

#CONCERTSFORKIDS

Activity Guide



Music from the Sole

We are so excited you are joining us for Music from the Sole, created by dancer-musician Leonardo Sandoval and bassist-composer Gregory Richardson. Music from the Sole is a performance blurring the line between a tap dance show and a live band concert. Here are some activities to help get you in the mood for dancing and the spirit of Afro-Latin culture.

Dance Time

Do you and your family like to dance? What songs or types of music do you like to dance to?

A series of dance movements is called **choreography**.

Is there any choreography that you and your family members know? Baby Shark? The Electric Slide? The Chicken Dance?

At home, put on a favorite song and create a brand new dance move! What is the name of your dance move?

Can you combine your new dance move with other choreography?

Listening Challenge

One of the creators of *Music from the Sole*, Leonardo Sandoval, made this show to reflect choreographic and musical influences from his native country of Brazil and from his Afro-Latin heritage.

Have you ever listened to Brazilian music? Here are songs you can play to get a feeling for some of the sounds of Brazil.

["Mas, Que Nada" by Jorge Ben \(1963\)](#)

["Baby" by Os Mutantes \(1968\)](#)

["Meu Nome É Gal" by Gal Costa \(1969\)](#)

["O Bêbado e a Equilibrista" by Elis Regina \(1979\)](#)

Can you do your new dance move along with the music?

Body Percussion

Tap dance takes a tremendous amount of practice and commitment to master, and rhythm is at the core of tap dance. Let's see how well you can keep rhythm.

STEP 1

Count to 4 out loud over and over again, keeping a steady pace.

STEP 2

Now instead of saying the number "1", stomp your foot.

Instead of saying the number "2", clap your hands.

Instead of saying the number "3", snap your fingers or pat your leg.

Instead of saying the number "4", make the sound "Shhhh" with your mouth.

STEP 3

Mix it up and try different sounds on different beats but always keep the steady pace.

Rhythm is Everywhere

In *Music from the Sole*, dance and music work together, like a conversation, in a spontaneous and organic fashion.

Try to create a rhythm with your family while doing everyday activities at home like washing the dishes, brushing your teeth, walking your dog, or cleaning your room.

Try it! You never know what you might come up with.

Family Discussion Questions

What kind of music do you like to dance to?

How does dancing make you feel?

Do you dance during special occasions? What are they?

Does your dance tell a story or say something about you?

If you were telling a friend about *Music from the Sole*, what are three words you would use to describe the performance?