

Mourek Saunter

Dancing for Fun
Book 1

Lazily

$\text{♩} = 66$

Mark L. Greathouse

Piano

1. 2. 3. 3. 3. 4. 5. 6.

7. 8. 9. 10. 11. 12.

13. 14. 15. 16. 17.

18. 19. 20. 21. 22. 23.

24. 25. 26. 27. 28.

Dancing for Fun: Group Dancing for All Ages Book 1

This musical score is for a piece titled "Dancing for Fun: Group Dancing for All Ages Book 1". It is written for piano in the key of D major (two sharps) and 3/4 time. The score consists of 56 measures, organized into five systems of six measures each. The notation includes treble and bass staves joined by a brace. Measures 29-34, 35-39, 40-45, and 46-51 feature a melody in the treble staff with triplets and a bass line with chords. Measure 36 includes a repeat sign. Measure 41 is marked *mf*. Measures 52-54 continue the melodic and harmonic pattern. Measure 55 is marked *rit* and features a triplet in the treble staff. Measure 56 is marked *p* and ends with a double bar line. The score is designed for group dancing, with measures 29-34, 35-39, 40-45, and 46-51 being 8-count measures and measures 52-56 being 4-count measures.

29 30 31 32 33 34

35 36 37 38 39

40 41 42 43 44 45

46 47 48 49 50 51

52 53 54 55 56

mf

rit

p

Dance 7: Mourek Saunter

Choreography

Link to YouTube:

http://www.youtube.com/watch?v=_czE9DVJIHY&list=PLMXzOm_ewb6lpLvdPcbiGTP-dx0ttjGIJ&feature=share&index=7

Key Signature: 2/4

No introduction; dance begins on first count.

Start in 2 lines facing each other, with lines of dancers 90 degrees to audience.

Section A:

Measure 1: Step on R foot on a diagonal, lift bent L leg, keeping thigh parallel with floor, angle of L bent knee is slightly more than 90 degrees, L foot flexed. Remain standing on R and rotate L hip in about 30 degrees; arms are “runner” style with hands in fists and elbows bent, arms move in opposite direction than legs—in measure 1, R arm is in front over L leg, L arm is behind body. During rotation, the torso rotates in opposite direction than hip—in measure 1 torso rotates to L. Dancers move forward toward the other line of dancers (torso rotation is optional as in video).

Measure 2: Repeat measure 1 but start with L foot and transpose movement accordingly.

Measures 3 and 4: Repeat measures 1 and 2.

Measures 5–8: 4 heel drags backward – (R, L, R, L), lines of dancers moving backward away from each other.

Measures 9–12: Repeat measure 1–4, but without body rotation, moving straight forward (R, L, R, L).

Measures 13–16: Maintaining L leg in the same place during these measures, step with R forward, shifting weight to R leg in the beginning of each measure, then turn 90 degrees to L, shifting weight to L leg. With each step and turn (corresponding to one measure in music), the hips rock in the direction of shifted weight. With elbows bent and close to the body, the wrists bend in and out (flick out with the R step and in with the L turn). In the fourth measure, end with feet together and arms down by the sides (lines of dancers end up facing each other).

Measures 1–12 followed by 17–20 (in music): Repeat section A starting on L foot.

Section B:

Measure 21: Turn 90 degrees to L (half of dancers face audience, other half with back to audience); step with R foot to R side, dragging L toes on floor while looking over L shoulder, hands in fists are placed on hips.

Measure 22: Step again with R foot to R side, dragging L toes on floor while looking over L shoulder, hands in fists are placed on hips. End with feet together at end of this measure.

Measure 23–24: Turn 180 degrees to R and repeat measures 21 and 22 to the L.

Measure 25: Châiné turn 360 degrees to R with hands in fists on hips.

Measure 26: Turn additional 90 degrees to R to face other line of dancers, ending up with legs together in parallel demi-plié; slap both hands on thighs on the last count.

Measures 27–28: Repeat 4 heel drags backward (R, L, R, L) from section A, but twice as fast, lines of dancers moving backward away from each other. When stepping back, the wrists flex outward and immediately come back in (flicking with each step). Keep looking forward.

Measures 29–36: Repeat section B to opposite side, starting with L.

Measures 21–32 and 37–40: Repeat all of section A to opposite side, starting with L.

Measures 41–48: Repeat all of section A as written. Movement described in measures 13–16.

Measures 49–52: Repeat movement of measures 1–4.

Measures 53–55: Repeat movement of measures 13–16.

Measure 56: Step R forward toward other line of dancers, then step L forward and lift R leg back with knee bent in back attitude with “runner” arms and hold on straight standing L leg to finish (ending in back attitude balance).