

Activity 1: Exploring rhythm

The orchestra will play **Bernstein's 'Mambo' from Symphonic Dances from 'West Side Story'**.

Listen out carefully for the instructions during the lesson. While the orchestra plays, try keeping the pulse of the music by stamping your feet to the beat.

When you start a composition – a piece of music – you can try using speech rhythm (the rhythm in which you say words) to start working out some interesting rhythmic patterns.

For example, we've used the two phrases below to come up with two bars of rhythm.

4
4

Ten Pie-ces Par-ty Shake your bo-dy now

You can create a longer rhythmic pattern by repeating these patterns or alternating them in different orders. Try using the two rhythmic patterns we've created from the phrase to form a longer, four-bar rhythm.

<p>Bar A:</p> <p>Ten Pie-ces Par-ty</p>	<p>Bar B:</p> <p>Shake your bo-dy now</p>
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So, for example, you could repeat Bar A four times to give you a four-bar rhythm (AAAA):

4
4

Ten Pie-ces Par-ty Ten Pie-ces Par-ty Ten Pie-ces Par-ty Ten Pie-ces Par-ty

Try clapping out your longer rhythm and writing it in the space below, or simply use the letters of the bar (for example AABB, ABAB):

<p>4 4</p>	<p>_____</p>
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Get your teacher to send your rhythms to us at live.lessons@bbc.co.uk before or during the Live Lesson and they could be featured on the live programme.