

Hi Everyone!

CI Music Hour Recap 7/14/22

Last week, we were lucky to have a session with Dawn Pratson: educator, dancer, musician, creative arts therapist, and Dalcroze eurhythmics instructor. She began with some movement exercises that helped us find and feel our own “flow,” which is an important idea to Dalcroze. Some exercises we started with included breathing, finding a flowing movement in our arms, and moving as we desired while listening to Dawn play “Morning Mood” from Edvard Grieg’s Peer Gynt. While she was playing, we were paired with a partner and took turns moving our hands to the melody; then, Dawn played “Morning Dawn” a second time and asked us to create our movements based on the dynamics and harmonies of the piece. For the next flow exercise, we followed a snapping and clapping pattern set to a specific song. We then tried to guess what mystery song we were listening to. One member of the group, Sam O’Connell, was able to impressively guess that the mystery song was “All You Need Is Love” by the Beatles.

Resources

One of our group members, Neal Steiger, also wanted to share with the rest of the group an online digitized record that includes songs by Louis Armstrong, Rosemary Clooney, The Andrews Sisters, and more! Here is the link:

<https://archive.org/details/georgeblood>. Thank you for sharing this, Neal!