



Drums Alive®

STOMP & DRUM



Get your feet stomping and your *body rockin'* with this fun and innovative symposium of rhythm and movement put into motion. Stability Balls, Drumsticks, Garbage Cans, Body Rhythms and more will bring excitement to students and teachers alike. If you are up for a new adventure and want to feel like a musician, you will love this physical emotional and powerful celebration of rhythm, moves and grooves. Learn fun and easy ways to utilize rhythmical applications and turn them into a enjoyable choreography that everyone can follow. Come and celebrate this amazing discovery of "*Rhythm in Motion*".

- Learn how to combine rhythm music, dance and fitness through the use of the body or simple and innovative pieces of equipment found in everyday life!
- Rhythms and movements inspired movements from around the globe will provide a culturally diverse program that will inspire and motivate your participants.
- Experience how learning can be fun!

Learning Through Rhythm and Movement a Brain & Body Workout!

This unique program actively increases each participant's own learning and creative approach to rhythm, movement and cognitive connections. School administrators, health professionals, parents, and teachers gain essential knowledge and skills to implement Kids Beats activities in math, language arts, social studies, science, and other content areas.

Educators have long understood the connection of movement and learning. Kinesthetic activities have the power to unlock cognitive processes which otherwise remained trapped or inaccessible.

© Carrie Ekins

www.drums-alive.com www.academic-beats.com
carrie@drumsalive.de



Drums Alive®

According to neurophysiologist Dr. Carla Hannaford, “Movement is an indispensable part of learning and thinking.” Children need to move and physically reinforce the content they learn in school in order to make content more comprehensible. Using Drums Alive® Academic Beats® ultimately elevates the learner's cognitive function, increases physical activity, and improves psychological wellbeing and most importantly, children prefer it.

Drumming & More with Drums Alive® - Academic Beats® programs

Drums Alive® is a program that combines the pulsating rhythms of the drums with the powerful and dynamic movements. It is an exciting program that captivates and integrates principles from fitness and wellness, as well principles from movement, music and sound therapies. It is a fun way to motivate kids and adults alike to move and groove as well as provide health benefits - physically, mentally, emotionally, socially and most of all it is fun!!!

Drums Alive® allows participants the ability to experience the joy of movement and creative expression. Its programming is designed to provide a “whole mind” and “whole body” experience. Combining movement with rhythm provides a way to communicate without words, a means of self-expression or a healthy way to release aggression and reduce stress. Put simply, Drums Alive® creates an emotional and cognitive experience. As a result, participants gain the physical benefits of a fitness program while developing rhythm, creativity, coordination and neurological health. They also experience a feeling of acceptance both individually and socially.

Hand Clapping Fun

Katakata Mai

Walk in a circle 16 Right. 16 Left
Walk to center of circle raising the arms overhead
Walk back out, lowering the arms
Repeat

Step to Right, Together – Clap, Clap, Clap
Step to Left, Tog. – Clap, Clap, Clap
Step to Right, Tog. – Clap, Clap.

Step to Right, Together – Clap, Clap,
Step to Left, Tog. – Clap, Clap, Clap
Step to Right, Tog. – Clap, Clap. Clap

Repeat

**Listen to the music and clap the pattern of the song....be careful it changes!*

© Carrie Ekins

www.drums-alive.com www.academic-beats.com
carrie@drumsalive.de



Drums Alive®

Boom, Ubom, Ubom - Hand Shake Dance

Walk fwd. together 4cts. Clap both hands together 4x
Walk bkw. 4cts. Slap thighs 4x

Repeat a few times

Walk fwd. 4 cts. Shake Right Hand, Shake Left Hand, High Five Right Hand, High Five Left Hand, turn around in a circle

Repeat a few times

Add: Hip Bump Right, Hip Bump Left and walk back to original position, Floor Beats 2x's, Clap Overhead 2x's, Floor Beats 2x's, Overhead 2x's.

Zweifacher Clap, Stomp & Dance

2x 2/4 Accent Rhythm Cards (Accent on 1)
3x 3/4 Accent Rhythm Cards (Accent on 1)



Clapping and Stomping

Clap Rhythm with Accents
Stomp Accent – Clap notes
Clapping Pattern Alone
Movement Pattern Legs
Combine Movement Pattern with Clapping

Partner Work

Face Partner
Clapping Pattern with Partner
Movement Pattern
Combine Movement Pattern and Clapping Pattern

Add Zweifacher Dance

Begin in Dance Position
2x Step Touch
3x Waltz
Move around the room

© Carrie Ekins

www.drums-alive.com www.academic-beats.com
carrie@drumsalive.de

Drums Alive® / Academic Beats® - Drumming Fun for everyone



Wari Wari Boom Boom

Structure of music	Moves
Intro: Voice	Listen Watalay, Watalay
Interlude: 32 cts. 2x8 2x8	Click & Drum Stand behind the ball , Overhead Click, 3x, (cts. 1,+2) DB (cts. 3,+4) Repeat 3x more Rumble
Verse: 64 cts. Aloha 4x8 4x8	Aloha Call Answer Teacher calls – Aloha....Students Answer Repeat Aloha Teacher calls – Watalay, Watalay....Students Answer Repeat Watalay, Watalay Repeat entire “Call Answer” from the beginning
Chorus: 32 cts. Sing 4x8	Schoop de Schoop Pattern Turn to the R, travel (4x - Schoop de Schoop) Step, Tog., Step, Tog., Step, Tog, Step, Jump. Arms swing in motion with the feet . On the jump, overhead click. Repeat L 2x Schoop de Schoop – Step,Tog., Step, Jump (repeat L) Repeat – R,L,

© Carrie Ekins



Drums Alive®

Bridge: 16 cts. Drums 2x8	Rumble Wild and Furious Drumming
Chorus: 32 cts. Sing 4x8	Schoop de Schoop Pattern Turn to the R, travel (4x - Schoop de Schoop) Step, Tog., Step, Tog., Step, Tog, Step, Jump. Arms swing in motion with the feet . On the jump, overhead click. Repeat L 2x Schoop de Schoop – Step,Tog., Step, Jump (repeat L) Repeat Schoop de Schoop 2x (R,L,) or for more advanced students break the Schoop de Schoop pattern down to 1x. (R,L,R,L)
Bridge: 16 cts. Drums 2x8	Rumble Wild and Furious Drumming <i>Add: Raise both arms overhead on “Hey”</i>
Interlude: 32 cts. 2x8 2x8	Click & Drum Overhead Click, 3x, (cts. 1,+2) DB (cts. 3,+4) Repeat 3x more Rumble <i>Note: the Click & Drum pattern may be too fast for younger children which in that case; just children to drum on the ball anyway they would like to.</i>
Verse: 64 cts. Aloha 8x8	Aloha Call Answer
Chorus: 32 cts. Sing 4x8	Schoop de Schoop Pattern
Bridge: 16 cts. Drums 2x8	Rumble Wild and Furious
Chorus: 32 cts. Sing 4x8	Schoop de Schoop Pattern
Bridge: 16 cts. Drums 2x8	Rumble Wild and Furious <i>Add: Raise both arms overhead on “Hey”</i>
Watalay + Rumble 2x8 2x8	Watalay + Rumble Teacher calls – Watalay, Watalay...Students Answer. Stand in Base Position, Tempo Double Beats (Each beat receives one count) or Single Beats Continue Single or Double Beats...end with 2x DB on “Boom Boom”

© 2012

© Carrie Ekins

Garbage Can Dance - Iko Iko

Verse

V-Step R, L
Repeat

Chorus

Rhythmical Drumming – Syllables
Cross to opposite side, passing R shoulders with a “Two Step”
Drum – Iko Iko Eya – Syllable drumming
Cross back to original position, passing L shoulders with a
“Two Step”.

Verse

Under Knee Drumming
Holding Garbage Can R hand –
Lift R knee up – Beat Garbage Can under leg
Change hands -
Lift L knee up – Beat Garbage Can under leg
V-Step

Chorus

Cross Over R shoulders
Drum – Iko Iko
Cross Back L shoulders

Interlude

Drumming Phrase – Even Single Beats
Garbage Can Jumping Jacks, Treading

Drumming Phrase or Floor Rhythms

