

Scrambling

Dancing for Fun
Book 1

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Lively

$\text{♩} = 166$

Piano

1 2 3 4

5 6 7 8 9

10 11 12 13 14

15 16 17 18 19

20 21 22 23

mf

mp

mf

24 25 26 27

mp

This system contains measures 24 through 27. Measure 24 features a treble clef with a sharp key signature and a bass clef. Measure 24 has a dynamic marking of *mp* and a breath mark (>) over the first note. Measures 25, 26, and 27 continue the melodic line in the treble and the accompaniment in the bass.

28 29 30 31

mf

This system contains measures 28 through 31. Measure 28 has a dynamic marking of *mf*. Measures 29, 30, and 31 continue the melodic line in the treble and the accompaniment in the bass.

32 33 34 35 36

This system contains measures 32 through 36. Measures 32, 33, 34, 35, and 36 continue the melodic line in the treble and the accompaniment in the bass.

37 38 39 40

This system contains measures 37 through 40. Measures 37, 38, 39, and 40 continue the melodic line in the treble and the accompaniment in the bass.

41 42 43 44 45

This system contains measures 41 through 45. Measures 41, 42, 43, 44, and 45 continue the melodic line in the treble and the accompaniment in the bass.

Dancing for Fun: Group Dancing for All Ages Book 1

46 47 48 49

mf

Measures 46-49 of the piano accompaniment. Measure 46 features a treble clef with a key signature of one sharp (F#) and a 4/4 time signature. The bass line consists of quarter notes. Measure 47 continues the bass line. Measure 48 has a treble clef with a key signature of two sharps (F# and C#) and a 4/4 time signature. Measure 49 continues the bass line. A mezzo-forte (*mf*) dynamic marking is placed above measure 49.

50 51 52 53 54

Measures 50-54 of the piano accompaniment. Measures 50-51 have a treble clef with a key signature of one sharp (F#) and a 4/4 time signature. Measures 52-53 have a treble clef with a key signature of two sharps (F# and C#) and a 4/4 time signature. Measure 54 has a treble clef with a key signature of one sharp (F#) and a 4/4 time signature. The bass line continues with quarter notes throughout.

55 56 57 58 59

Measures 55-59 of the piano accompaniment. Measures 55-56 have a treble clef with a key signature of one sharp (F#) and a 4/4 time signature. Measures 57-58 have a treble clef with a key signature of two sharps (F# and C#) and a 4/4 time signature. Measure 59 has a treble clef with a key signature of one sharp (F#) and a 4/4 time signature. The bass line continues with quarter notes throughout.

60 61 62 63 64

f

Measures 60-64 of the piano accompaniment. Measures 60-61 have a treble clef with a key signature of one sharp (F#) and a 4/4 time signature. Measures 62-63 have a treble clef with a key signature of two sharps (F# and C#) and a 4/4 time signature. Measure 64 has a treble clef with a key signature of one sharp (F#) and a 4/4 time signature. A forte (*f*) dynamic marking is placed above measure 63. The piece concludes with a double bar line and a repeat sign at the end of measure 64.

Dance 12: Scrambling

Choreography

Link to YouTube:

[http://www.youtube.com/watch?](http://www.youtube.com/watch?v=wqddqColh3QQ&feature=share&list=PLMXzOm_ewb6lpLvdPcbiGTP-dx0ttjGIJ&index=12)

[v=wqddqColh3QQ&feature=share&list=PLMXzOm_ewb6lpLvdPcbiGTP-dx0ttjGIJ&index=12](http://www.youtube.com/watch?v=wqddqColh3QQ&feature=share&list=PLMXzOm_ewb6lpLvdPcbiGTP-dx0ttjGIJ&index=12)

Key Signature: 4/4

Introduction: 4 measures

Measures 1–4: Introduction.

Measures 1–2: Remain in place. Start in 2 staggered lines facing front, dancers' arms' length apart from each other. Stand straight, arms down at sides.

Measures 3–4: Slowly get into beginning shape with knees bent, feet parallel and slightly apart, elbows bent, palms down and forearms parallel to the floor, focus forward.

Section A:

Measures 5–6: “The Twist”—Toes leading R and heels pointing L, switch alternating 4 times and moving in a straight line to R. Arms (elbows bent and palms facing down) move in opposition to the feet L and R.

Measure 7:

- Counts 1–2: Développé kick R leg side low and explode arms, reaching above head in a V shape, support leg (L) straight, look up at hands.
- Counts 3–4: Bring everything in to parallel demi-plié, dorsal bend forward, head down.

Measure 8: Repeat measure 7 in opposite direction.

Measures 9–12: Repeat section A in opposite direction.

Section B

Measure 13:

- Counts 1–2: R leg extends diagonally forward R, R foot flexed, R heel touches floor, L hand behind head, and R hand on R hip.
- Counts 3–4: Taking off from L, do small hop and repeat counts 1–2 in opposite direction, putting L heel out.

Measure 14:

- Counts 1–2: Taking off from R, do small hop and repeat counts 1–2 from measure 13, putting R heel out.

- Counts 3: Slap R ball of foot on floor, and through a sliding movement backward on floor, kick R foot back, shin is parallel to the floor, hold arms in same position as in counts 1–2.
- Count 4: Holding R leg in place, hop on L leg and end with feet together, arms down by sides.

Measure 15:

- Count 1–2: Hop on R to R side, L leg in parallel passé front, airplane arms, torso tilted to R (direction of hopping foot).
- Counts 3–4: Turning 180 degrees to R and spotting in direction of turn, repeat counts 1–2 to opposite side (L).

Measure 16:

- Counts 1–2: Turning 180 degrees to R and spotting in direction of turn, repeat counts 1–2 to original side (R).
- Counts 3–4: Finish in parallel demi-plié, legs slightly apart, arms at sides.

Measures 1–4 (in music): Repeat section B in opposite direction. Hop.

Measures 5–8 (in music): Repeat section A to R. Twist and kick.

Measures 9–12 (in music): Repeat section A to L. Twist and kick.

Measures 13–16 (in music): Repeat section B to R. Hop.

Measures 17–20 (in music): Repeat section B to L. Hop.

Scrambling Choreography

Section C

Measures 21–24: Kicking the feet up backward, keeping thighs in vertical, knees together with pointed toes, run starting on R to R in each dancers' own circle for 16 counts, each running step = 1 count. Hands remain on hips.

Note: In measures 25 and 26, arms are moving at the same pace as the legs.

Measure 25:

- Count 1: Putting the weight on R heel with straight leg, reach the right arm up in a *V* with palms facing front and fingers spread.
- Count 2: Repeat count 1 to opposite side (L). At end of count 2, the *V* shape of arms is completed.
- Count 3: From the *V*, first collapse R side.
- Counts 4: Collapse L side. At end of count 4, parallel demi-plié is completed with legs together and elbows bent in sharp angle touching hips in front, hands are in fists.

Measures 26–28: Repeat measure 25 three more times.

Measures 29–32: Repeat measures 21–24 to the L.

Section D

Measure 33: Step forward R and touch floor with L toes behind R foot while torso twists slightly to L and bends slightly to R side. Snap fingers when back foot touches floor. Elbows, close to sides of body, are bent to sides in sharp angle.

Measure 34: Then step back on L and touch floor with R toes in front, snapping fingers on the touch. Torso twist and arm shape remain while torso bends slightly to L side.

Measures 35–36: Repeat measures 33–34.

Measures 37–38:

- Counts 1–6 (1½ measures): Three chaîné steps forward to R (while spotting), each step on 2 counts. Elbows, close to sides of body, are bent to sides in sharp angle.
- Counts 7–8 (last 2 counts of measure 38): Finish chaîné sequence by shifting weight onto R leg in demi-plié, L toes touching floor behind R foot and snap fingers. Torso twists slightly to L and bends slightly to R side.

Scrambling Choreography

Measure 39–40:

- Counts 1–6 (1½ measures): Three chaîné steps moving backward to L (while spotting), each step on 2 counts. Elbows, close to sides of body, are bent to sides in sharp angle.
 - Counts 7–8 (last 2 counts of measure 40): Finish chaîné sequence by shifting weight onto L leg in demi-plié, R toes touching floor in front of L leg and snap fingers. Torso twists slightly to L and bends slightly to L side.
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Measures 41–48: Repeat section D in opposite direction.

Measures 49–52: Repeat section A.

Measures 53–56: Repeat section A in opposite direction.

Measures 57–60: Repeat section B.

Measures 61–64: Repeat section B in opposite direction.