisé forward, leading with the right foot. Relevé in 5th position. Again leading with the right foot glissade to the side, finishing in 5th position with the left foot front. Relevé in 5th position. Same step leading with the left foot. Same step reversing all movements, progressing back.

Band 7. Adagio in 3/4

Développé - Posé - Grand Plié - Attitude Croisée - Arabesque Croisée - Pirouette en dedans

BAR (facing bar): Grand développé right leg to 2nd position en l'air. Demi-plié on the left leg and, pushing off from it, posé on to the right half-toe, bringing the left foot in front of the right ankle (3 counts for each movement). Same to the left.

CENTER: Grand plié in 5th position. Rise up on half-toe and hold. Lower heels. Passé left leg to attitude croisée back. Stretch left leg to arabesque croisée. Then lower leg to 4th position in demi-plié on the right leg, in preparation for pirouettes en dedans, finishing in 5th position with the left foot front (3 counts for each movement).

Band 8. Moderato in 3/4

Rond de Jambe par Terre - Glissade - Pirouette en dehors - Pirouette en dedans - Temps Lié

BAR: Rond de jambe par terre, one slow (3 counts), three fast (1 count each), en dehors and en dedans.

CENTER: Temps Lié: Glissade forward croisé with the right foot, finishing in 5th position in demi-plié, right foot front. Pirouette en dehors by lifting the right foot, finishing in 5th position with the right foot front. Same glissade to the side with the right foot front and the same pirouette, this time finishing with the right foot back (3 counts for each movement). Repeat to the left. The step can be reversed, doing the pirouettes en dedans.

Band 9. WALTZ No. 1 (slow)

Fondu - Développé - Grand Plié - Posé in Arabesque - Pas Couru - Pas de Bourrée en tournant - Fouetté Pirouette

BAR: Start with the right foot pointed to the side. Fondu, développé forward, fondu, développé side (1 measure each movement). Grand plié in 2nd position finishing with the right foot pointed to the side (4 measures). Same movement to the back and side.

CENTER: a.) Moving side to side. Pas couru (small running steps) to posé in arabesque on the right foot (1 measure for each movement). Same to the left.

b.) From 4th position with the left foot pointed croisé back. With the left leg, pas de bourrée en tournant en dedans, three single fouettés pirouettes to the right, the last one stopping in the 4th position with the right leg back (1 measure for each movement). Same to the left.

Band 10. WALTZ No. 2 (fast)

Rond de Jambe en l'Air - Jeté - Ballonné

BAR: Four ronds de jambes en l'air en dehors finishing with the foot pointed, on the floor, forward in effacé (1 measure for each movement). Same en dedans finishing pointed effacé back.

CENTER: Progressing forward, jeté left, jeté right, coupé left, ballonné right finishing sur le cou de pied back (1 measure for each movement). Repeat starting with the right foot. Then reverse.

Section B: Soft Non-Legato

Band 11: GAVOTTE

Rond de Jambe en l'Air - Échappé - Posé in Passé - Coupé - Pas de Bourrée

BAR: a.) Rond de jambe en l'air, two slow, three fast en dehors, two slow, three fast en dedans.

b.) Facing bar. Three échappés to 2nd position on toe or half-toe, one relevé in 5th position.

CENTER (toe): Moving diagonally back, posé on left toe in passé three times, with a coupé between each. Pas de bourrée to change feet and start the step on the right foot.

Band 12. MINUET

Pas de Bourrée - Balancé - Pas de Basque - Soutenu

BAR: Facing bar with left foot pointed back. Pas de bourrée from side to side, on toe or half-toe.

CENTER: a.) Two balancés from side to side, two balancés turning (1 measure for each movement). Continue in the same direction.

b.) Start with the right foot pointed croisé front. Pas de basque to the right, pas de basque to the left, soutenu en tournant to the right, finishing by stepping back on the right foot with the left foot pointed croisé front (1 measure for each movement). Same to the left.

Band 13. WALTZ No. 3 (medium-fast, staccato)

Double Frappé - Pas de Basque - Arabesque - Bourrée - Assemblé - Sissonne

BAR: Double frappé opening front, back, and twice to the side (1 measure for each movement).

CENTER: a.) Two quick pas de basques, right and left (1 measure for each movement). Six hops on the right leg in first arabesque (1 count each). Same to the left.

b.) Bourrées

c.) Three assemblés from back to front, one sissonne fermé croisé forward (1 measure each movement). Continue moving forward. Same moving back.

Band 14. Allegro in 3/8

Battement sur le Cou de Pied - Bourrée - Port de Bras

BAR: Eight battements sur le cou de pied, eight on half-toe (1 measure for each movement). Repeat the same with port de bras.

CENTER: Bourrées moving to the side in a diagonal, with port de bras.

Side II

Section C: Medium-Strong Non-Legato

Band 15. March No. 1 in 4/4 (slow)

Battement Tendu - Pirouette en dehors

BAR: Four battements tendus forward, the last one finishing in 5th position in demi-plié. Same movement to the side, back and again side.

CENTER: Practice for pirouettes. Point right foot to the side, then a half rond de jambe par terre to 4th position croisé back, into demi-plié. One pirouette en dehors on the front (left) foot, finishing in 5th position with the right foot back. Repeat to the left. This step may be practiced very slowly, or double speed.

Band 16. Allegro moderato in 2/4

Battement Tendu - Demi-plié - Glissade - Assemblé - Echappé

BAR: Four battements tendus forward, alternating with simple demi-pliés in 5th position. Same to the side, back and side.

CENTER: From the back foot, glissade, assemblé, échappé by jumping to 2nd position, and jump back to 5th position. Same to the other side.

Band 17. WALTZ No. 4 (slow)

Rond de Jambe par Terre - Sissonne - Assemblé

BAR: Two ronds de jambes par terre from 5th position (1 measure each). One slow rond de jambe in demi-plié, finishing in 5th position with the working foot in back (2 measures). Same step en dedans.

CENTER: Sissonne ouvert, coupé, assemblé. This step can be practiced croisé forward or back, effacé forward or back, or into 2nd position.

Band 18. WALTZ No. 5 (medium-fast)

Rond de Jambe en l'Air - Battement Frappé - Pas Couru - Jeté en tournant - Saut de Basque - Grand Jeté - Chainé - Posé in Arabesque

BAR: Two ronds de jambes en l'air en dehors, two battements frappés to the side with the accent out. Same en dedans.

CENTER: a.) Moving diagonally downstage, pas couru, grand jeté, croisé or effacé, or alternating.

b.) Pas couru, saut de basque, three chainés.

c.) Moving backward in a diagonal, posé in first arabesque on half-toe, pas couru, jete en tournant finishing in first arabesque in demi-plié. Coupé and recommence the step with the same foot.

Section D: Medium-Strong Non-Legato

Band 19. POLKA

Passé Relevé - Chassée - Emboîté

BAR: Three passés relevés to 5th position, finishing the last one in demi-plier and hold.

CENTER: Moving croisé forward in a diagonal, two chassés, three quick emboîtés (in low back attitude). Continue in the same direction.

Band 20. Moderato in 4/4

Fouetté Pirouette - Glissade - Changement de Pied

BAR: Preparatory exercise for fouettés pirouettes:

Demi-plié on the left leg, as the right leg makes a low développé forward. Relevé and swing the right leg strongly to the side and into passé. Same movements from front to side or alternate with the développé back to side. Advanced students may practice the exercise with the passé en tournant.

CENTER: Moving to the right side, two glissades, changing feet each glissade, three changements de pieds. Same to the left.

Band 21. Moderato in 2/4

Entrechat Quatre - Échappé - Brisé - Pas de Chat - Pas de Bourrée

BAR: Facing the bar. Two entrechats quatre, échappé by jumping to 2nd position, jump to 5th position, changing feet.

CENTER: Two brisés, pausing in demi-plié between each brisé, pas de chat, pas de bourrée to change feet.

Band 22. Allegretto in 2/4 No. 1

Grand Battement - Piqué Pirouette en dedans - Chainé

BAR: Three grands battements forward, one relevé in 5th position. Same to the side, back and side.

CENTER: In a diagonal or a circle of the room, two piqués pirouettes en dedans, four chainés.

Band 23. Allegretto in 2/4 No. 2

Battement sur le Cou de Pied - Changement de Pied - Pas de Chat - Royale

BAR: Battement sur le cou de pied, four slow, eight fast. Same on half-toe.

CENTER: a.) Changement de pied.

b.) Three pas de chats, one royale. Same to the other side.

Band 24. Allegro in 2/4 No. 1

Double Frappé - Échappé - Passé Relevé
Entrechat Quatre - Entrechat Six

BAR: Double frappé, opening each time to the side, two with the standing leg straight, two in demi-plié, again two with a straight knee, then two on half-toe.

CENTER: a.) (toe) Two échappés, changing feet, two passés relevés, alternating feet.

b.) Entrechat quatre, entrechat six.

Band 25. Allegro in 2/4 No. 2

Fouetté Pirouette - Emboîté - Assemblé - Tour en l'Air

CENTER: a.) Continuous fouettés pirouettes.

b.) Four emboîtés en tournant to the right side, assemblé to 5th position with the right foot front, single or double tour en l'air changing feet. Same to the left.

Band 26. Allegro vivace in 2/4 No. 1

Emboîté - Battement Frappé - Piqué Pirouette en dedans

BAR: Battement frappé to the side, four with accent out, four with accent in. Same on half-toe.

CENTER: Circling the room, emboîtés en tournant or piqués pirouettes en dedans.

Band 27. Allegro vivace in 2/4 No. 2

Battement sur le Cou de Pied - Battement Frappé - Pirouette en dehors - Relevé - Développé

BAR: Three battements sur le cou de pied with the accent front, one battement frappé to the side with the accent in to the cou de pied in back. Same with accent back, the frappé finishing in front.

CENTER: a.) Seven single pirouettes sur le cou de pied en dehors, each one finishing in 5th position with the same foot in front, the eighth finishing in 5th position with the foot in back. Same to the other side.

b.) (toe) Moving diagonally upstage, relevés on one foot, each time making a low développé écarté with the free leg.

Band 28. Allegro moderato in 6/8

Échappé - Entrechat Trois - Cabriole - Chassé

BAR: Facing the bar, échappé by jumping to 2nd position, entrechat trois, two cabrioles to the back. Continue with alternating feet.

CENTER: In a diagonal, two chassés leading forward with the right foot, two chassés in the same diagonal moving backward and leading with the left foot. Four chassés forward, with the right foot leading in a small circle. Same to the left.

Band 29. POLONAISE

Posé - Coupé - Jeté - Sissonne - Assemblé

BAR: Facing bar. From a demi-plié in 5th position, posé onto the right half-toe by stepping to the right side, coupé to the left foot in demi-plié, jeté on the right foot (1 count for each movement). Same to the left.

CENTER: Sissonne ouvert forward in effacé, coupé, assemblé from front to back (1 count for each movement). Same to the other side. Same step progressing backward.

Section E: Strong

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Band 30. MARCH No. 2 in 4/4 (very slow)

Développé - Arabesque - Grand Battement - Soutenu

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BAR: Grand développé écarté with the right leg. Passé the leg to arabesque in demi-plié. Again passé the leg to grand développé écarté on half-toe, soutenu to the other side.

CENTER: Eight grands battements with alternating feet, progressing backward, eight forward.

Bar

Band 31. MARCH No. 3 in 4/4 (slow)

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Développé - Rond de Jambe en l'Air - Glissade - Changement de Pied - Jeté - Attitude

BAR
to

BAR: Plié on the left leg as the right leg makes a low développé forward, relevé and swing the right leg to the side, two ronds de jambes en l'air en dehors finishing by lowering the leg to 5th position in back. Same from the back, with the ronds de jambes en dedans.

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CENTER: a.) Moving diagonally downstage, one slow glissade croisé forward, two changements de pieds.

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b.) From 4th position, weight on the forward right foot, glissade to the side with the left foot, jeté onto the left foot, relevé in attitude croisé, plié in attitude croisé. Repeat to the other side.

Ban

Band 32. MARCH No. 4 in 4/4 (medium-fast)

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Passé Relevé - Assemblé - Pas de Chat

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BAR: Passés relevés with the right leg, eight from demi-plié, eight with straight knees.

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CENTER: Three assemblés from back to front, alternating feet, two quick pas de chats. Same step with assemblé battu.

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Band 33. MARCH No. 5 in 4/4 (fast)

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Battement Tendu - Jeté - Cabriole - Pas de Chat

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BAR: Quick battements tendus to the side, eight to 5th position, eight to 1st position.

Bat

CENTER: Three jetés from back to front, alternating feet, one back cabriole, four pas de chats. Same to the other side.

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Band 34. MARCH No. 6 in 2/4

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Battement Tendu - Passé Relevé - Relevé in Arabesque

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BAR: Six quick battements tendus forward with accent in 5th position, one passé relevé to 5th position back. Same battements tendus back with the passé relevé to 5th position front. Then sixteen quick battements tendus to the side.

CENTER: From 4th position croisé with weight forward on the right foot, eight relevés in arabesque, turn-

ing to the right on the right foot, finishing by falling forward onto the left foot in 4th position croisé. Same to the left.

Band 35. MARCH No. 7 in 6/8

Battement Tendu Jeté - Relevé in Attitude - Chassée Coupé - Assemblé

BAR: Battement tendu jeté, seven front, one to the side, seven back, one side.

CENTER: a.) Moving diagonally downstage, posé on the left foot in front attitude croisé and relevé four times. Step on the right foot in back attitude croisé and relevé four times.

b.) Two chassées forward croisé, coupé, assemblé from front to back. Same to the other side.

Band 36. Allegro in 2/4 No. 3

Bourrée - Pirouette à la seconde

CENTER: a.) Bourrées forward, backward or sidewise with port de bras as desired.

b.) Successive grandes pirouettes à la seconde en dehors. Prepare by jumping into 2nd position demi-plié, and rise on half-toe for each grande pirouette, finishing by drawing the free leg into pirouettes sur le cou de pied.

Band 37. Allegro moderato in 3/4

Grand Battement Balançoire - Pas de Basque

BAR: Grands battements balançoires from 1st position, one front, one back, two grands battements to the side. Same starting to the back.

CENTER: Pas de basque from side to side, four moving downstage, four moving upstage.

Band 38. Allegro in 3/8

Double Frappé - Soutenu - Sissonne Fermé - Entrechat Quatre

BAR: Start with the right foot open to the side. Double frappé opening each time to the side in demi-plié, three times. One soutenu en dehors finishing with the right foot open to the side. Repeat with the soutenu en dedans.

CENTER: One sissonne fermé forward croisé, one to the back croisé, one to the side changing feet, entrechat quatre. Same to the other side.

Band 39. WALTZ No. 6 (fast)

Rond de Jambe en l'Air - Assemblé - Grand Jeté en tournant - Saut de Basque

BAR: Three ronds de jambes en l'air en dehors finishing the last one open in a low 2nd position and the

standing foot in demi-plié, assemblé to 5th position in back. Same en dedans.

CENTER: In a big circle, pas couru, grand jeté en tournant, or pas couru, saut de basque.

Band 40. MAZURKA

Sissonne Ouvert - Assemblé - Entrechat Quatre - Balançoire - Soutenu

BAR: Facing the bar, sissonne ouvert to the right side, assemblé the left foot to 5th position in front, two entrachats quatre.

CENTER: Balancé forward effacé, balancé back effacé, again balancé forward, soutenu en dedans. Same to the other side.

Band 41. TARANTELLA

Battement Tendu Jeté - Échappé - Attitude

BAR: Four battements tendus jetés forward to 5th position, three battements tendus jetés through 1st position (back, front, back) and close in 5th position in back. Same starting to the back.

CENTER: Jump to demi-plié in 2nd position, turn by hopping to the right with the right foot held front in attitude. Same to the left.

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