

Hello everyone!

### **Recap: 5/19/22**

Last Thursday Dalcroze instructor, Cynthia Lilley, joined our music hour for the second time! Cynthia is a board member of the Dalcroze Society of America and has been teaching for over thirty-five years. Dalcroze Education is a form of music learning and engagement through movement of the whole body. Cynthia showed us what this process looks like by engaging the group in a Dalcroze lesson!

Cynthia began the session by having the group all clap on a four beat pattern, emphasizing the first beat (or "downbeat") of the pattern. We then learned what a "pickup" or "anacrusis" is in music which is a beat or group of beats that precedes the downbeat or emphasized beat in music. We felt these varying beat patterns in our bodies by dancing around our respective spaces while Cynthia played the piano.

This work then lead into a tune that is familiar to many: "You are my sunshine." The sheet music is attached below for anyone who is interested. We practiced feeling the pickups and down beats with this piece by continuing to move to the music and identifying the down beat with our bodies (i.e. raising our hands up on the downbeat). For example in the first line, "You are my sunshine," the words "you are my" would all be part of the pickup (or less emphasized beats) which then lead to the more emphasized down beat, on the word "sun."

We ended the session by singing through the entire song and discussing our experiences. Some participants shared that pairing movement with music was a helpful way to learn the music and feel the down beats of the melody. Others shared that it was helpful to be able to follow along with the melody when they were able to see the lyrics at the same time.

We are working to invite another movement focused music instructor to our group soon!

### **Next CI Music Hour: 6/2/22**

There will be NO CI music hour tomorrow. The next music hour will be next Thursday on June 2nd. We will be in touch with you all soon about our next guest!

Julianne & Chrysa