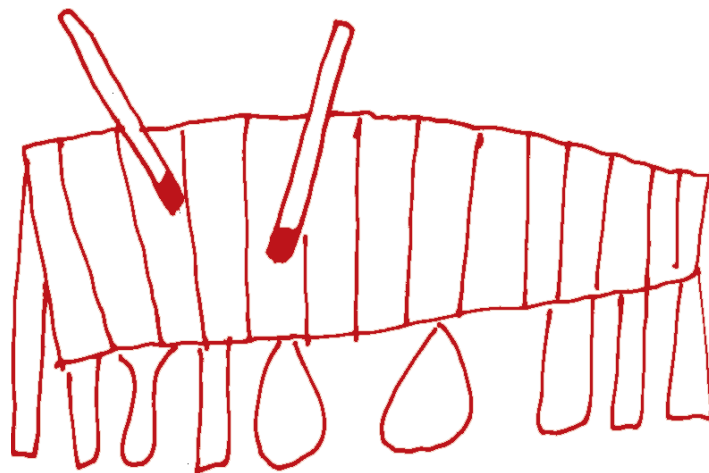


# Step Back Sally

music for listening,  
moving and creating



CHRISTOPH MAUBACH

- |                                                               |                                                            |
|---------------------------------------------------------------|------------------------------------------------------------|
| <b>1</b> Step Back Sally ( <i>Afro-American</i> ) 1'42"       | <b>11</b> Kumm to mi ( <i>Germany</i> ) 1'52"              |
| <b>2</b> King of the Fairies ( <i>Ireland</i> ) 2'59"         | <b>12</b> Sascha ( <i>Russia</i> ) 0'50"                   |
| <b>3</b> Rabbit Polka ( <i>France</i> ) 1'18"                 | <b>13</b> Hello Dance ( <i>Austria</i> ) 2'19"             |
| <b>4</b> Tarantella ( <i>Italy/Sicily</i> ) 1'02"             | <b>14</b> Branle de Quercy ( <i>France</i> ) 2'43"         |
| <b>5</b> Setnja ( <i>Serbia - former Yugoslavia</i> ) 2'36"   | <b>15</b> Ramno Velesko ( <i>Macedonia</i> ) 2'13"         |
| <b>6</b> Oina Oi ( <i>Phillipines</i> ) 0'49"                 | <b>16</b> Alfred Calypso ( <i>Australia</i> ) 2'20"        |
| <b>7</b> Carpet Maker ( <i>France</i> ) 1'16"                 | <b>17</b> Le' Or Chiyuchech ( <i>Israel</i> ) 2'46"        |
| <b>8</b> Marco Scace ( <i>Slovenia</i> ) 1'12"                | <b>18</b> Kutschi Tschì ( <i>France/Germany</i> ) 2'19"    |
| <b>9</b> Chava ( <i>Israel</i> ) 2'55"                        | <b>19</b> Pata Pata ( <i>South Africa</i> ) 2'11"          |
| <b>10</b> I Like the Flowers ( <i>England/America</i> ) 1'22" | <b>20</b> Fisherman's Dance ( <i>North Germany</i> ) 2'34" |

Recorded at Move Records studio 1997. Digital recording, editing and mixing: Vaughan McAlley.  
Tracks 3, 7, 13, 18 recorded by Leslie Craythorn at Melba Hall 1988.



# Step Back Sally

Twenty stimulating tracks  
for listening, moving and creating with music

### *About this booklet*

This booklet offers a selection of notational sketches from music recorded on the CD. It also provides some dance descriptions and movement activities which may assist children in their listening. Four of the tracks on this CD have been released previously on 'Dances for Children and other Folk'. All efforts have been made to locate copyright of other artists. The attendance of Orff music education workshops is highly recommended for those who wish to use 'Step Back Sally' as a resource for music education.

•

The music on this CD has been arranged for percussion instruments, piano, recorder, guitar, harp, violin, mandolin and voices. It is hoped that the music and the accompanying information will stimulate listening, dancing, moving and creating in music. The musical arrangements have been developed by Christoph Maubach with the assistance of Nino Tsitsishvili-Jordania and Joseph Jordania.

I wish to express my gratitude to all these musicians for the time and effort which they have given to this project.

The musicians are:

Antony Maubach (8 years old, voice)

Emilia Maubach (11 years old, voice)

Christoph Maubach (voice, recorder, flute, percussion)

Nino Tsitsishvili-Jordania (voice, percussion, piano)

Joseph Jordania (voice, percussion, piano)

Andy Rigby (harp)

Heather Mc Laughlin (violin)

Gary King (guitar and mandolin).

A special thank you goes to Gai Lilly for her advice and support and also to Mirella Weingarten who has provided the visual creations on the CD.

For information about Orff Music and Movement Education, training courses, workshops and other advice regarding music education contact:

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## **1** *Step Back Sally*

(America)

Some references describe this as a traditional Afro-American song. One version of the song is entitled 'Here we go Zoodio' and one of the song lines is 'Step back Sally'.

### **Activities:**

Children play a detective game with their ears. They listen intently to find out when the voice in the music calls out 'To the front to the back to the ss ss ss side'. On place the children suggest a variety of movements which correspond to the words. The remaining music lends itself for locomotive dance movements such as slow walk or skipping.

## 2 King of the Fairies

(Ireland)

This piece of music involves the gentle sounds of the harp. Through guided imagery children may be able to get close to the meditative character of the music. Waterfall, clouds drifting, a meadow with colorful flowers, these are just some of the many images which would allow the children's minds to flow while listening purposefully to the music.

The music lends itself also for creating of dance forms. A circle formation may be a good starting point for this.

## 3 Rabbit Polka

(France)

This dance features mime actions and is very popular amongst the young and very young. In France it is known as the '*polka du lapin*'.

### Teaching idea for a free form Rabbit Polka:

Children are seated on the floor in free form.

**Part A:** The group leader scats the melody and simultaneously introduces the mime movements of the right rabbit ear: right hand at right forehead with thumb touching temporal bone emulating a rabbit ear, flapping forward in synchronization with the music. The children join in simultaneously.

These actions change in each dance verse: First verse, right ear, second verse left ear, third verse both ears, fourth verse, emulating a rabbit tail in the same rhythm.

**Part B:** Body percussion ostinati are introduced here. The children imitate immediately. They are invited to offer their own body percussion patterns.

Teaching idea for a partner formation Rabbit Polka

**Part A:** Do all the movements towards a partner.

**Part B:** Go for a walk with your partner for the duration of the music.

Teaching idea for a circle formation Rabbit Polka

**Part A:** Do all the movements towards the circle center.

**Part B:** All move anticlockwise for 8 counts and then clockwise for 8 counts.

## 4 Tarantelle

Italy/Sicily

The Tarantella originates from the southern parts of Italy. It is also danced in Sicily. This music is based on the song 'Io mi sono un poveretto'. Here are the Italian words:

1. Io mi sono poveretto  
senza casa e senza letto (x 2)  
venderei I miei calzoni  
per un sol piatto di maccheronie.(x 2)

2. Sesser vuovi un buon soldato  
va alla guerra sempre armato (x 2)  
purche tirino I cannoni  
almeno un piatto di maccheronie (x 2)

Originally the Tarantella was danced by couples. The word Tarantella is most likely related to the word 'Tarantula'. The Tarantula is a large southern European spider whose bite is said to have caused a kind of dancing mania in persons bitten. Some Tarantella dances are quite wild. This one is not quite as furious. Formation: Two couples in a set. Each person stands diagonally opposite partner. Style of movement is flirtatious, arms are waved above the head, and the torso is moved subtly but noticeably.

### 1. Face partner

|            |        |            |        |                                 |           |
|------------|--------|------------|--------|---------------------------------|-----------|
| Step Rf    | Hop Rf | Step Lf    | Hop Lf | Run on spot R, L,R,L.           |           |
| Clap Hands |        | Clap Hands |        | Hands o'head, clicking fingers. | Repeat x4 |

2. Partners run towards and then away from each other. They wave the arms as if to encircle the partner but no contact is made

|            |                            |        |
|------------|----------------------------|--------|
| Couple One | R L R L in to the centre   |        |
|            | R L R L away back to place |        |
| Couple Two | do the same                | Repeat |

3. Hook arms and skip with partner. Couple One hook R elbows and skip around 8 steps. Couple Two hook R elbows and skip around 8 steps Couple One hook L elbows and skip around 8 steps Couple Two hook L elbows and skip around 8 steps

4. Do-si-do ... Italian style involves turning and clicking fingers as well as retaining eye contact where possible with partner. Couple One do-si-do R Couple Two do-si-so R Couple One do-si-do L Couple Two do-si-do L

5. Star ... L hands in centre, skip 8 times. R hands in centre, skip 8 times. Outside hand is on hip.

# Tarantella

Recorder,  
Piano

Alto  
Xylophone

Bass

The first system of musical notation consists of three staves. The top staff, labeled 'Recorder, Piano', is in treble clef with a key signature of one sharp (F#) and a 6/8 time signature. It contains a whole rest in the first three measures, followed by a quarter rest, then eighth notes G4, A4, B4, and A4 in the fourth measure, and eighth notes G4, F#4, E4, and D4 in the fifth measure. The middle staff, labeled 'Alto Xylophone', is in treble clef with a key signature of one sharp and a 6/8 time signature. It contains eighth notes G4, A4, B4, and A4 in the first measure, eighth notes G4, F#4, E4, and D4 in the second measure, eighth notes C4, B3, A3, and G3 in the third measure, a quarter rest in the fourth measure, eighth notes G4, A4, B4, and A4 in the fifth measure, eighth notes G4, F#4, E4, and D4 in the sixth measure, and eighth notes C4, B3, A3, and G3 in the seventh measure. The bottom staff, labeled 'Bass', is in treble clef with a key signature of one sharp and a 6/8 time signature. It contains whole rests in the first three measures, followed by a quarter rest in the fourth measure, and dotted half notes G3, A3, B3, and A3 in the fifth, sixth, and seventh measures respectively.

The second system of musical notation consists of three staves. The top staff, labeled 'Recorder, Piano', is in treble clef with a key signature of one sharp and a 6/8 time signature. It contains eighth notes G4, A4, B4, and A4 in the first measure, eighth notes G4, F#4, E4, and D4 in the second measure, eighth notes C4, B3, A3, and G3 in the third measure, eighth notes G4, A4, B4, and A4 in the fourth measure, eighth notes G4, F#4, E4, and D4 in the fifth measure, eighth notes C4, B3, A3, and G3 in the sixth measure, and eighth notes G4, A4, B4, and A4 in the seventh measure. The middle staff, labeled 'Alto Xylophone', is in treble clef with a key signature of one sharp and a 6/8 time signature. It contains a quarter rest in the first measure, eighth notes G4, A4, B4, and A4 in the second measure, eighth notes G4, F#4, E4, and D4 in the third measure, eighth notes C4, B3, A3, and G3 in the fourth measure, eighth notes G4, A4, B4, and A4 in the fifth measure, eighth notes G4, F#4, E4, and D4 in the sixth measure, and eighth notes C4, B3, A3, and G3 in the seventh measure. The bottom staff, labeled 'Bass', is in treble clef with a key signature of one sharp and a 6/8 time signature. It contains dotted half notes G3, A3, B3, and A3 in the first, second, third, and fourth measures respectively, and dotted half notes G3, A3, B3, and A3 in the fifth, sixth, and seventh measures respectively.

The third system of musical notation consists of three staves. The top staff, labeled 'Recorder, Piano', is in treble clef with a key signature of one sharp and a 6/8 time signature. It contains eighth notes G4, A4, B4, and A4 in the first measure, eighth notes G4, F#4, E4, and D4 in the second measure, eighth notes C4, B3, A3, and G3 in the third measure, eighth notes G4, A4, B4, and A4 in the fourth measure, eighth notes G4, F#4, E4, and D4 in the fifth measure, eighth notes C4, B3, A3, and G3 in the sixth measure, and eighth notes G4, A4, B4, and A4 in the seventh measure. The middle staff, labeled 'Alto Xylophone', is in treble clef with a key signature of one sharp and a 6/8 time signature. It contains eighth notes G4, A4, B4, and A4 in the first measure, eighth notes G4, F#4, E4, and D4 in the second measure, eighth notes C4, B3, A3, and G3 in the third measure, eighth notes G4, A4, B4, and A4 in the fourth measure, eighth notes G4, F#4, E4, and D4 in the fifth measure, eighth notes C4, B3, A3, and G3 in the sixth measure, and eighth notes G4, A4, B4, and A4 in the seventh measure. The bottom staff, labeled 'Bass', is in treble clef with a key signature of one sharp and a 6/8 time signature. It contains a quarter rest in the first measure, eighth notes G4, A4, B4, and A4 in the second measure, eighth notes G4, F#4, E4, and D4 in the third measure, eighth notes C4, B3, A3, and G3 in the fourth measure, eighth notes G4, A4, B4, and A4 in the fifth measure, eighth notes G4, F#4, E4, and D4 in the sixth measure, and eighth notes C4, B3, A3, and G3 in the seventh measure.

## 5 Setnja

(Serbia, former Yugoslavia)

Setnja' means walking. The dance is often used in Sumadija in Serbia to open the evening's dance activities. **Formation:** Mixed open circle. During the slow music the L hand is on the hip and the R hand is hooked into the crook of the elbow of the person in front. During the fast music hands are held in V position. Rf begins to R.

| BAR | COUNT | PATTERN                                      |   | & | pause                                  |
|-----|-------|----------------------------------------------|---|---|----------------------------------------|
| 1   | 1     | step Rf to R                                 | 3 | 1 | step Lf backward                       |
|     | 2     | step Lf to R                                 |   | 2 | step Rf backward                       |
| 2   | 1     | step Rf to centre,<br>turning to face centre | 4 | 1 | step Lf backward,<br>turning to face R |
|     | &     | step Lf to centre                            |   | & | step Rf slightly backward L            |
|     | 2     | step Rf to centre                            |   | 2 | step Lf slightly backward R            |
|     |       |                                              |   | & | pause                                  |

Repeat bars 1-4 until the music quickens. Then join hands in V position. In bar 1 & 3 , and on count 2 in bars 2 & 4, step-hop instead of stepping. Repeat step-hopping to end of music.

Translation:

1. Dodi mile kroz nas krai  
Pa da vidis sta je raj (x2)  
Hej haj kroz nas krai  
Pa da vidis sta je raj (x2)

1. Come, Mile, through our land,  
so that you may see what heaven is.  
Hey, Hi, through our land,  
so that you may see what heaven is.

2. Prode Mile propeva  
I volove protera (x2)  
Hej haj kroz nas krai  
Pa da vidis sta je raj (x2)

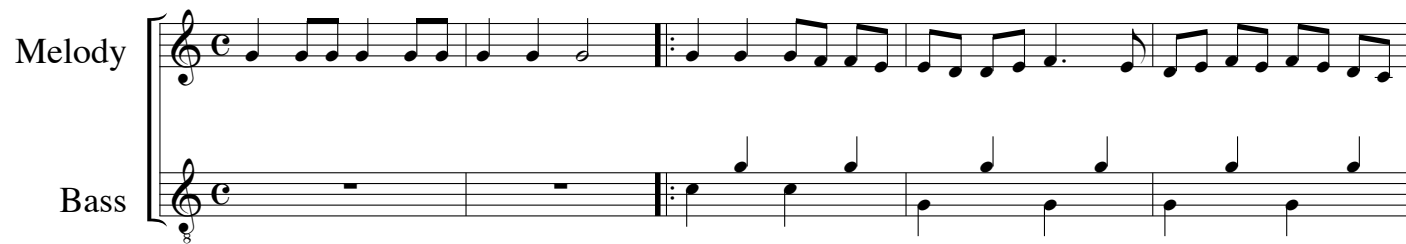
2. Mile came and broke  
into song as he drove his cattle.  
Hey, Hi, through our land,  
so that you may see what heaven is.

## 6 Oina Oi (Philippines)

Oina Oi is a campfire song from the southern parts of the Philippines. It is used like a chorus during story telling; after singing the song one person begins to tell a story. Then the song is repeated and the next person continues the story. The syllables in the song have no meaning: Oina oi, oina ci oina mh mh ela laa ela ela laa.

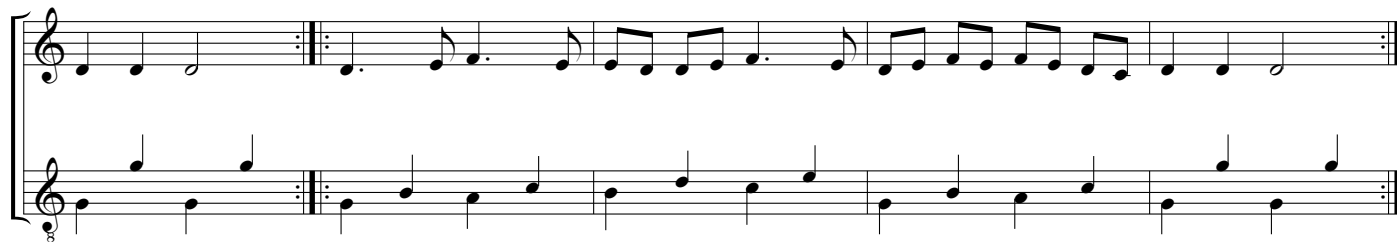
# Setnja

Melody



Bass

The first system of the musical score for 'Setnja' consists of two staves. The top staff, labeled 'Melody', is in treble clef with a common time signature (C). It begins with a quarter rest, followed by a series of eighth and quarter notes. A repeat sign with first and second endings is present. The bottom staff, labeled 'Bass', is in treble clef with an octave 8 indicated below the staff line. It contains a whole rest for the first measure, followed by a series of quarter notes.



The second system of the musical score for 'Setnja' continues the melody and bass lines. The top staff (Melody) features a repeat sign with first and second endings. The bottom staff (Bass) continues with quarter notes and rests.

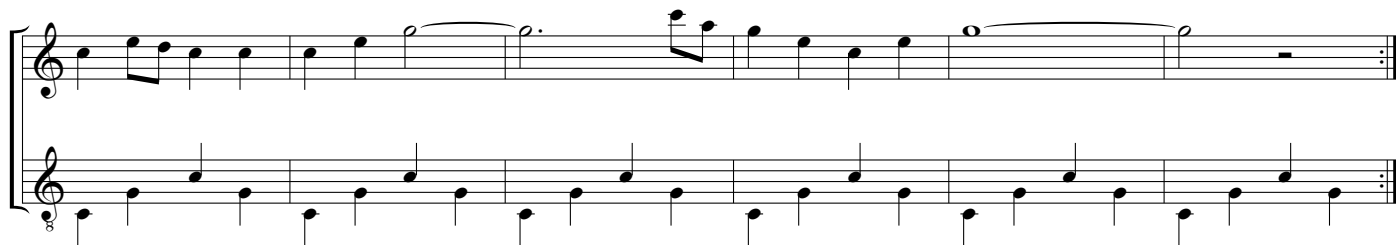
# Oina Oi

Melody



Bass

The first system of the musical score for 'Oina Oi' consists of two staves. The top staff, labeled 'Melody', is in treble clef with a common time signature (C). It features a series of quarter notes and rests. A repeat sign with first and second endings is present. The bottom staff, labeled 'Bass', is in treble clef with an octave 8 indicated below the staff line. It contains a series of quarter notes and rests.



The second system of the musical score for 'Oina Oi' continues the melody and bass lines. The top staff (Melody) features a series of quarter notes, half notes, and a whole note. The bottom staff (Bass) continues with quarter notes and rests.

## 8 Marko Scace

(Slovenia)

The song Marko Skace is from Slovenia. This country is situated south of Austria on the other side of the Alps. The landscape has green pastures, pre Alp areas with rolling hills and woods. The song and the interlude on the CD offer a variety of listening activities. The form of the song is A B B, the interlude C has a piano and percussion part. Here is the text of the song in Slovenian:

**A.** Marko scace, Marko scace pozelenoj trati.

**B.1** Ai, ai, ai ai ai, pozelenoj trati.

**B.2** Ai, ai, ai ai ai, pozelenoj trati.

**C.** (Piano and percussion section )

**Translation:** Marko is leaping across the meadow, as he comes along he sings, ai ai ai...

**Activity:** Children and teacher sit in a circle.

**Part A:** All children play body percussion activities while one 'solo' child walks around in the inside of the circle. At the end of part A the child stops.

**Part B1:** The 'solo' child offers some body percussion patterns suitable for the music.

**Part B2:** All children copy what the child had originally invented.

**Part C:** All children jump up and skip for the duration of the music of C. Children are asked to be back in their own spot at the end of C. A new child is elected to be the 'solo person' inside the circle. Children can sing as they play the movement game and can join in the body percussion which has been invented. Some children may learn to play the arrangement set out below.

Ⓐ

The musical score is arranged in four systems, each with a staff and a label to its left. The first system is labeled 'Piano Recorder Voice' and the other three are 'Glockenspiel', 'Tenor Marimba', and 'Bass Marimba'. All staves are in 2/4 time. A double bar line with a circled 'A' above it is placed after the first two measures of each staff. The piano part has a melody in the first system and continues in the second. The recorder and voice parts have a melody in the first system and continue in the second. The glockenspiel, tenor marimba, and bass marimba parts have a melody in the first system and continue in the second.

Piano

AGL

TM

BM

This musical system contains measures 1 through 7. The Piano part features a melodic line with eighth and sixteenth notes. The AGL part provides harmonic support with chords and single notes. The TM part plays a steady eighth-note accompaniment. The BM part has a bass line with some eighth-note movement. All parts conclude with repeat signs and double bar lines.

Ⓑ

Piano

AGL

AX

TM

BM

This musical system contains measures 8 through 14, beginning with a section marker 'B' in a circle. The Piano part includes a triplet of eighth notes in measures 8 and 10. The AGL part features a half-note tie between measures 10 and 11. The AX part has a more active melodic line with eighth and sixteenth notes. The TM and BM parts continue with their respective accompaniment patterns. The system ends with repeat signs and double bar lines.

## 7 Carpet Maker

(France)

The dance is also known as Lou Pripet. It comes from the region of Languedoc in France.

**Part A:** 16 counts. Walk for sixteen steps anticlockwise swinging arms in and out. Start with your right foot and on the beat, swing your arms in.

**Part B:** 16 counts. The first participant invents movement actions to the rhythm (te te ta) provided in the music of part B. Then, for the repetition, all participants imitate the movements. The traditional scissors' step can be used here as well.

## 9 Chava

(Israel)

Chava is danced to Klezmer music. A Klezmer is the musician who plays at Jewish (Chassidic) weddings and parties. Formation - Short lines, "W" hold. Introduction - 2 bars.

### COUNTS PART ONE

- Moving to right, and with body swaying slightly to right and left,  
1..4 Step on right heel to side, step Lf behind. Repeat 3 more times  
5..6 3 steps forward into centre RLR and lift on Rf  
7..8 3 steps back out LRL and lift on Lf  
9..12 2 grapevine steps to the left (start Rf on front)  
13..16 8 crossing steps.....  
1..2 step Rf in front of Lf, step back onto Lf  
3 step Rf to side  
4,5,6 repeat to other side  
7,8 repeat first two steps  
17..32 Repeat all of part one again

### COUNTS PART TWO

- Face counter clockwise, put left hands on left shoulder, palm up, place right hand onto left hand of person in front.  
1..4 4 walks forward RLRL  
5..6 Touch right heel forward, lean back slightly  
7..8 Step back on Rf, then forward on Lf  
9..12 Step Rf to side, step Lf behind, step Rf to side  
lift on Rf and lift left knee up to side  
13...16 Repeat above steps to your left  
17..32 Repeat all of Part Two again.

# Chava

①

Melody

Bass

8

1. 2.

②

8

1. 2.

8

16

Ⓐ

# Alfred Calypso

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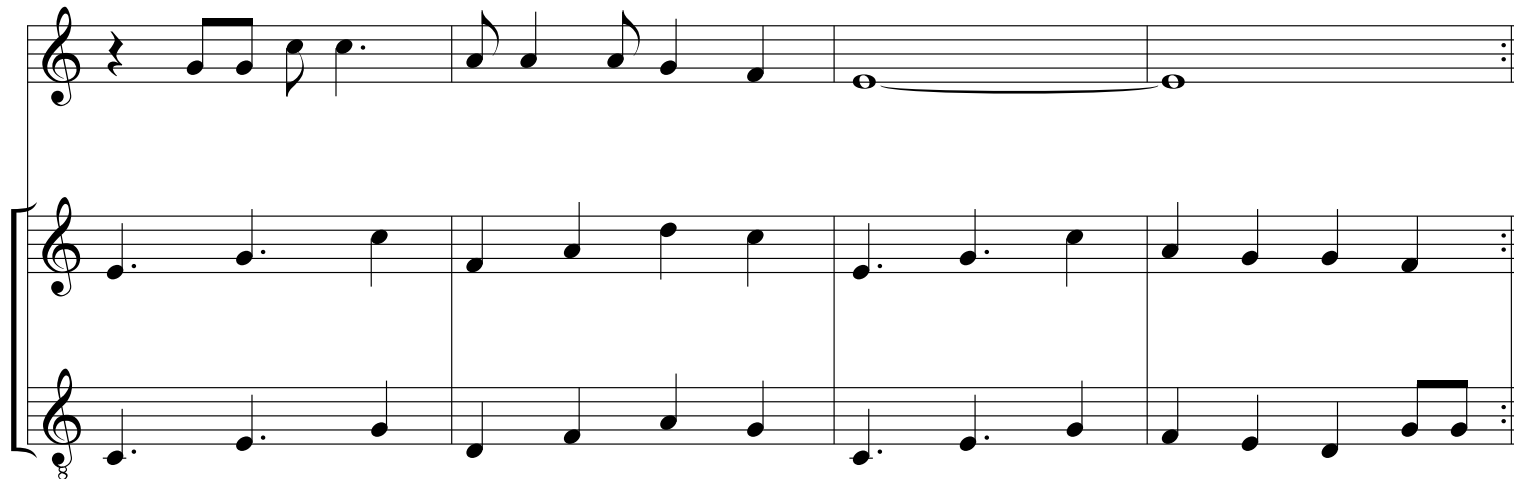
Melody



Ostinato A



Ostinato B



Ⓑ

All instruments  
(under improvisation)



# 17 Le'or Chiyuchech

(Israel)

**Formation:** Circle dance, hands in "V" hold. Introduction: 4 bars

| BAR             | COUNTS | PART ONE                                                                                                          |
|-----------------|--------|-------------------------------------------------------------------------------------------------------------------|
| 1               | 1...4  | Yemenite step to the left                                                                                         |
| 2               | 1...4  | Yemenite step to the right                                                                                        |
| 3               | 1      | step forward into centre on Lf arms raise up to shoulder height with bent elbows step back onto Rf and lower arms |
|                 | 3      | step on Lf beside Rf                                                                                              |
|                 | 4      | pause                                                                                                             |
| 4               | 1...4  | Repeat measure 3, starting with Rf                                                                                |
| 5...8           |        | Repeat all of Part One again.                                                                                     |
| <b>PART TWO</b> |        |                                                                                                                   |
| 1               |        | Moving counter clockwise, one bouncy 'two-step' LRL QQS rhythm                                                    |
| 2               |        | Repeat 'two-step' RLR                                                                                             |
| 3               | 1..2   | Step on Lf across in front of Rf                                                                                  |
|                 | 3..4   | Step in Rf to the side, arms raise up to shoulder height                                                          |
| 4               | 1..2   | Step on Lf behind Rf                                                                                              |
|                 | 3..4   | Step on Rf to the side, arms lower                                                                                |
| 5...8           |        | Repeat all of Part Two again.                                                                                     |

Melody

Bass

## 20 Fisherman's Dance

(Germany)

This traditional North German item is a partner dance in circle formation. Each participant needs a team partner. Team partners hold hands and if this provides too much of a challenge, participants can hold short ribbons, scarves or ropes. The “Plü” step (in part B) symbolizes the rocking of the fishing boat. The dance and the music have three sections, A, B and C. Each section is repeated. The overall dance and music form is: AA BB CC.

### Teaching process:

1. Warm up with locomotion activities. Stop and go to musical accompaniment (percussion). Stop and meet partner to musical accompaniment. Focus on locomotion activities to musical accompaniment.
2. Teach the “Plü” step first (Part B). Copy leader as the call goes: “Together, one, one, one”. Partners facing each other, hands held ‘very open’ waltz hold. Hop on both feet once and then hop on one foot three times. Partners mirror each others movements. Count: “Together, one, one, one”. As both are hopping on one foot (one, one, one) the free foot describes a small circular motion to the front, the side and the back. Repeat everything with opposite footwork.
3. Teaching part A. Skipping steps or step hops. Participants stay with their team partner. With your team partner try and coordinate some skipping steps together, to the musical accompaniment. Try different directions and pathways, but stay well coordinated with each other. To a newly developed musical accompaniment try some step hops (slower). Try your skipping steps or step hops along the circle line (laid out on the floor with a rope) with your team partner, facing anticlockwise.
4. Teaching part B. Practice the Plü step. Work with your team partner facing along the circle line. i.e. One faces anticlockwise, the other one faces clockwise.
5. Teaching part C and D  
Part C is a grand chain, a familiar movement also in Contra Dances. Turn towards your contra partner (that is the person who is not your original partner). To the beat of the music, move along the circle line meeting other dancers counting up to 8. Part D - Having arrived back with your partner after the grand chain, join hands and promenade anti-clockwise for 16. The dance then starts again from the beginning.

# Fisherman's Dance

Melody

Alto Xylophone

Bass

The musical score for "Fisherman's Dance" is presented in three systems. Each system contains three staves: Melody (treble clef), Alto Xylophone (treble clef), and Bass (treble clef). The key signature is one sharp (F#) and the time signature is common time (C). The first system shows the initial melody and accompaniment. The second system includes first and second endings for the melody. The third system continues the melody and accompaniment, also featuring first and second endings. The Alto Xylophone part consists of eighth-note chords, and the Bass part consists of quarter notes.

# 19 Pata Pata (South Africa)

Melody

Bass

1.

2.

© Makeba (Warner Bros.)