

# The Third Vocabulary

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## Introduction

What is Music Moves For Piano?

## I. Seating

a. Level forearm

Tool: book under the arm

b. Bench height

Tools: seating pads and risers

c. Distance

Movement: touching the fallboard

d. Foot support

Tools: pedal extender/foot stool, stickers

Images: king or queen on their throne  
riding a horse

e. Where to sit

f. Standing while playing

g. Sitting too low

h. Sitting too high

d. Common pitfalls:

- neat and tidy- five finger positions
- neat and tidy- straightening at the wrist

Images: pointer and pinky are friends

tulip shape

ghost with a flashlight

Songs: "Alien Song"

"The Pointer and Pinky are Friends"

- fingers in a straight line

## II. Awareness

"Difference that is not perceived does not exist"- Anat Baniel

1. Practicing breathing
2. Moving different body parts such as the fingers, Hands, wrists, forearms, elbows, upper arms, shoulder joints, back, hips, knees, and head
3. "Goldilocks" comparatives

Range of motion- the motion allowed by the joint's shape and surrounding tissue to allow a specific movement between bones

Mid-range- the hand in its natural alignment

Fingers:

- curl
- straighten
- spread
- squeeze

Wrist:

- swivel towards the thumb
- swivel towards the pinky
- drop
- raise

Shoulder:

- raise
- lower

Elbow:

- towards and away from the body

"coordinated movements take time to develop. Because of differences in both physical and maturational characteristics, be sensitive to each child's personal response." -Marilyn Lowe

### III. Sequencing

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"Gross motor skills come before fine. Arm before fingers."  
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a. Fists

Image: holding a bird's egg

Pieces: "The Woodpecker" - Marilyn Lowe

c. Finger 2 or 3

Movement: touching the face or opposite forearm

### IV. Hand Shape/Balance

a. What is the ideal hand shape?

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"We all carry a model of perfect alignment around with us at all times: The shape of the forearm and hand when it hangs to the side."  
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-Teresa Dybvig  
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b. Images: weeping willow, spaceship with slimy aliens, monster vs. princess hands

b. Flipping over the hand

Images: holding a book/cup of ice cream

Piece: "The Apple and the Worm" - Marilyn Lowe

c. What is not an ideal hand shape?

- curled fingers, holding an egg or ball

d. Keybedding (use of excessive force):

Exercise: playing with the keys depressed

Tool: kitchen scale

e. Balance

Images: skydiver with parachute

piece of paper between the fingers and the keys

flat sidewalk, tabletop balance

Contacting: "as if standing on the floor"- Taubman

Tool: finger paint/silly putty

### V. Dropping into a key

f. The Two Drops: Hand

Movements: hi-five and pat-a-cake

Image: drawbridge and moat

g. The Two drops: Fingers

Image: wave "bye-bye"

Tools: stickers on the joints

pencil roll using the MCP joint

Movement: finger tapping/drumming

### VI. Body Movement and Flow

a. Tension vs. relaxation

Image: leaping cat

Before playing, breathe and audiate

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"Movement is life; without movement life is unthinkable." - Moshe Feldenkrais  
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