

DREAM WITH YOUR FEET Flora Sheringham's original list of dance moves/actions, movement descriptors, plus instrumentation on each recording.

MUSIC TITLE	COMPOSER	DANCE MOVES AND ACTIONS	MOVEMENT QUALITY DESCRIPTORS	INSTRUMENTS
Teddy Bears' Picnic	Bratton arr. Halton	Bouncy walks, gallops, tiny steps, jumps	Quick, light, happy, bright	Saxophones: soprano, alto, tenor, baritone
March Militaire	Schubert	Big steps, small steps, marching	Strong, light, proud	Violin, viola, cello, double bass, flute, clarinet, trumpet, trombone, triangle, tambourine
La Cumparsita	Matos	In and out, swaying, bending, stretching, turning, twisting	Light, sparkly, bendy, slinky	Mandolin, accordion
Gymnopédie	Satie	Curling, stretching, rocking, rolling	Strong, calm, smooth	Flute, violin, viola, cello, double bass, piano
Polka	Stravinsky	Skipping, punching, kicking	Light, strong, spiky, sharp	Trumpet, piccolo, clarinet, violin, viola, cello, double bass, trombone, bass drum, snare drum
Mother Goose	Ravel	Smooth and floaty	Slow, light	Flute, muted trumpet, clarinet, piano, bassoon, viola, cello
When the saints	Traditional	Striding and quick march	Happy, bright, strong, bouncy	Drums, trumpet, guitar, trombone, double bass, clarinet, muted trombone, drums with brushes
Maple Leaf Rag	Scott Joplin	Clapped rhythm patterns	Light and bouncy	Piano, trumpet, trombone, drums, clarinet, double bass, guitar

Tin Roof Blues	Members of the New Orleans Rhythm Kings	Rolling, gliding, pushing, pulling	Heavy, slow, stretchy, slithery, loose	Muted trumpet, muted trombone, clarinet, drums, guitar, double bass, piano
Can Can	Offenbach	Prances, toes and heels, waving arms and shaking	Fast, strong, bright, fast, exciting	Tenor horn, two violins, trombone, piccolo
Tortoise	Saint Saëns	Creeping, plodding, looking	Extremely slow, strong, heavy, careful	Piano, viola, cello, double bass
Grasshopper	Prokofiev	Jumping and hopping	Quick and strong	Violin, cello, piano, bassoon, clarinet, flute, trumpet
Waltz	Stravinsky	Clockwork	Steady and light	Xylophone, flute, clarinet, bassoon, muted trumpet
Round Dance	Bartok	Slouch, heavy treads, rocking	Heavy, sad, serious, tired, sleepy	Piccolo, viola, cello, double bass