

Rainbow

Dancing for Fun
Book 1

Gently

Mark L. Greathouse

1 $\text{♩} = 112$ 2 3 4

Piano *mf*

5 6 7 8 9

10 11 12 13 14

15 16 17 18 19 *mp*

20 21 22 23 24

The musical score is for a piece titled 'Rainbow' from the book 'Dancing for Fun: Group Dancing for All Ages Book 1'. It is composed by Mark L. Greathouse and is marked 'Gently'. The tempo is indicated as 112 beats per minute with a quarter note symbol. The score is written for piano in 4/4 time, spanning 24 measures. It is divided into five systems of five measures each. The first system (measures 1-5) starts with a mezzo-forte (mf) dynamic. The second system (measures 6-10) continues the melody. The third system (measures 11-15) includes a mezzo-piano (mp) dynamic marking. The fourth system (measures 16-20) features a crescendo hairpin. The fifth system (measures 21-24) concludes with a decrescendo hairpin and a final chord in measure 24.

This musical score is for a piano piece, spanning measures 25 to 48. It is written for two staves, treble and bass clef. The key signature has one sharp (F#), and the time signature is 4/4. The score is divided into five systems, each containing five measures. Measure numbers 25 through 48 are printed above the first staff of each system. The dynamics are marked as *mp* (mezzo-piano) at measure 25, *mf* (mezzo-forte) at measure 33, and *rit.* (ritardando) at measure 47. The piece concludes with a double bar line at the end of measure 48.

25 *mp* 26 27 28 29

30 31 32 33 *mf* 34

35 36 37 38

39 40 41 42 43

44 45 46 47 *rit.* 48

Dance 5: Rainbow

Choreography

Link to YouTube:

[http://www.youtube.com/watch?](http://www.youtube.com/watch?v=JYEkS70ywAo&feature=share&list=PLMXzOm_ewb6lpLvdPcbiGTP-dx0ttjGIJ&index=5)

[v=JYEkS70ywAo&feature=share&list=PLMXzOm_ewb6lpLvdPcbiGTP-dx0ttjGIJ&index=5](http://www.youtube.com/watch?v=JYEkS70ywAo&feature=share&list=PLMXzOm_ewb6lpLvdPcbiGTP-dx0ttjGIJ&index=5)

Key Signature: 4/4

Introduction: 1 measure (not in music)

Start in a big circle facing center of circle. Allow introduction to go by without movement; arms are down at the sides of body.

Section A:

Measure 1: Grapevine step to R, arms to sides.

Measure 2:

- Counts 1 and 2: Step hop on R with L leg in passé position, clap hands in front of body during the hop on second count.
- Counts 3 and 4: With arms to sides chaîné turn to L to finish facing center of circle.

Measure 3–4: Repeat measures 1 and 2 to opposite side.

Measure 5: Rainbow step to R.

Measure 6: Rainbow step to L.

Measure 7: Turn 90 degrees to L and place R toes into center of circle while standing on L. Shift weight onto R leg and spin on R leg with side body wave in torso with windmill arms to R, finishing to face outward of circle (turn 180 degrees to R). L leg is in low arabesque.

Measure 8: Repeat measure 7 to opposite side with initial step outside of circle, finishing facing center of the circle.

Measures 9–16: Repeat measures 1–8.

Section B:

Measure 17: Balance step forward on R.

Measure 18: Balance step forward on L.

Measure 19:

- Counts 1–2: Facing center of circle, step R side into second position demi-plié, presentational arms.
- Counts 3–4: Straighten R leg, turning 180 degrees to R on flat foot into second position demi-plié, maintaining presentational arms (chaîné).

Measure 20:

- Counts 1–2: Straightening L leg, turn 180 degrees to R on flat foot into second position demi-plié, close arms to hips (chaîné).
 - Counts 3–4: Straighten knees and close L leg to R, keeping hands on hips.
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Measures 21–24: Repeat section B to opposite side.

Measures 25–28: Repeat section B (in original direction) replacing steps with hops on each balance step and each chaîné. (Each demi-plié is followed by a hop.)

Measures 29–46: Repeat section A.

Measure 47: Demi-plié, legs together, head down, dorsal bend forward, head down.

Measure 48: Gradually straighten body, start with trunk, head finishes movement into straight stand, arms down at sides, legs together.