

Rhythm in my Bones

Harmony University Northwest, July 2010

Beat blocks (always alternating hands, not necessarily alternating sides between full rounds)

- 1: clap
- 2: clap, chest
- 3: clap, chest, chest
- 4: clap, chest, chest, thigh
- 5: clap, chest, chest, thigh, thigh
- 6: clap, chest, chest, thigh, thigh, thigh back
- 7: clap, chest, chest, thigh, thigh, thigh back, thigh back
- 8: clap, chest, chest, thigh, thigh, thigh back, thigh back, foot stomp
- 9: clap, chest, chest, thigh, thigh, thigh back, thigh back, foot stomp, foot stomp

Once all patterns are learned, perform them in order, 4x each and one clap to end.

Walking: walk in a circle and hit thigh with same side hand. Notice these in-between beats. Accent steps and then hits. Everyone can feel 1&3 or 2&4, just need to notice all the beats and whether you feel the up or the down more strongly.

Waltz feel: clap, step, step.

Buggy Ride: clap, thigh, thigh, thigh back, thigh back, stomp, stomp, (rest/breath). Chant along, 'Thank you for the bug-gy ride!' Practice in straight time (**ta-ka**) and swung time (**ta-ki-ta**).

Add 'bo bo' on different beats. Try on 1, 3, 5, 7 and 2, 4, 6, 8. Try on pairs of beats: 1&2, 2&3, etc.

Package o' gum, chuck-a-duh-ah: step on even pulses, medium tempo, and chant 'package o' gum' or 'chuck-a-duh-ah', with the 'ah' landing on the last 16th of each pulse, thereby creating a 'pushed' beat.