

CD Contents

Basic movements	Tempo	Metronome approx.	Title	Composer	Length
Principle of causality					
1 / Oscillation	2/4	116	Danse slave op. 46 n°5	Dvorak arr. Keller	1'21
2 / Bird	2/4	144 → 168	Air à 2 temps	Bodak	0'47
Totality: "hand-body-hand"					
3/ Sower	3/4	92	Waltz	Schubert - Bodak	0'57
4/ Sower	3/4	112	Waltz	Schubert	0'49
5/ Sower	3/4	112	Waltz	Schubert	1'05
6/ Bells	3/4	100	Waltz	Bodak	0'57
7/ Bells	3/4	108	Waltz	Schubert	1'01
8/ Paddles	3/4	108	Waltz	Bodak	0'50
9/ Paddles	3/4	144	Waltz	Schubert	0'40
10/ Paddles	3/4	126	Popular	Polish	0'58
11/ Paddles	3/4	144	Mazurka	Chopin	1'09
12/ Paddles	3/4	168	Mazurka	Chopin	0'53
13/ Skipping rope	3/4	100	Air à 3 temps	Bodak	1'14
14/ Skipping rope	6/8	88	Air à 6/8	Bodak	1'10
15/ Skipping rope	3/4	108	Waltz	Schubert	0'47
16/ Lasso	4/4	76	Song Without Words	Mendelssohn	1'25
17/ Bird in the hand	3/4	168 / 208	Waltz	Tchaikovsky	0'56
18/ Grand tour	3/4	152	Waltz	Brahms	0'53
19/ "S"	2/4	76	Écossaise	Schubert	0'50
Scattering - Gathering					
20/ Silk thread	4/4	80	Air à 4 temps	Bodak	1'02
21/ Seagull	3/4	72	Impromptu	Schubert	1'08
22/ Seagull	3/4	69	Trio	Beethoven	1'06
23/ Petals	3/4	96	Impromptu	Schubert	0'54
24/ Petals	3/4	96	Waltz	Schubert	1'08
25/ Petals	3/4	100	Unfinished symphony	Schubert	1'01
26/ Conductor	3/4	112	Mazurkas	Chopin - Bodak	0'54
27/ Bird on the branch	2/4	138	Hungarian Rhapsody	Liszt	0'50
28/ Bacchanalia	3/4	160	Waltz	Schubert	0'37
29/ Tennis	3/4	96	Popular	Polish	1'00

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Basic movements	Tempo	Metronome approx.	Title	Composer	Length	
Alternating laterality						
30/	Circles with the arms	2/4	100	Danse slave op.46 n°6	Dvorak arr. Keller	1'11
31/	Circles with the arms	2/4	112	Hungarian Rhapsody	Liszt	0'57
32/	Brushing	4/4	160	Écossaise	Chopin	1'07
33/	Rope	4/4	88	Popular	Russian	0'48
34/	Swinging arms and legs	4/4	160	Écossaise	Chopin	0'42
35/	Fir tree branch	6/8	72	Waltz	Schubert	0'50
36/	Sending a wave	3/4	92	España	Bodak	1'05
37/	Sending and hopping	3/4	138	Waltz	Bodak	0'48
38/	Jumps decrescendo	3/4	208	Waltz	Bodak	0'56
39/	V	3/4	76	Polonaise	Liszt	0'46
40/	W	3/4	72	Polonaise	Tchaikovsky	0'48
41/	Sparrows	4/4	144	Noces	Grieg	0'49
Ball games						
42/	Return ball to hand	4/4	112	Hopak	Moussorgsky	1'17
43/	R hand then L hand	3/4	152	Waltzs	Bodak	1'05
44/	R hand with L foot	4/4	76	Song Without Words	Mendelssohn	1'25
45/	L'Essor	6/8	72	Essor	Schumann - Bodak	1'05
46/	Exchanging	2/4	144	Czardas	Monti	1'01
Choreographies						
47/	Lullaby	2/4	69 and 104	Lyrical Pieces op.38 n°1	Grieg	2'56
48/	"Constant Thought"	3/4	104	Waltz op. 39 n°15	Brahms	1'20
49/	5th Mazurka	3/4	152	Op. 7 n°1	Chopin	1'38
50/	Slavonic Dance	3/4	88	Op. 46 n°8	Dvorak arr. Keller	2'31
51/	Little Shepherd	4/4	76	Children's corner	Debussy	2'11
52/	"Morning Song"	3/4	72 / 42 / 72	Waltz op. 70 n°1	Chopin	1'45
53/	Rondo	2/4	96 and 72	Moment mus. Op. 94 n°3	Schubert	1'54
54/	Desire	3/4	126	Waltz	Beethoven	2'23
55/	Grande Waltz	3/4	76	Waltz op. 18	Chopin	5'20
56/	7th Prelude	3/4	84	Op. 28 n°7	Chopin	0'58