

Macek Rag

Dancing for Fun
Book 1

Playfully

$\text{♩} = 92$

Mark L. Greathouse

Piano

2 3 4 5

6 7 8 9 10

11 12 13 14 15

16 17 18 19 20

21 22 23 24 25

mf

rit f

mf

26 27 28 29 30 31

Musical notation for measures 26-31. The treble clef staff contains eighth-note triplets in measures 26-29, followed by chords in measures 30 and 31. The bass clef staff contains chords in measures 26-29 and a single note in measure 30.

32 33 34 35 36

Musical notation for measures 32-36. The treble clef staff contains chords in measures 32-33, a quarter note in measure 34, and eighth-note triplets in measures 35 and 36. The bass clef staff contains chords in measures 32-33 and single notes in measures 34-36.

37 38 39 40 41 42

Musical notation for measures 37-42. The treble clef staff contains eighth-note triplets in measures 37 and 39, eighth notes in measure 38, and eighth-note pairs in measures 40-42. The bass clef staff contains chords in measures 37-42.

43 44 45 46 1. 47

Musical notation for measures 43-47. The treble clef staff contains eighth notes in measure 43, eighth-note pairs in measure 44, eighth notes in measure 45, a whole rest in measure 46, and eighth-note pairs in measure 47. The bass clef staff contains chords in measures 43-47.

48 49 50 2. 51 > > 52 > 53 > > *ff*

Musical notation for measures 48-53. The treble clef staff contains chords in measures 48-49, a whole rest in measure 50, eighth-note pairs in measure 51, a whole rest in measure 52, and eighth-note pairs in measure 53. The bass clef staff contains eighth-note pairs in measures 48-49, chords in measures 50-52, and eighth-note pairs in measure 53. A double bar line is present after measure 49. A fermata is placed over measure 52. The dynamic marking *ff* is present in measure 53.

Dance 8: Macek Rag

Choreography

Link to YouTube:

http://www.youtube.com/watch?v=gs8GrqhrO8Y&list=PLMXzOm_ewb6lpLvdPcbiGTP-dx0ttjGIJ&feature=share&index=8

Key Signature: 2/4

Introduction: 1 measure

Measure 1: Introduction. Remain in place. Start in 2 lines facing each other, dancers with side to audience.

During the introduction, stand still with arms closed at sides, feet together.

Section A:

Measure 2: Moving forward toward the other line of dancers, slide R toes on floor in arc shape toward front, then to the side, and shift weight onto R foot. As R foot moves, R arm moves simultaneously in horizontal plane, arm is rotated in, so palm is facing out. Arm follows the pattern of the foot.

Measure 3: Continuing to move forward toward the other line of dancers, repeat measure 1 to opposite side.

Measures 4–5: Reversing the direction of movement, repeat measure 1, now moving backward. Legs move back, side, and close, and arms move back, side, and in and are turned in.

Measure 6:

- Count 1: Step forward R into demi-plié, allowing torso to fall forward, bending at the waist, head down and arms slightly bent at elbows and lifted slightly back in sagittal plane, palms facing forward. L leg bent, shin less than horizontal, L toes pointed but not quite touching floor. Knees and thighs of both legs together.
- Count 2: Step back L, lifting R leg in front in parallel attitude, keeping the shape of arms, lift arms forward high, looking up at hands.

Measure 7:

- Count 1: Step forward R, releasing the arms down to sides of body.
- Count 2: Step forward L into demi-plié, allowing torso to fall forward bending at the waist, head down and arms slightly bent at elbows and lifted slightly back in sagittal plane, palms facing forward. R leg bent, shin less than horizontal, R toes pointed but not quite touching floor. Knees and thighs of both legs together.

Measure 8:

- Count 1: Step back R, lifting L leg in front in parallel attitude, keeping the shape of arms, lift arms forward high, looking up at hands.
- Count 2: Step back L.

Measure 9: Step back R, then close L to R to end with feet together. During these steps, arms open to sides and finally close to body.

Measures 10–17: Repeat section A to the opposite side.

Measures 18–33: Repeat section A twice, first to R, then to L.

Section B

Measures 34–35: Four prancing steps moving forward, starting with R and alternating legs.

Measures 36–37: Four prancing steps moving backward, starting with R and alternating legs.

Measure 38: Stepping front R, swing L leg forward in, crossing in front of body, in turned out front attitude, knee leading the movement; knee of R (support) leg remains straight. As L leg swings forward in, arms drop down and swing in frontal plane, crossing in front of body at waist level.

Measure 39: Swing L leg back in turned out attitude while the arms swing downward in frontal plane and open to the sides horizontal. R (support) leg remains straight.

Measure 40: While continuing to balance on R (support) straight leg, swing L leg forward in, crossing in front of body, in turned out front attitude, knee leading the movement and open around to the side in turned out side attitude in a circular pattern. As L leg swings forward in, arms drop down and swing in frontal plane, crossing in front of body at waist level, then with swing in frontal plane open to sides.

Measure 41: While continuing swinging movement, lower L leg behind R leg and then close L to R. Arms remain side horizontal.

Macek Rag Choreography

Measures 42–49: Repeat section B to opposite side.

Measures 2–17 (in music): Repeat section B twice, first to R, then to L.

Measures 18–33 (in music): Repeat section A twice, first to R, then to L.

Measures 34–45 (in music) followed by 50–53: Repeat section A twice again, first to R, then to L.