GET A MOVE ON!

MOVEMENT STRATEGIES TO ENHANCE CHORAL REHEARSALS
WHY MOVEMENT?
Motor networks link to pleasure centers in the brain. It feels good to move, and it feels good to move to music.”

(Hodges, 2010, p.5)
“When we hear a musical performance, we don’t just ‘think,’ we don’t even just ‘hear,’ we participate with our whole bodies. We enact it. We feel melodies in our muscles as much as we process them in our brains—or perhaps more accurately, our brains process them as melodies only to the extent our corporeal schemata render that possible. And people make or listen to music not for what they know through it, or for the experience of mindfulness it affords, but for the way it is experienced, bodily.”

(Bowman, 2000, p. 50)
Recent neurological research confirms that the nervous system is richly integrated... Dualistic ideas of the mind and body being separate are now replaced by the conception of body and mind working in tight reciprocal coordination in the generation of movements and consciousness.

(Flohr & Persellin, 2011, pp. 14–15)
MOVEMENT AS...

A listening tool

A vocal tool

A score study tool
“In creative movement, children may be guided to develop their own repertoire of movements...By imitating the teacher or another student, children build their movement vocabulary for later recall and use.”

(Hodges, 2010, p.5)
# Movement as a Listening Tool

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(from www.theatrefolk.com)
MOVEMENT AS...

A listening tool

A vocal tool

A score study tool
choice
cchange
imitation
prescription
“Rhythm has foundation in movement. Regardless of music style, rhythm is compromised without free flowing, continuous movement in audiation... Counting and foot tapping, as opposed to natural body movement, counteract free flowing, continuous movement. Counting emphasizes time and all but ignores space, weight, and flow.”

(Gordon, 2012, p. 190)
MOVEMENT AS...

A listening tool

A vocal tool

A score study tool
score study \( (n.) \)

a process that conductors in educational settings should share with students, rather than hoarding for themselves
Listen, my love, to the song in my heart, it is calling and calling in beautiful song.

Gently, so gently, it beckons you near me and circles around you and carries you home.
Come to me, O my love. Come to me, O my love.

O my love, come to me.
THANK YOU!

Stuart Chapman Hill, Ph.D.
Assistant Professor of Music
Director of Music Education
Webster University

stuchapmanhill@gmail.com
www.stuartchapmanhill.com