

# MUSIC TO YOUR FEET

*Click here for  
the Concert  
Playlist!*

## “THAT’S MUSIC TO MY EARS!”

Have you heard this fun expression?

It means you have just gotten some very good news, or discovered something wonderful that makes you really happy.

The June 3rd Music for Families concert will not only be music to your ears, but also *music to your feet*! It’s a concert that’s devoted to music for dancing—moving your feet and swaying your body to the rhythm of the music. Here’s what is in store:

- You’ll hear some of our favorite orchestral dance pieces.
- You’ll learn about the basics of rhythm, and hear how rhythm makes music really move and groove.
- We’ll even have dancers on stage teaming up with the San Francisco Symphony to show you a few choice steps.

This concert is guaranteed to get you on your feet!

On the following pages are some fun activities for you and your family, along with lots of interesting facts. Take a look at them before or after the concert. Print them out, and have fun!



# THE *MUSIC AND DANCE* CONNECTION

Music and Dance go hand-in-hand. They're pals! Wherever there is dancing, you'll almost always find music playing along. And when you hear music, you'll often find some body movement that goes along with it—tapping your toes, bobbing your head, snapping your fingers, or even all-out breakdancing! Even when you're sitting in your seat, just listening quietly to music, you may still think of dance and movement while the music swirls around you.

There are many pieces of music for orchestra that are based on dances, or were inspired by dances. At the concert, you'll hear these great orchestral dance pieces:

## THE CHAIRMAN DANCES— FOXTROT FOR ORCHESTRA

*Composed by John Adams*

**Featured Dance:** Foxtrot

The foxtrot is a smooth and stylish dance, performed by a couple whose feet glide across the dance floor. Many foxtrots have a special rhythm: slow, slow, quick-quick, slow.

## RITUAL FIRE DANCE

*Composed by Manuel de Falla*

**Featured Dance:** Fire Dance

A fire dance often takes place as part of a magic ceremony. The dancers make a circle around an open fire and begin to whirl around it, faster and faster. Their spinning helps to draw any unpleasant thoughts or feelings into the flames!

## INTRODUCTION AND TARANTELLA

*Composed by Pablo de Sarasate*

**Featured Dance:** Tarantella

The tarantella is a fast dance with jerky movements. According to an old folk legend,

this lively dance got its name from a certain kind of spider—the tarantula! As the story goes, anyone who was bitten by a tarantula danced this wild dance as the cure. It sounds scary, but the frenzied motions of the tarantella are really fun!

Many people dance the tarantella today as part of festive celebrations, such as weddings, birthdays, and picnics. You'll hear the composer Pablo de Sarasate's version of a tarantella, which he wrote for solo violin and orchestra.

## MARRIED LIFE FROM "UP"

*Composed by Michael Giacchino*

**Featured Dance:** Slow Waltz

The waltz was a very popular dance more than 100 years ago, and it is still danced today! Back then, the dance took place in an elegant ballroom, and the dancing couples were dressed in their finest gowns and uniforms. The couples swirled around and around the ballroom to the special rhythm of the waltz: ONE-two-three, ONE-two-three, ONE-two-three. Waltzes can be fast or slow. Slower waltzes often sound dreamy, like special memories of past times.

# THE *MUSIC AND DANCE* CONNECTION (CONTINUED)

## MUSIC FROM THE SLEEPING BEAUTY

*Composed by Peter Tchaikovsky*

**Featured Dance:** Ballet

Ballet is a type of dance with very special movements. It's a form of theatre, danced on a stage for audiences to watch. Ballets are often created to tell a story through music and dance. Ballet dancers have to be very strong and graceful, and they must practice for a long time to perfect all of their steps and movements.

An example of a famous ballet that tells a story is *The Sleeping Beauty*. The music was written by Peter Tchaikovsky, the same composer who wrote *The Nutcracker*. At the concert, you'll hear ballet music from the part of the story where the Prince has a magical dream, and sees a vision of *Sleeping Beauty*, a beautiful princess. That's when he understands that he must find her, and that he must give her a kiss to awaken her from an Evil Fairy's spell.

## PROMENADE (WALKING THE DOG)

*Composed by George Gershwin*

**Featured Dance:** Promenade

A promenade is a "fancy walk"—like strutting, swaggering, or sashaying.

## WALTZ AND MIDNIGHT FROM CINDERELLA

*Composed by Sergei Prokofiev*

**Featured Dance:** Waltz / Ballet

Do you know the story of *Cinderella*? Then you know that—thanks to the magic of her Fairy Godmother—*Cinderella* is able to attend the Prince's ball! When she enters and the Prince meets her, they fall in love and dance together. What do they dance? A waltz, which is the music you will hear from the ballet version of the *Cinderella* story.

You will hear the ONE-two-three, ONE-two-three, ONE-two-three rhythm of the waltz as the Prince and *Cinderella* spin around the ballroom floor together. Then, suddenly, the music will stop, and you'll hear the ticking of a giant clock. Uh-oh, that means it's almost midnight, when the Fairy Godmother's magic will end! Soon the clock begins to chime. It strikes eleven times (count them!), and right at the stroke of midnight makes a high, fast whistle! The magic has ended. *Cinderella* flees the ball, and the Prince runs after her, finding only her glass slipper on the steps.

## OVERTURE TO GIRL CRAZY

*Composed by George Gershwin*

**Featured Dance:** Swing

The swing—or swing dancing—was invented to move and groove to the rhythms of jazz music. Swing dancing is fast and energetic, with lots of finger-snapping and kicking up your feet!

# MATCH THE DANCE!

Each picture suggests one of the dances on the concert.  
Draw a line from the picture to the correct music title!



**THE CHAIRMAN DANCES—  
FOXTROT FOR ORCHESTRA**



**RITUAL FIRE DANCE**



**PROMENADE (WALKING THE DOG)**

**INTRODUCTION AND TARANTELLA**

**MUSIC FROM THE SLEEPING BEAUTY**



**WALTZ FROM CINDERELLA**

**OVERTURE TO GIRL CRAZY (SWING DANCING)**



# WHAT'S IN A NAME?

Did you know many kinds of music and many types of dance go by the same name? For example, there's a dance style from Latin America called salsa. The music that you dance the salsa to is also called salsa: salsa music. The same is true for many other dances. They share their name with a special type of music. Here are a few of them:

**BOLERO • CAN-CAN • CHA-CHA • CONGA • DISCO • FLAMENCO • FOXTROT  
HABANERA • HIP-HOP • JIG • MAMBO • POLKA • TANGO • WALTZ**



**HOW MANY TIMES CAN YOU FIND EACH MUSIC/DANCE  
NAME IN THE PICTURE ABOVE?**



# ANIMAL DANCES!

Lots of dances take their name from animals! Some of them even base their steps and motions on the way the animal moves.

## HERE ARE SOME ANIMAL DANCES:

**BUNNY HOP · CAMEL WALK · CHICKEN DANCE · DRAGON DANCE · FOXTROT  
JITTERBUG · LION DANCE · MONKEY · TARANTELLA · TURKEY TROT**

## THE ANIMAL DANCE GAME!

Here is a fun dancing game for you to play with friends.

1. Cut out the squares on the next two pages. Mix them up, and put them in a stack, face-down.
2. Each person selects the square on top, without letting the others see what it says.
3. Each person takes a turn imitating the movement described on their square.
4. Everyone else has to guess which animal is being portrayed!

PS: It's OK to give extra clues by making animal sounds!

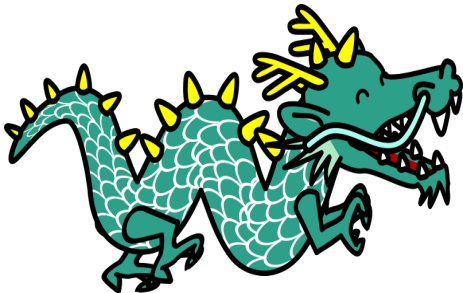
**HOP LIKE A BUNNY**



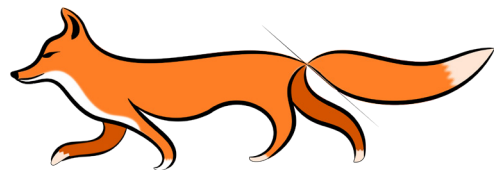
**WALK LIKE A CAMEL**



**WIGGLE LIKE A DRAGON**



**TROT LIKE A FOX**



**SCUTTLE LIKE A BUG**



**LEAP LIKE A LION**



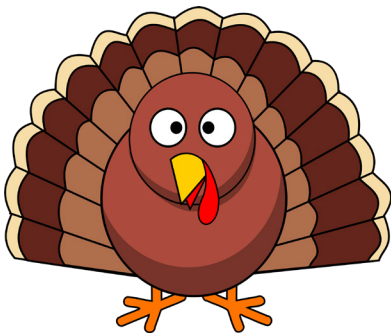
**SKIP LIKE A MONKEY**



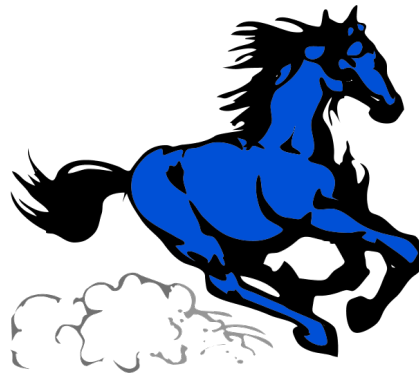
**SPIN LIKE A SPIDER**



**STRUT LIKE A TURKEY**



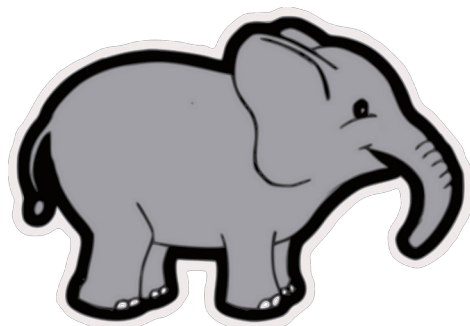
**GALLOP LIKE A HORSE**



**JUMP LIKE A KANGAROO**



**PLOD LIKE AN ELEPHANT**



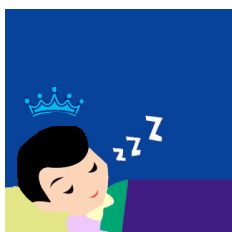


# ANSWER SHEET

## MATCH THE DANCE!



The Chairman Dances—  
Foxtrot for Orchestra



Music from  
Sleeping Beauty



Waltz from Cinderella



Ritual  
Fire Dance



Promenade  
(Walking the Dog)



Introduction  
and Tarantella



Overture to Girl Crazy  
(Swing Dancing)