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Dalcroze Eurhythmics in the General Music Classroom

Philosophy of a Dalcroze-based lesson:

- The human body is the first instrument
- Rhythm bridges what we hear with what we do
- Lessons integrate rhythmic skills with ear-training and improvisation
- Music is abstract—we hear it moving through time
- Movement is concrete—we see it moving through space
- Rhythmic movement manipulates time, space, and energy
- Movement generates *feelings*, which form *emotions*
- All lessons develop listening skills, reaction, focus, self-control, coordination, cooperation, self-expression, imagination, and creativity

The Dalcroze Flow of Learning:

- Hearing to Moving
- Moving to Feeling
- Feeling to Sensing
- Sensing to Analyzing
- Analyzing to Reading
- Reading to Writing
- Writing to Improvising
- Improvising to Performance

Further reading:

Butke, M. & Frego, D (2016). *Meaningful Movement: A Music Teacher's Guide to Dalcroze Eurhythmics*. Cleveland: Music is Elementary Press.

Frego, D., & Leck, H. (2005). *Creating Artistry Through Movement*. (DVD). Milwaukee, Hal Leonard.

American Eurhythmics Society: <http://www.americaneurhythmics.org/>

Walking Tempi in steps per minute.

Grade	Walking	Marching	Mean
JrK	139	139	139
SrK	140	139	139
1	149	140	145
2	148	139	144
3	141	138	140
4	137	129	134
5	135	126	131
6	133	124	129



Sample Lessons

Warm-up: A-1, B-2, C-3, D-4
A-1, B-2, (4-beats silence) E-5, F-6, (4-beats silence)

Pulse & Beat:

Circular clapping and quick reaction games
Disappearing beat game
Subtract or add one beat
Substitute beat with a clap
La Sonora Dinamita: *A Mover la Colita*

Subdivision:

Circular clapping; change size of circle on *hip* or *hop*
Tapping on a partner's hand; use vertical space
Rock, Paper, Scissors game
Walking the subdivisions
Walking and tapping the subdivisions
Torelli: Trumpet Concerto in D

Meter:

Walk and conduct a four pattern
Walk and conduct a three pattern
Hip and hop with the walking
Introduce rubato
Rachel Portman: *The Cider House Rules*

Mixed Meter:

Feeling Fives with Partners
Thread Pull Activity ||: 5 | 3 | 2 :||
Extension ||: 5 | 3 | 2 | 4 | 1 :||
Longer number equals longer thread
Thread remains same length; move with the thread pull
Step every beat
Step first beat and tap complements
Step and move with the thread
Britten: *Ceremony of Carols*, "In Freezing Winter"

Change the meter to the following phrase ||: 4 | 6 | 8 :||
Partners gesture moves to each other; getting progressively larger
Alternate who begins the phrase
Create a *plastique animée* with the piece
Philip Glass: *Einstein on the Beach*, "Knee I"