

# Alpha Beat

Songs, Dances, Poems, and Imaginary Journeys for Children



For more teaching tips and activities that go with AlphaBeat, visit [katekuper.com](http://katekuper.com).

## The More We Are Together (Track 2)

### Activity Notes:

1. Begin in a circle.
2. Sway from side to side on the first part.
3. Sway and swing forward and backwards on the second part.
4. Instrumental Section
  - “Butterfly Dance” – Make your hands into butterflies and flutter them up and down
  - “Dance Away” – Four waltz steps away from your spot, four back to your spot
- 5 Return to forward and back (second part music) then side to side (first part music).

### Variations:

1. Inner circle does “dance away and home” while outer circle only does “butterfly dance” or vice versa
2. Inner circle holds hands but outer does not (The inner circle is a reward for people with high interactive skills and people willing to demonstrate that today they have high interactive skills)

### Target Concepts

Direction in Space (forward, backward, side to side)

Relationships (near/far, beside, between)

Form – ABA

There are two ways to look at ABA form in this dance.

One way is to find the ABA **in the song**.

A- *The more we are together, the happier we'll be.*

B- *For your friends are my friends, and my friends are your friends*

A- *The more we are together, the happier we'll be.*

The second way is find the ABA pattern **in the dance**.

A – The sung part

B – The instrumental part

A – The sung part again (Since we don't start with the side sway, this can also be called “A prime” because it's a little different than the original “A”)

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## How to teach the dance with the ABA song structure:

Just like the song “Twinkle, Twinkle Little Star,” the first part and last part of the song are the same and the middle is different on the song.

You can teach this using a “peanut butter and jelly sandwich” as an analogy.

*What’s on the top and bottom of a peanut butter and jelly sandwich? Bread!*  
The first part (*side to side swaying*) is like the *bread*.

The second part (*forward and back swaying*) is like the *peanut butter and jelly*.  
*Forward swing is peanut butter; back is jelly*. Notice how nicely the syllables fit with the meter of the music, too! We do that twice.

Now we have the *bread* again.

The dance continues with “butterfly dancing” and “dance away, dance home”

Repeat *peanut butter and jelly* twice, end with *bread*.

You’ll be amazed at how quickly the children learn and remember when you use *analogies* (comparing ‘form’ to a sandwich, in this case).