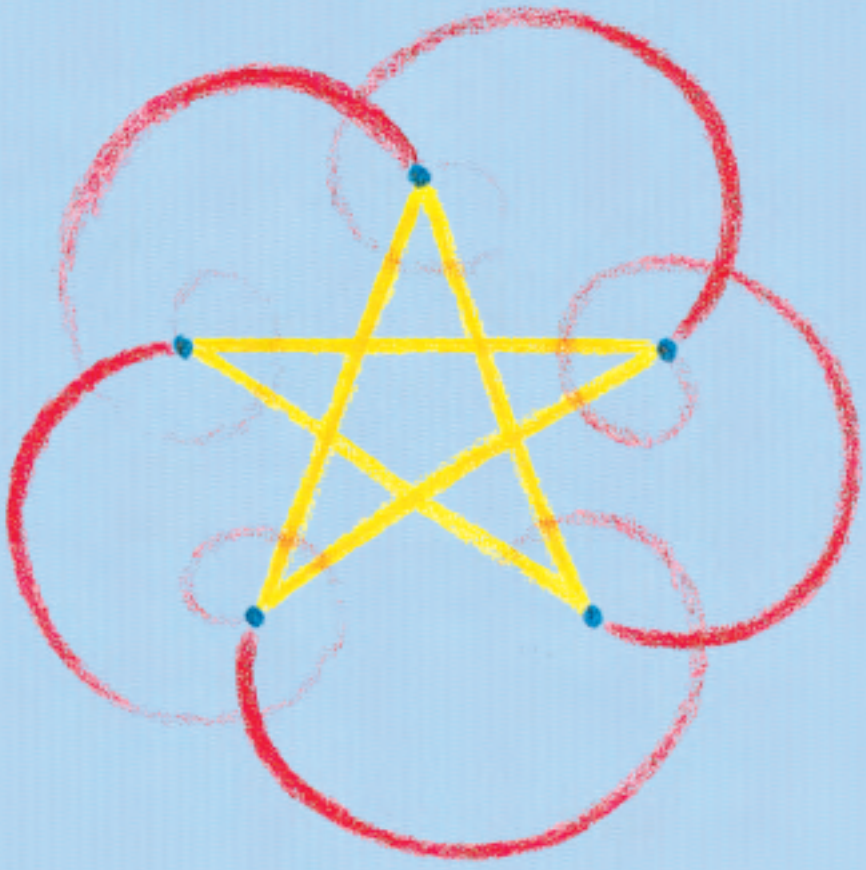
Allegro

Music for the Eurythmy Curriculum



Elisabeth Lebret

AWSNA

ALLEGRO

MUSIC FOR THE EURYTHMY CURRICULUM

by

Elisabeth Lebret

AWSNA

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ALLEGRO
MUSIC FOR THE EURYTHMY CURRICULUM

Author: Elisabeth Lebret

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The Publications Committee of AWSNA is pleased to bring forward this publication as part of its *Curriculum Series*. The thoughts and ideas represented herein are solely those of the authors and do not necessarily represent any implied criteria set by AWSNA. It is our intention to stimulate as much writing and thinking as possible about our curriculum, including diverse views. Please contact us with feedback on this publication as well as requests for future work.

David S. Mitchell
For The Publications Committee
AWSNA

Acknowledgements

The content of this volume is the result of many years of Eurythmy accompaniment in Waldorf schools. Often there was no appropriate music for a certain exercise; . . . . . the "Creation" could not be accompanied by classical music; . . . . . fairy tales presented motives to be put into sound.

Most of this music was composed in collaboration with Antje Ghaznavi, whose vivid imagination for movement was quite contagious! Thank you! Antje, without you . . . . .

I am grateful to the WALDORF SCHOOL ASSOCIATION OF NORTH AMERICA for being willing to put this music into print.

I fervently hope that this volume will support many eurythmists in their difficult task!

And last, but not least! I thank Alexander Koekebakker for the beautiful front page!

Elisabeth Lebret

Engraving: Eric Mundinger
5929 Front St., R. R. 1,
Goodwood, Ontario. LOC 1AO

Preface

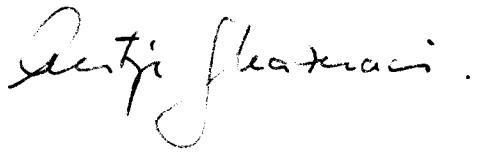
My working relationship with Elisabeth Lebret spans over 25 years. It was only last summer, at the age of 89 years, that Elisabeth stopped accompanying my Grade One. "ALLEGRO" expresses the tempo and dynamism Elisabeth's music brought to the Eurythmy lessons. She was both an excellent accompanist and a gifted musician who not only inspired me but grasped my ideas conceptionally and transformed them into music. Based on Elisabeth's work, I came to understand how fundamental pentatonic music is for the age group up to Grade Two.

Dear Eurythmy colleagues, this is a music book. I leave it up to your creativity to find your own forms. For the songs with text, I myself most often had the children walk the same form twice; first to one line of the text, and then again to Elisabeth's composition illustrating that particular line.

For the fairy tales Elisabeth composed music corresponding to the motives rather than the exact text. In "Briar Rose" I did the Eurythmy gesture of the fifth interval on the "Bells". I also used this as a closing gesture for the Grade One and Two lesson.

Hopefully this collection will give you as much pleasure and inspiration as it gave me. It was with great admiration that I watched Elisabeth put this material together. Her unbounded enthusiasm and energy have never ceased to impress me.

I introduce "ALLEGRO" to you with gratitude and love for the gift of her work and her friendship.



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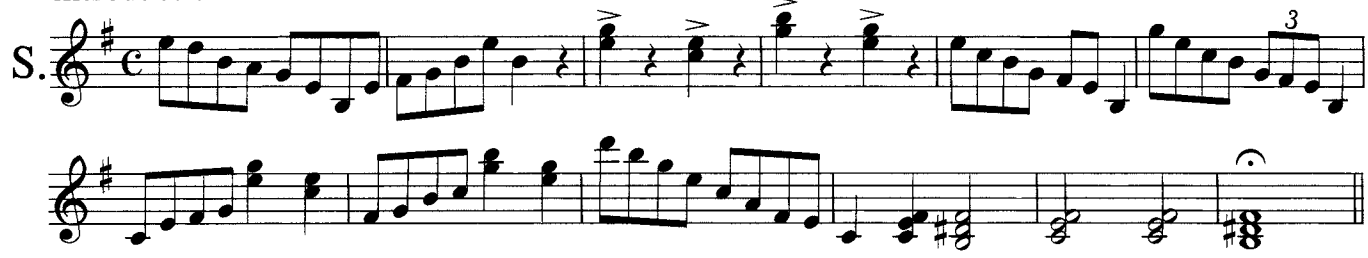
Kindergarten

Snow-White and Rose-Red
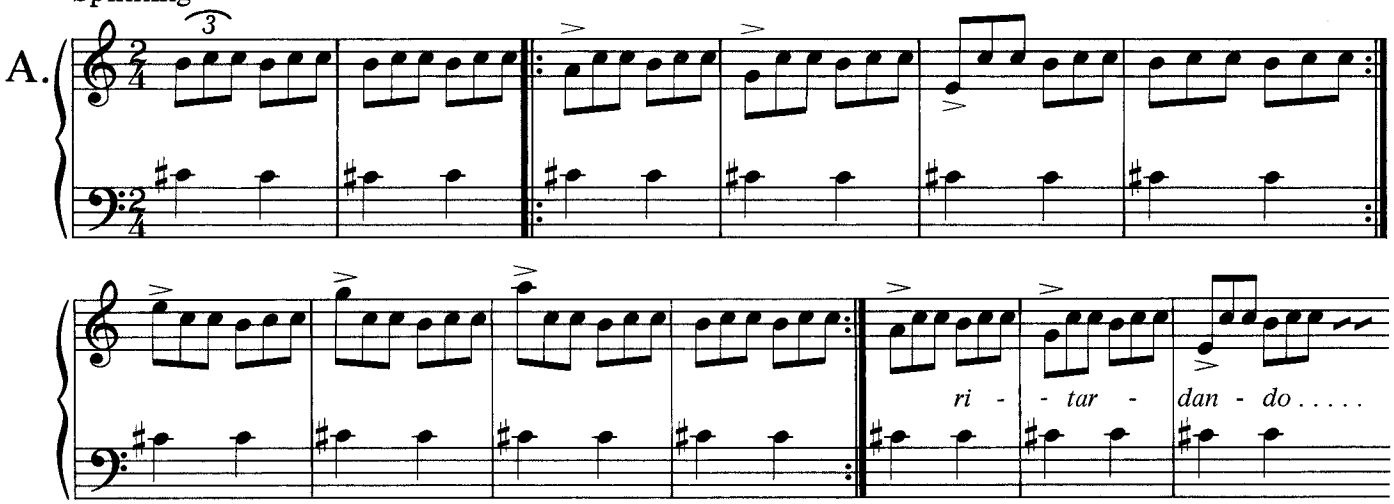
For Soprano and Alto LYRE (S. - A.)

For puppet play
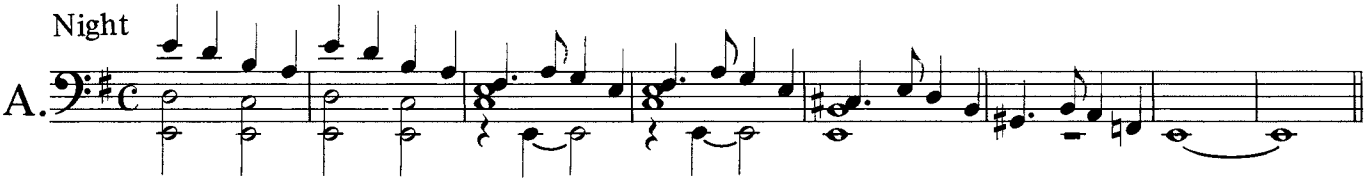
Introduction
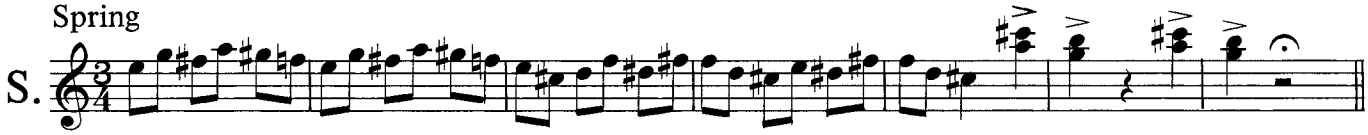


Spinning
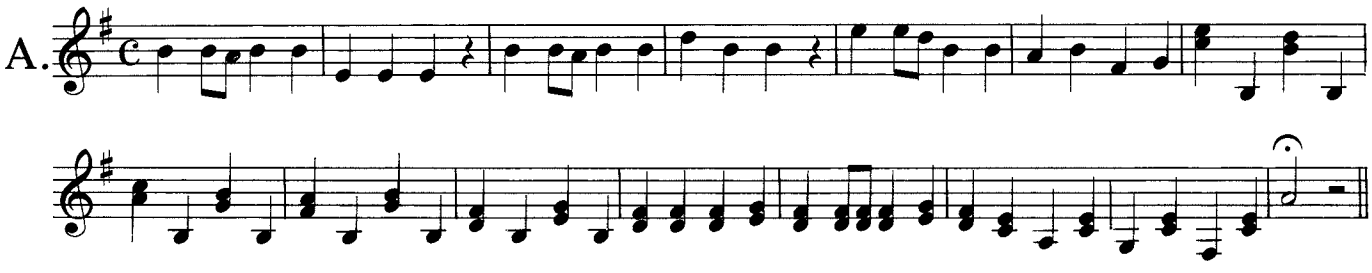


Night
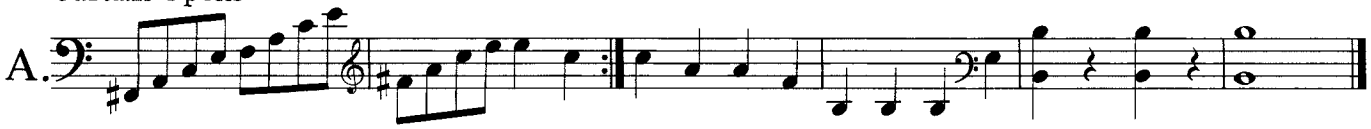


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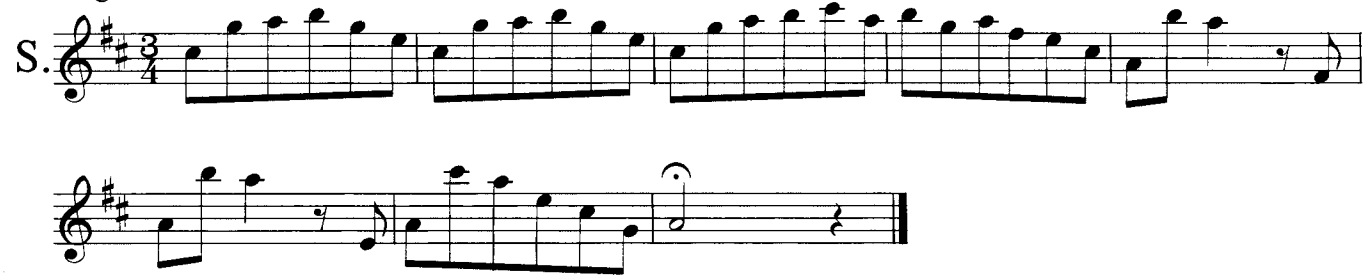


Scene change
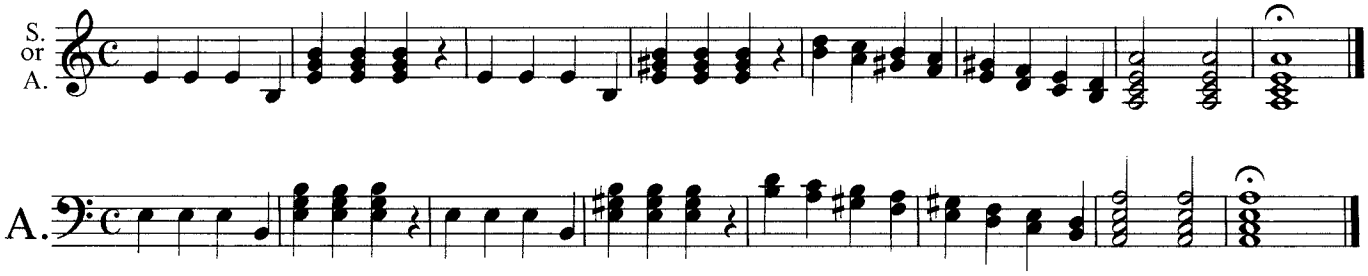


Curtain Opens
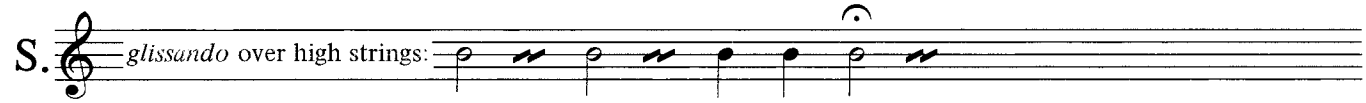


Angel



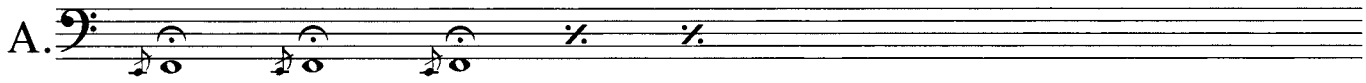
Dwarf going away (angrily)



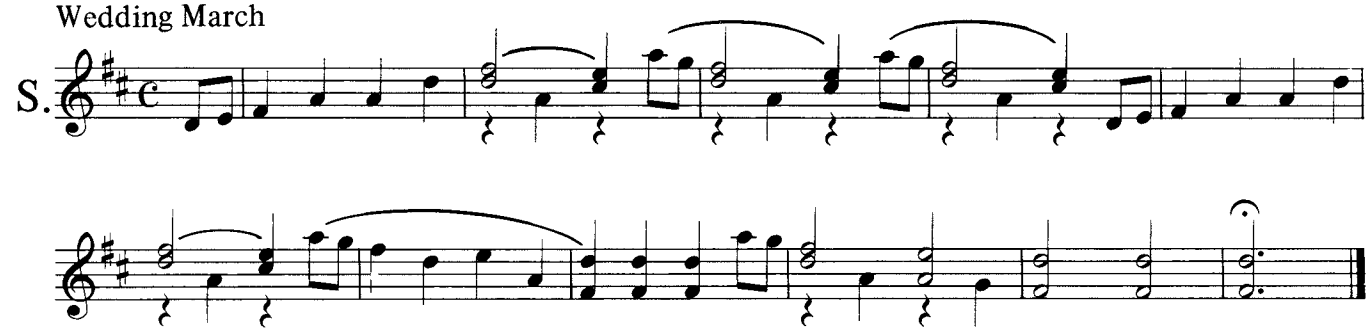
Precious Stones
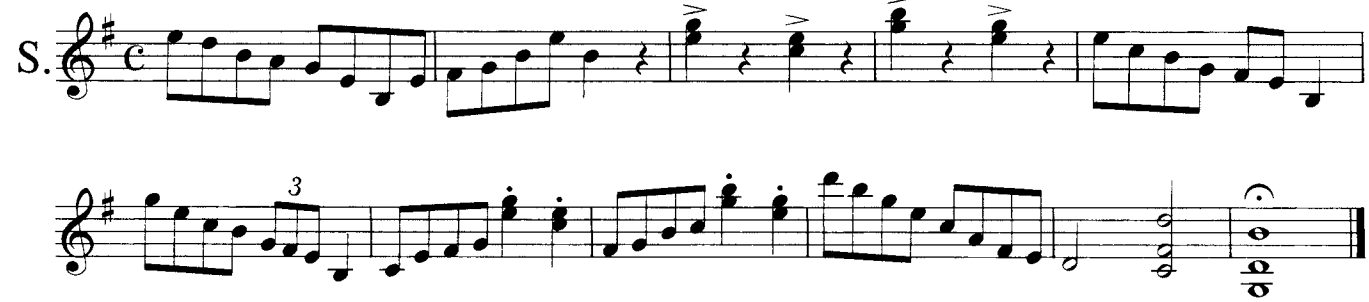


Bear growls



Wedding March
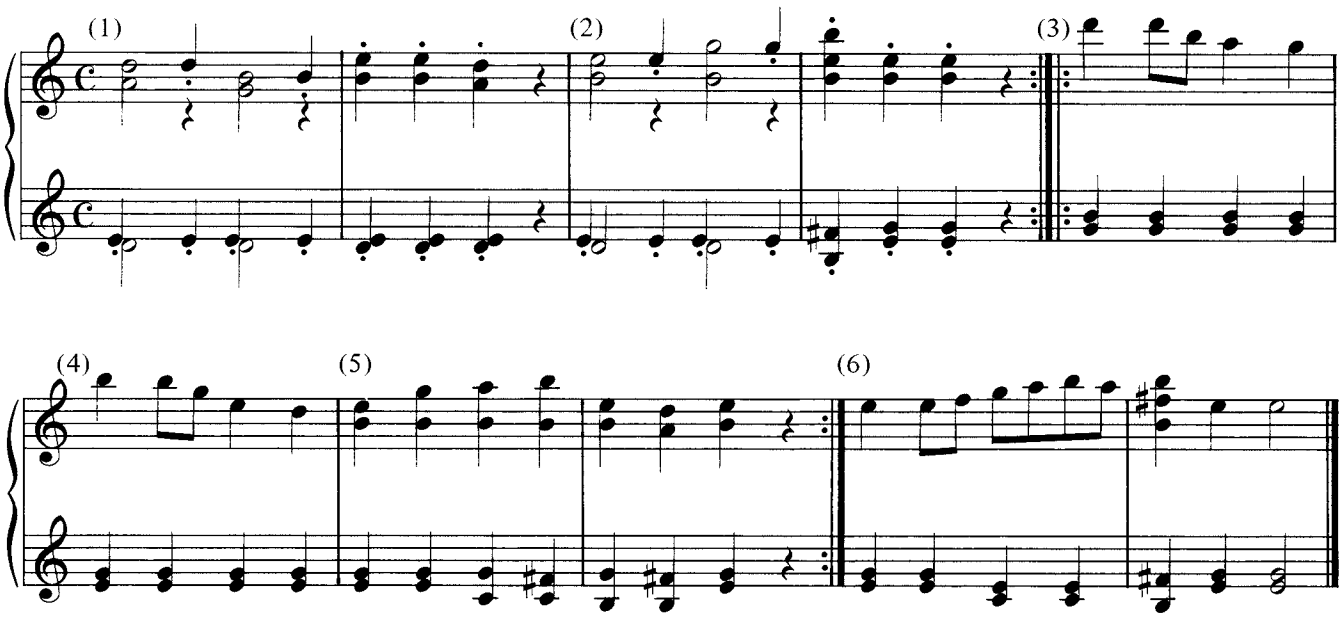


End



Grade I

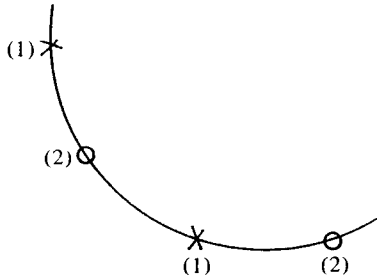
Tip-tap, Hop!

FEET-MUSIC
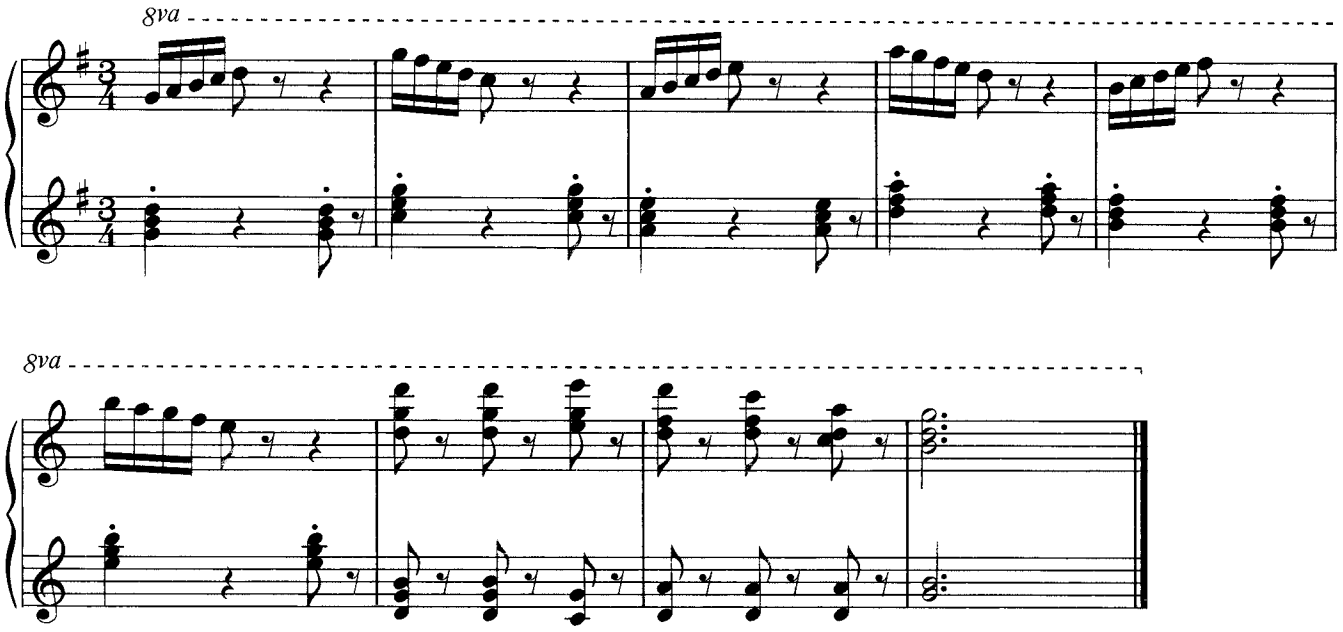


Feet: (1) + (2)
tip-tap, tip-tap, hop! hop! hop! 4X

All: (3) X = in
(4) O = in
(5) all out: 4 steps, hop, hop, hop. repeat
(6) all: around each other
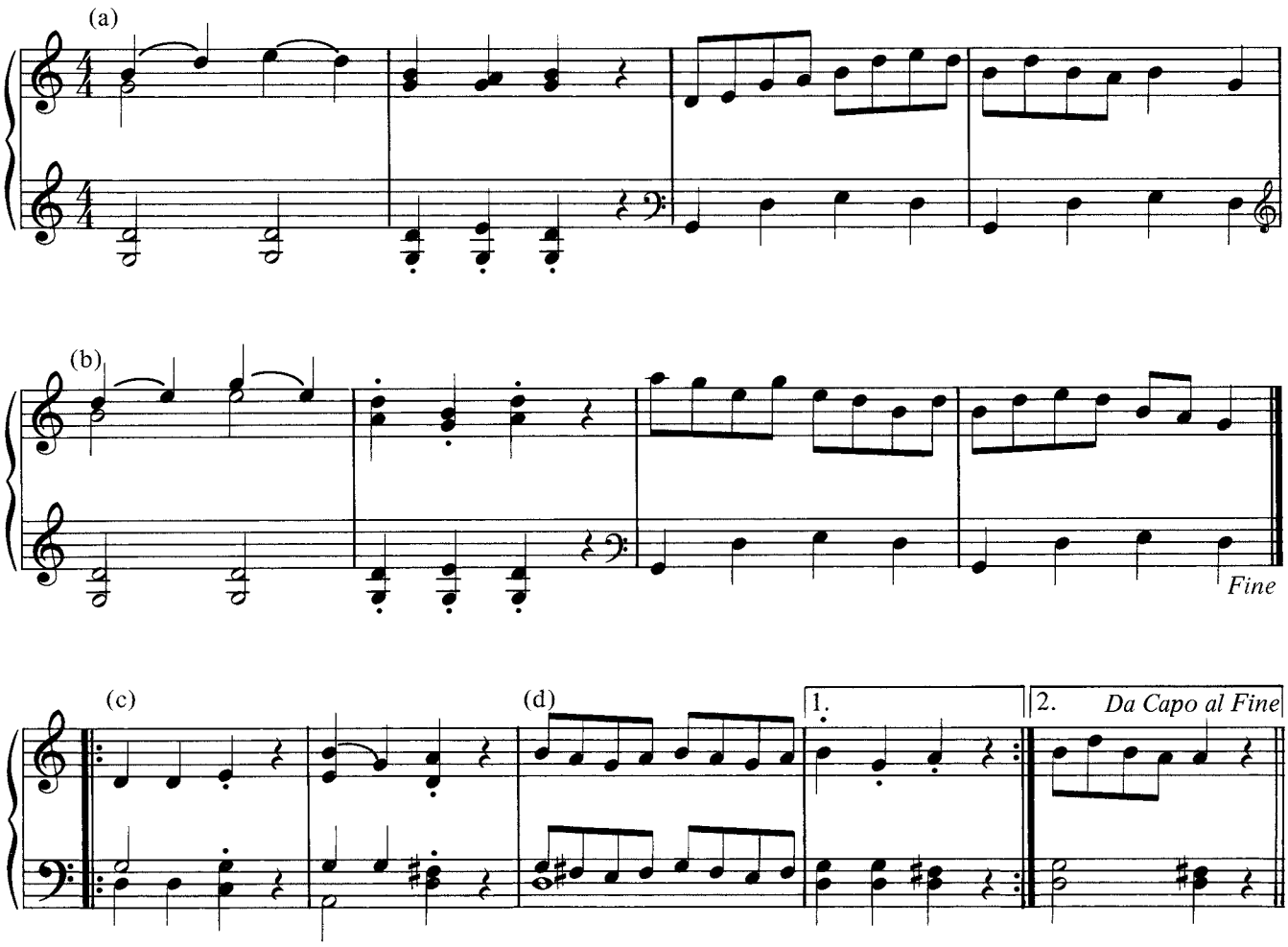


Rods rolling up and down arms



Grade I

Little Dance I

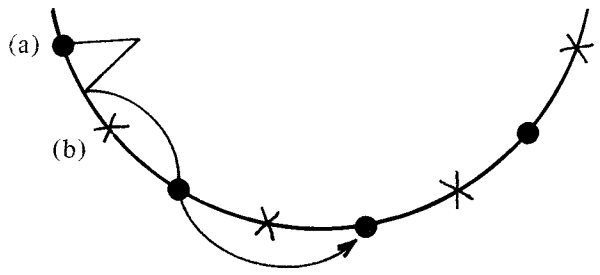


● (a) in 4 steps / out, clap, clap, clap
wave to 2nd place over

X (b) same

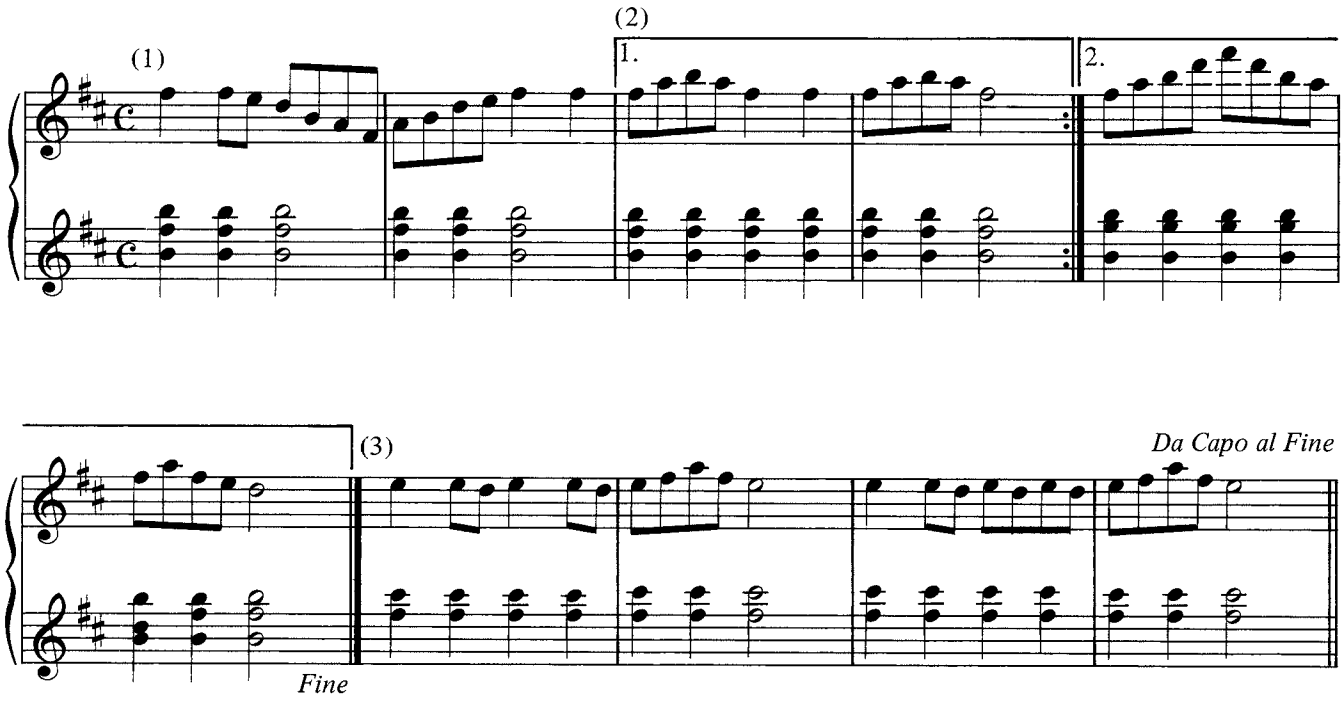
(c) all: 3 steps in: 3 steps out

(d) all around each other

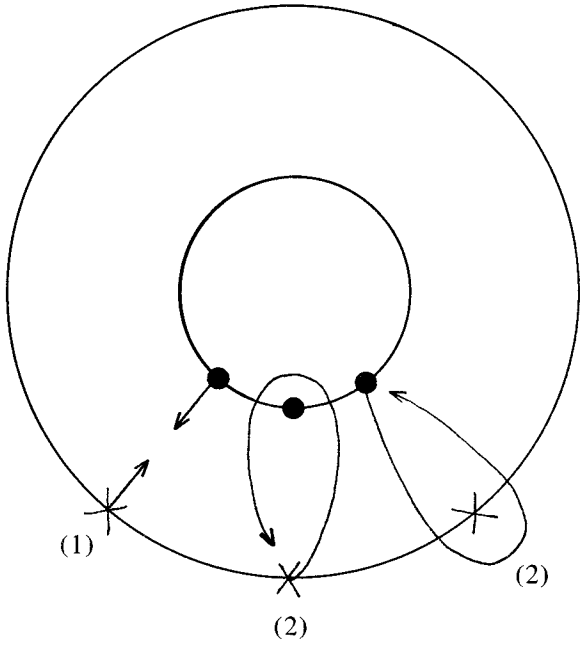


Grade I

Little Dance II



(1) both 3 steps towards each other and back,
(2) the outer circle around,
(1) same,
(2) the inner circle around,
(3) both around each other.



Grades I, II

Feet

I (1)

(2)

(1)

(2)

Fine

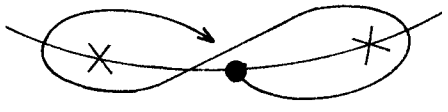
II 𝄋 All

Dal Segno al Fine

III
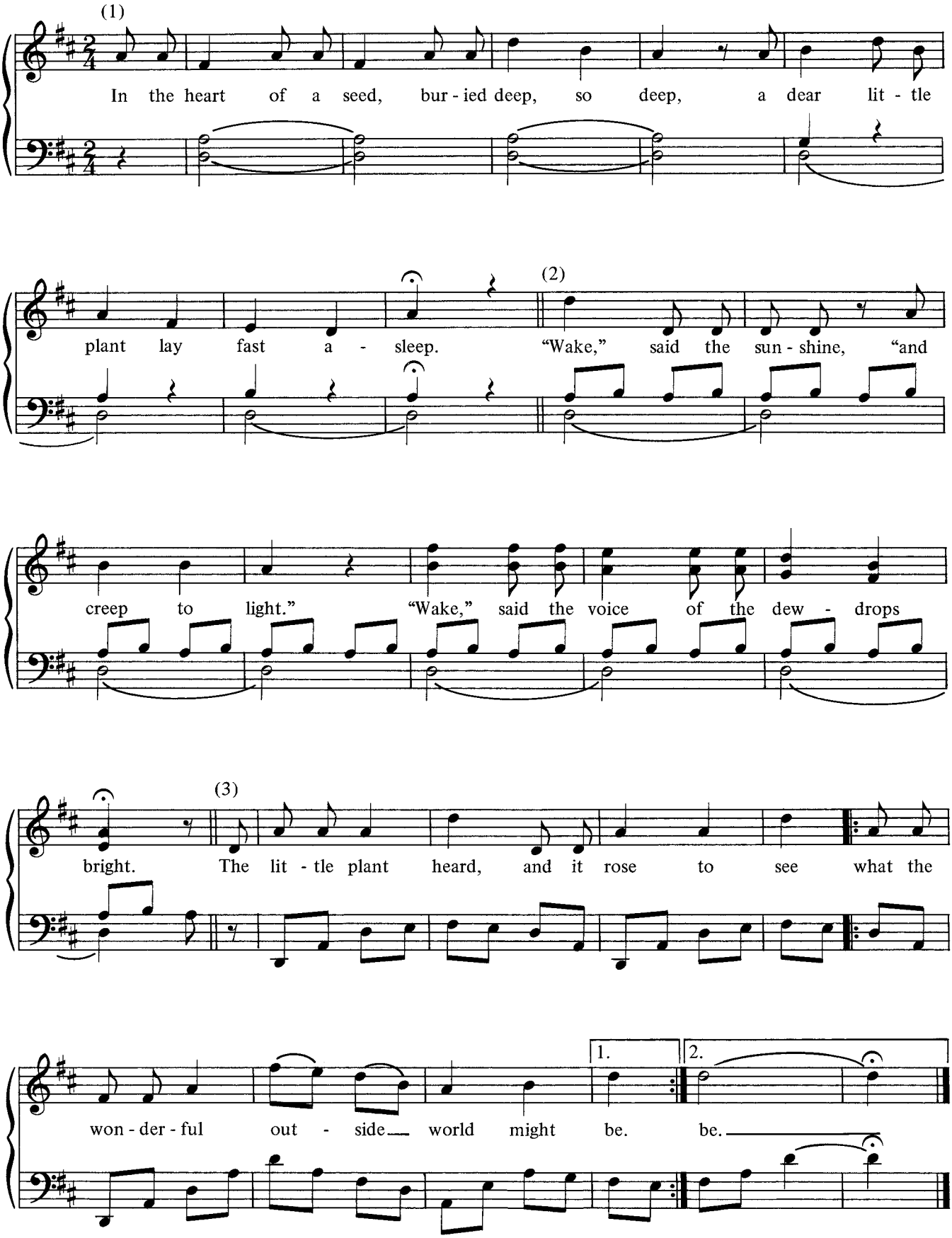
I (1) 12 small steps in, 6 steps out
(2) same
} twice each

II All: 4 steps in, 4 steps out

III  first (1) then (2)

Grade I
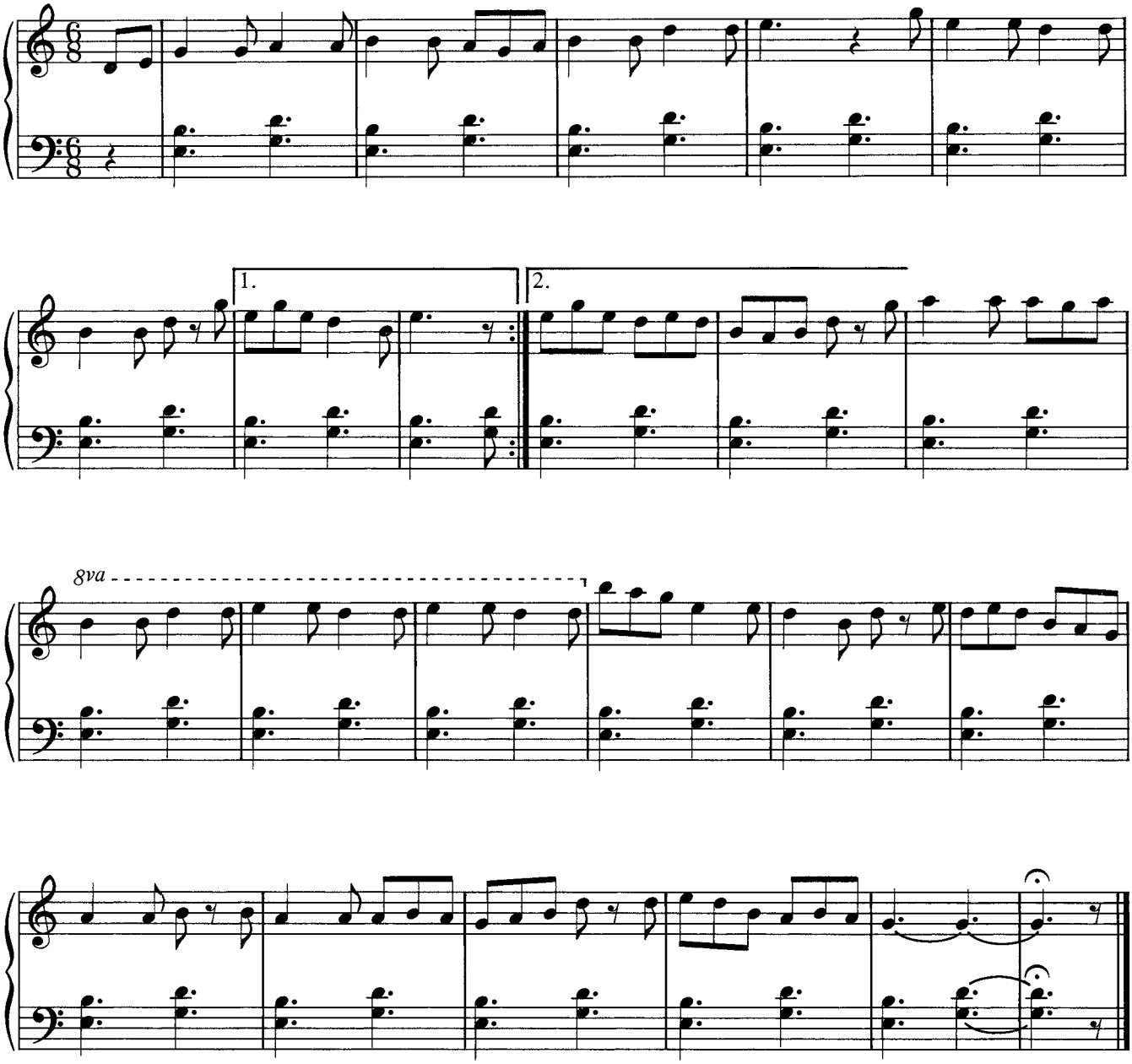
Little Seed



Grade I

Skipping
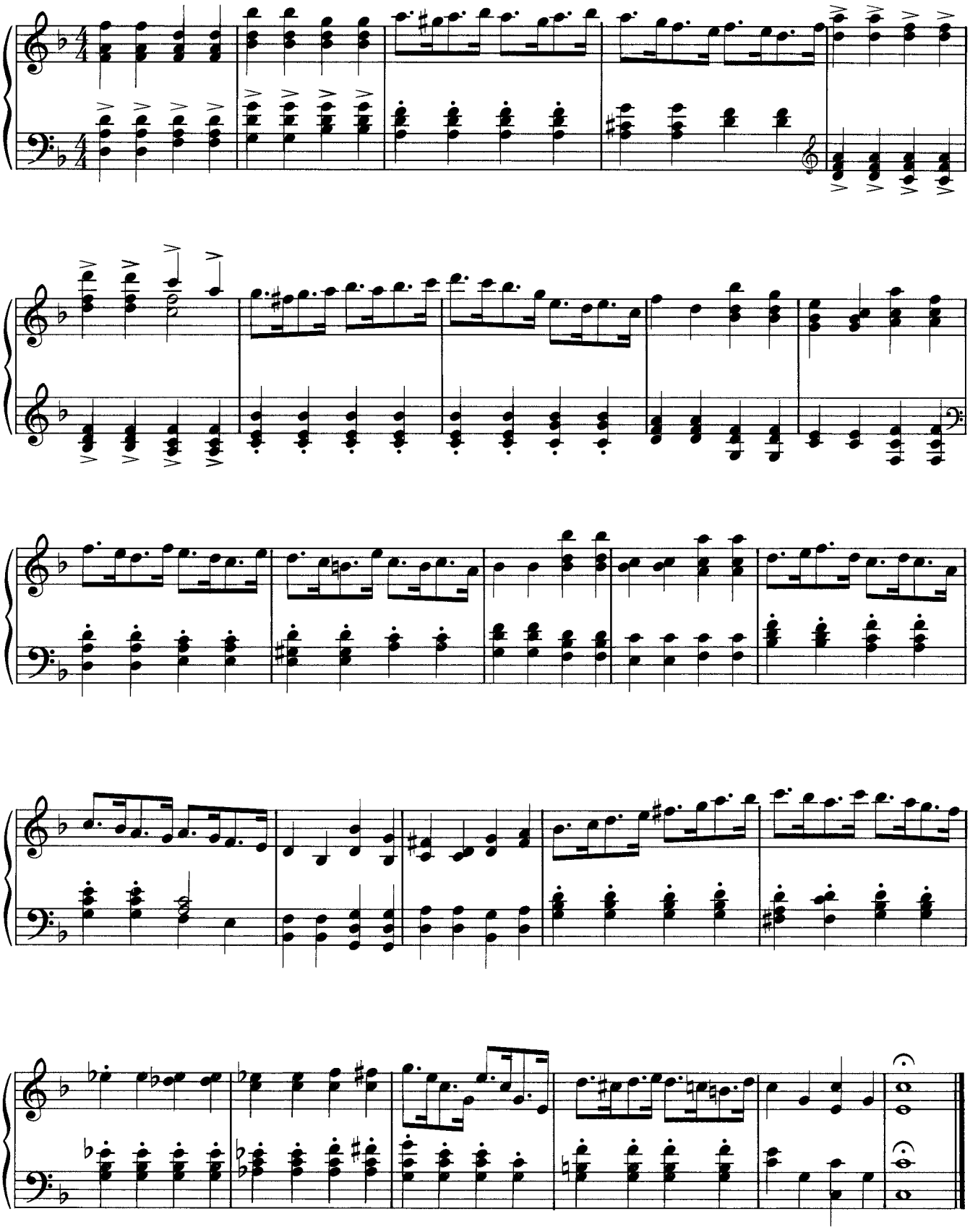
E. Lebret
1985



Grade I

Stamping and Skipping

E. Lebret



Grade I

Briar Rose

A Baby was born to a king and a queen
Her name was Briar Rose
Twelve presents did the fairies bring
When the festival came to a close.

(*12 presents like "Beauty," "Goodness," etc.*)

The wicked fairy, uninvited
Came angry, having been thus slighted
"Briar Rose and all the court here
Shall die when she is fifteen year." – *music* –

The good fairy to the cradle came
She took the child and called her name:
"Briar Rose – Briar Rose – Briar Rose –
You shall not die, forget your fears
But only sleep a hundred years." – *music* –

When the Princess was fifteen years old she was the most beautiful maiden in the whole country. The king and queen had gone on a journey and Briar Rose was alone in the palace.

(*Forming tower – every second child steps forward with a 5th.*)

The doves that lived under the roof of the pointed tower
were flying around it . . . . . – *music* –

She climbs the winding stair
Spiderwebs everywhere
At the top she enters a room
A woman sits there in gloom.
But a spinning wheel is here
And Briar Rose draws near.
She touches the spindle and pricks her finger
And falls asleep on the floor.

High and tall the rose hedge grew
Tough it was, no man cut through
Hidden was the palace for one hundred years
Till a young prince came the hedge to pierce.

Come my horse
We will run
Through the world
And have fun
When he jumps
Over the stream
We are light
As a dream
(Helmut Krause) — *music* —

Through the thorns he cut his way
The castle then before him lay.

He climbs the winding stair
Spiderwebs everywhere
He enters a room at the top
A beautiful princess lies there.

She opens her eyes, two stars so bright
By the hand he leads her into the light.

Awake, awake you sleepers all
We celebrate within this hall
And guests shall come from everyway
To our happy wedding day. — *music* —
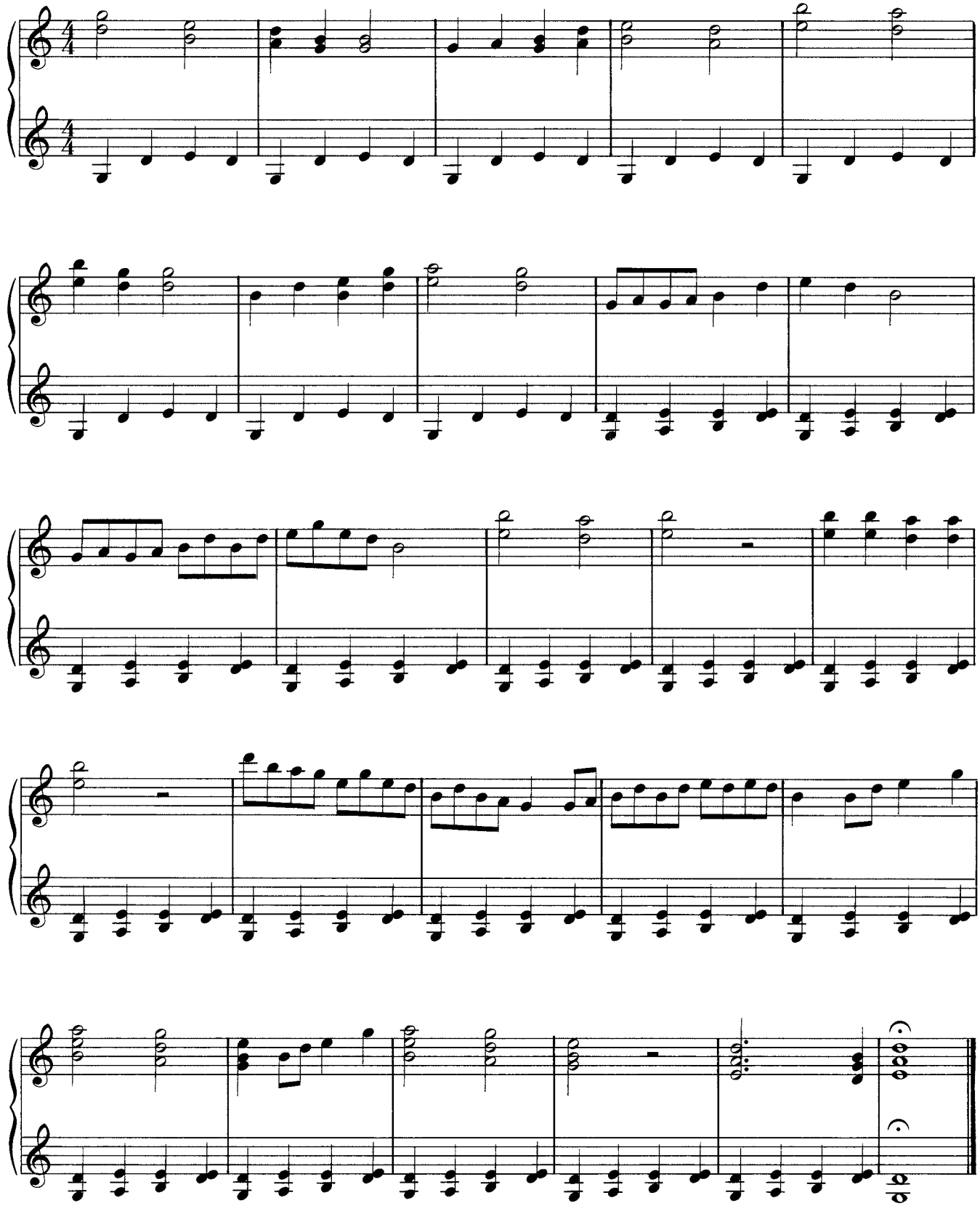
End of Briar Rose

The wicked fairy
Fell into doom
A bush of thorn
That could not bloom
Her heart was changed
By suffering pain
And blossoms began
To grow again.
For many a year
She gave roses away
Back came the good fairies
One summer day.
They touched the bush
With a magic wand
And called her back
Into fairy-land. — *music* —

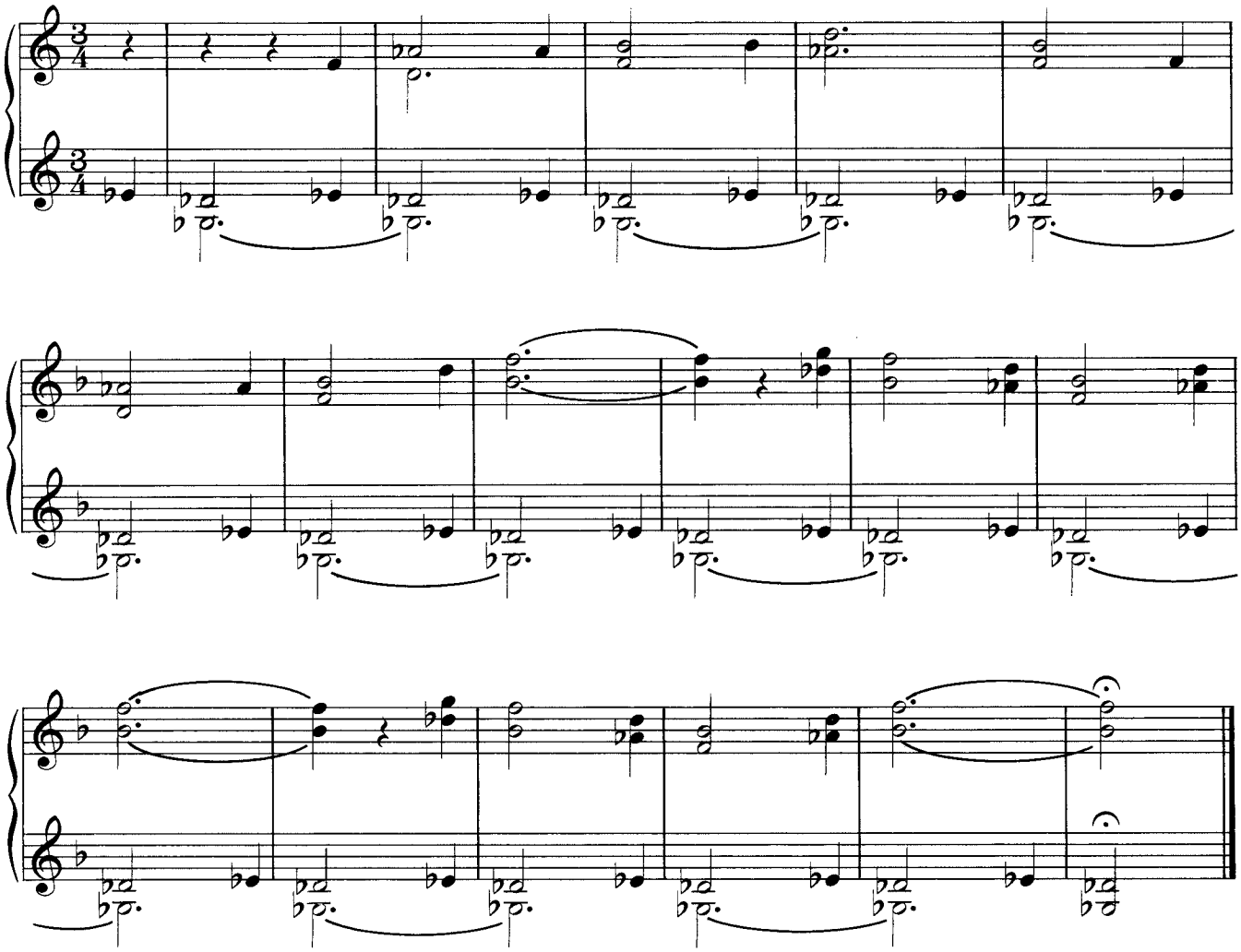
Briar Rose

Entry Music

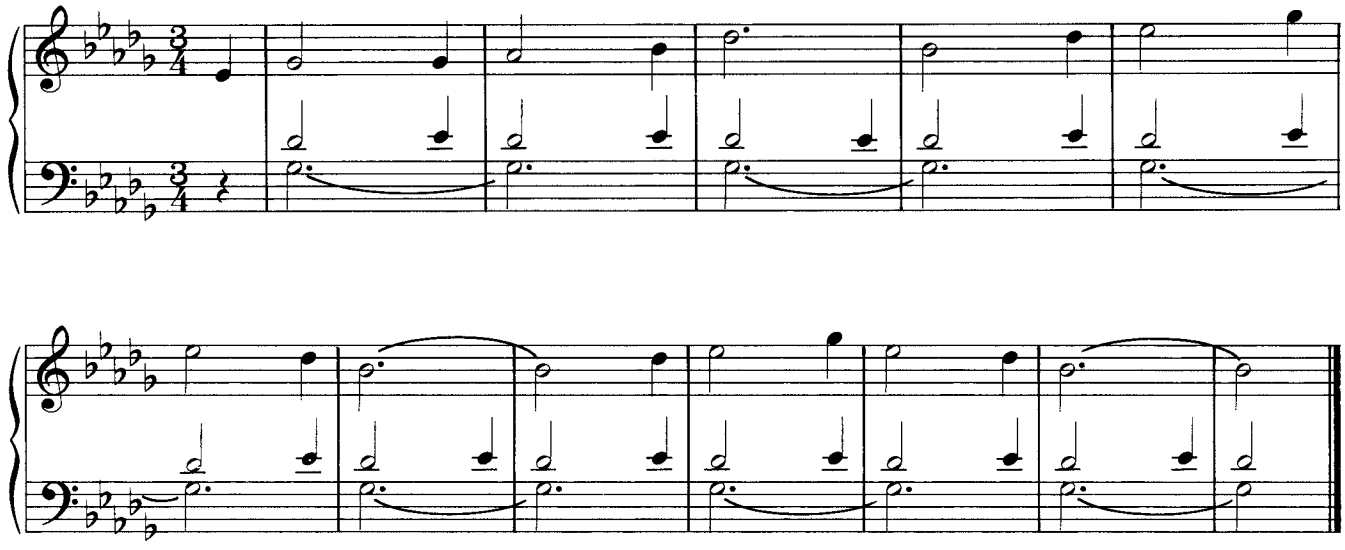
E. Lebret
1975



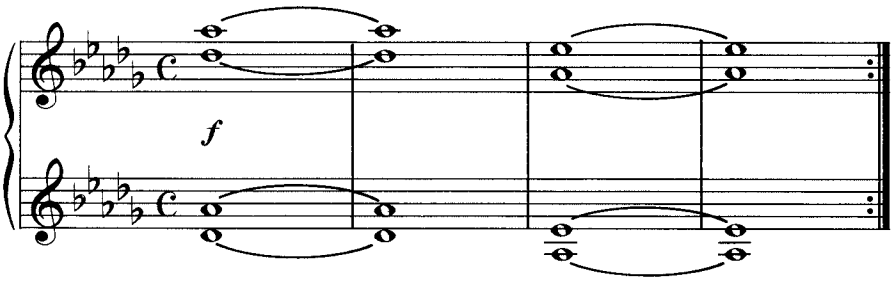
Wicked Fairy



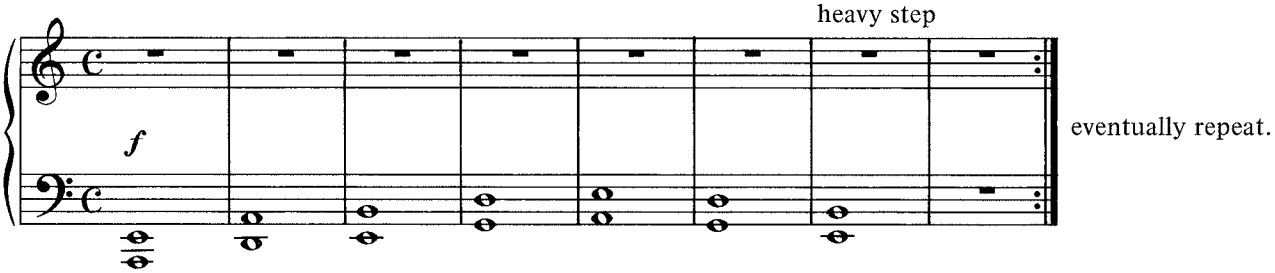
Good Fairy



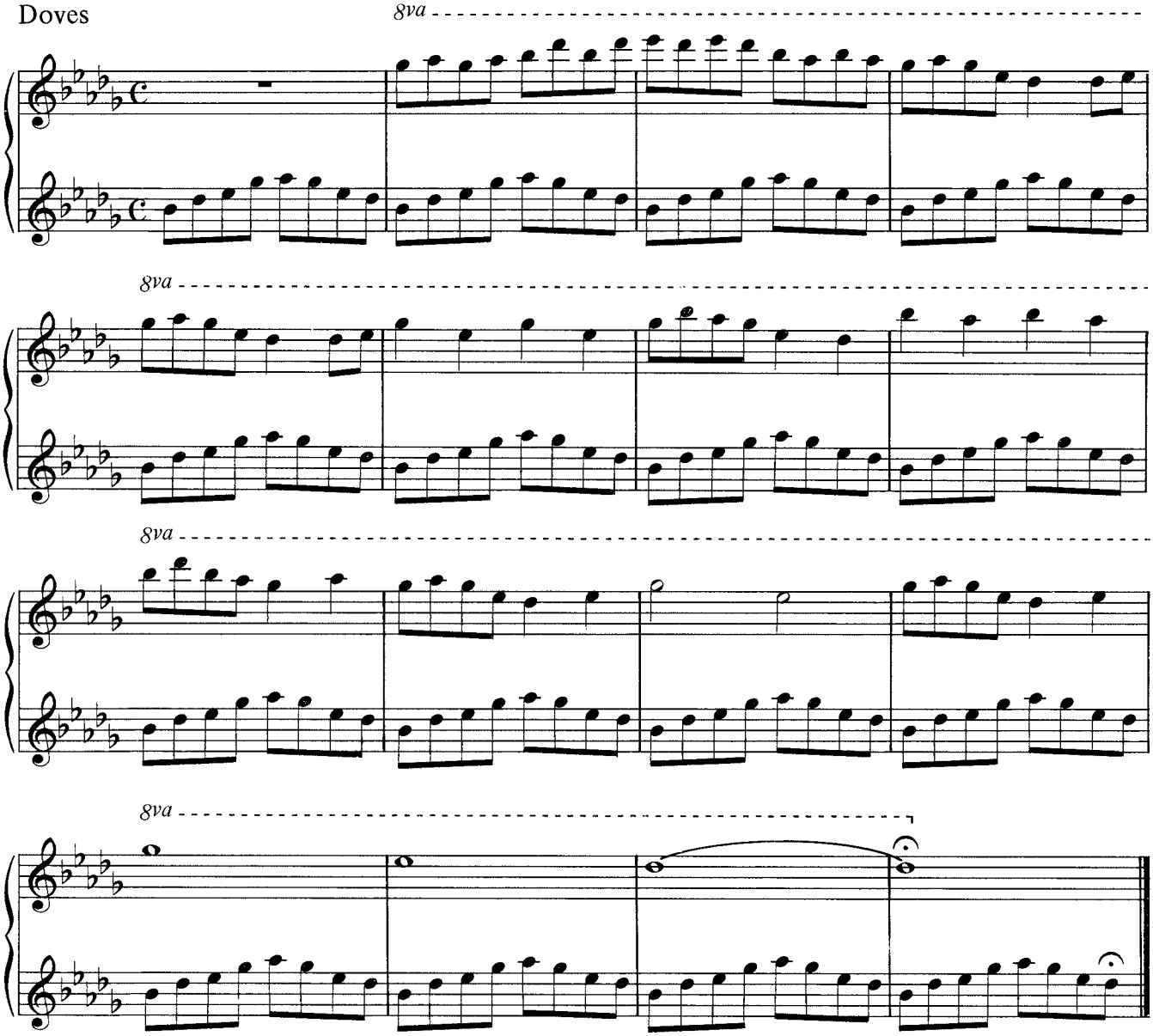
Bells
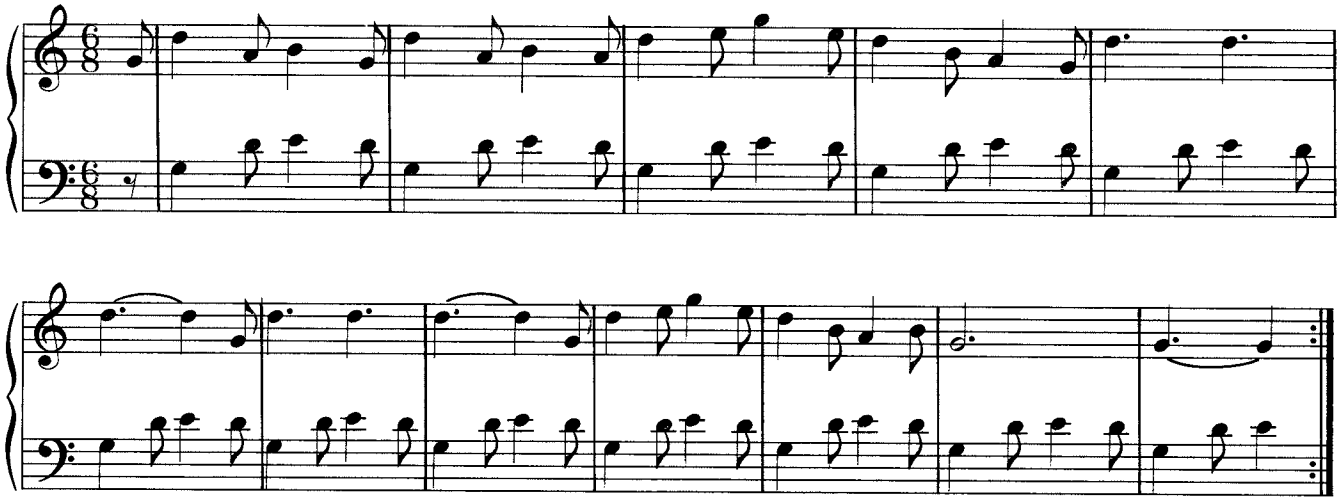


Tower
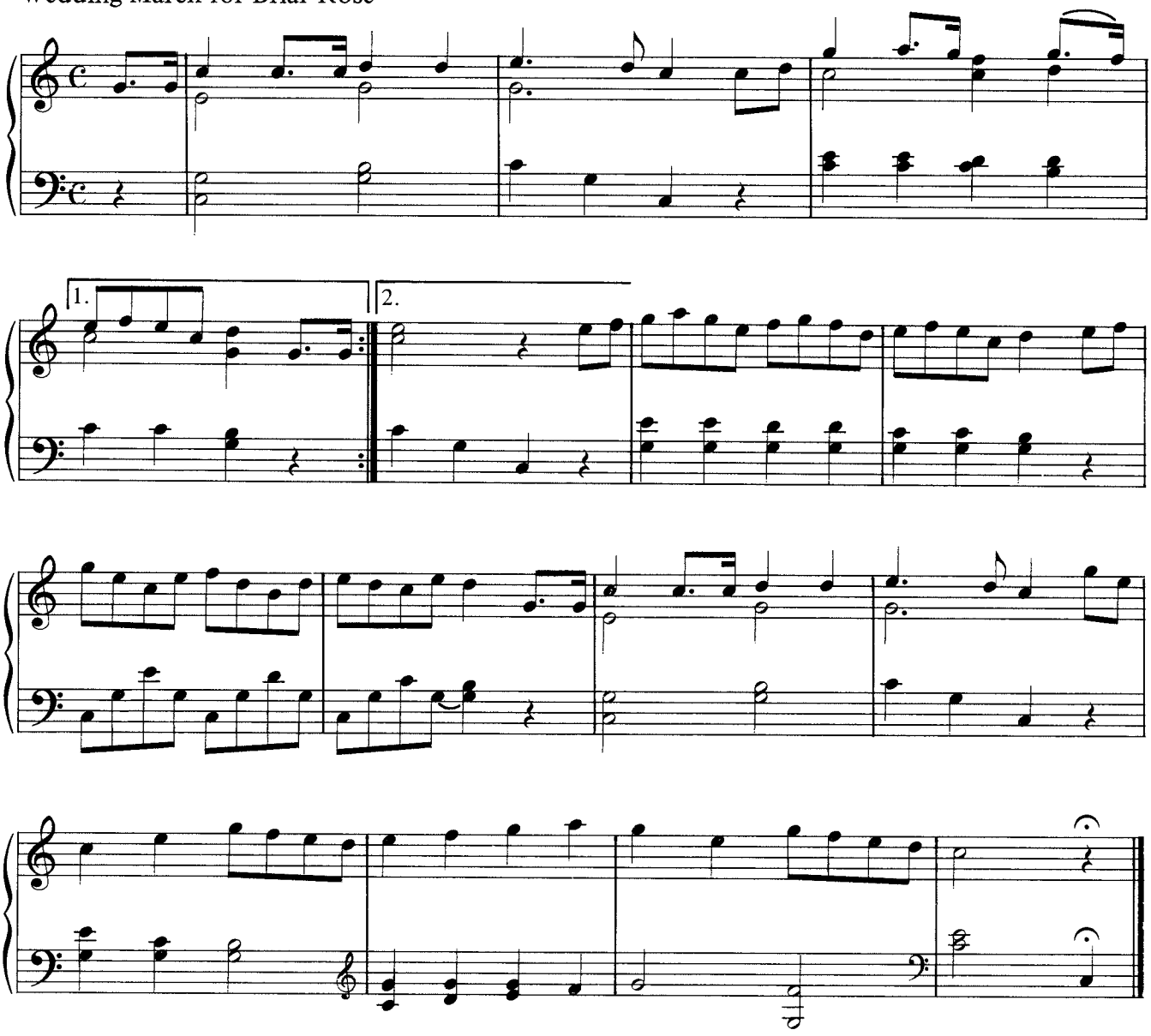


Doves
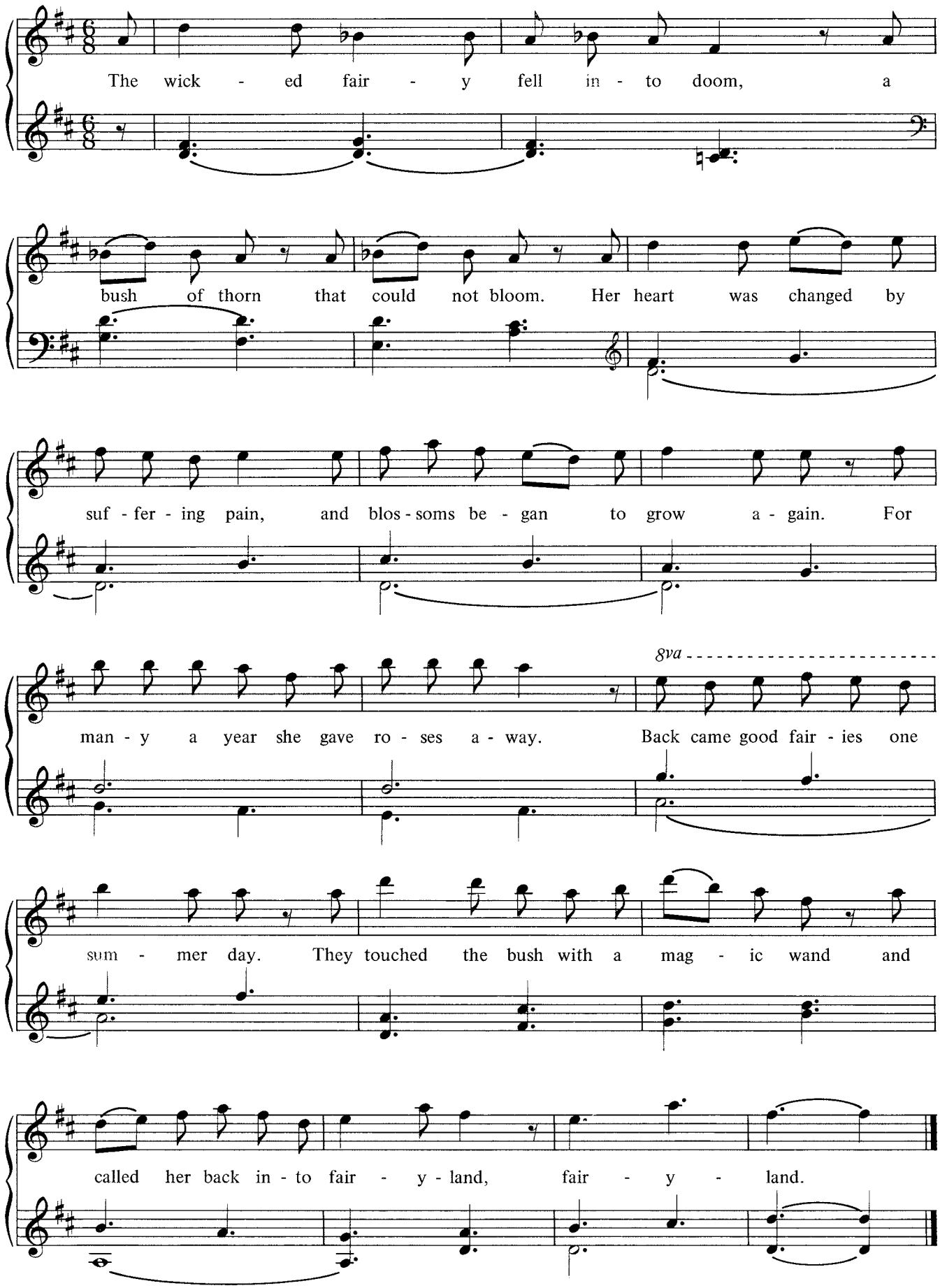


The Prince galloping to Briar Rose's castle



Wedding March for Briar Rose
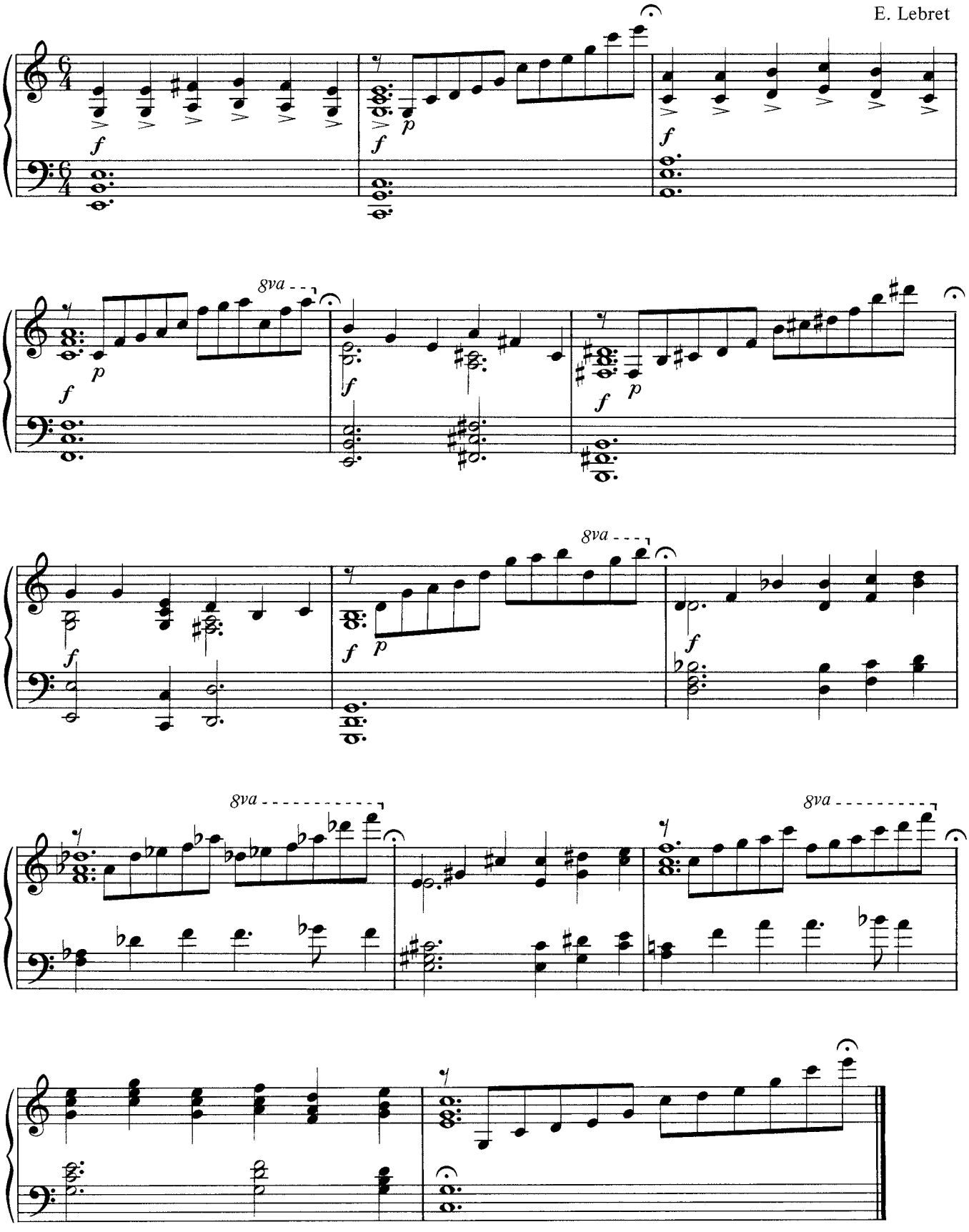


End of "Briar Rose"



Grades I, II

Contraction and Expansion

E. Lebret

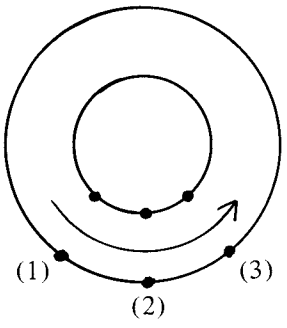


End of Grade I /
Grade II and up

Jig
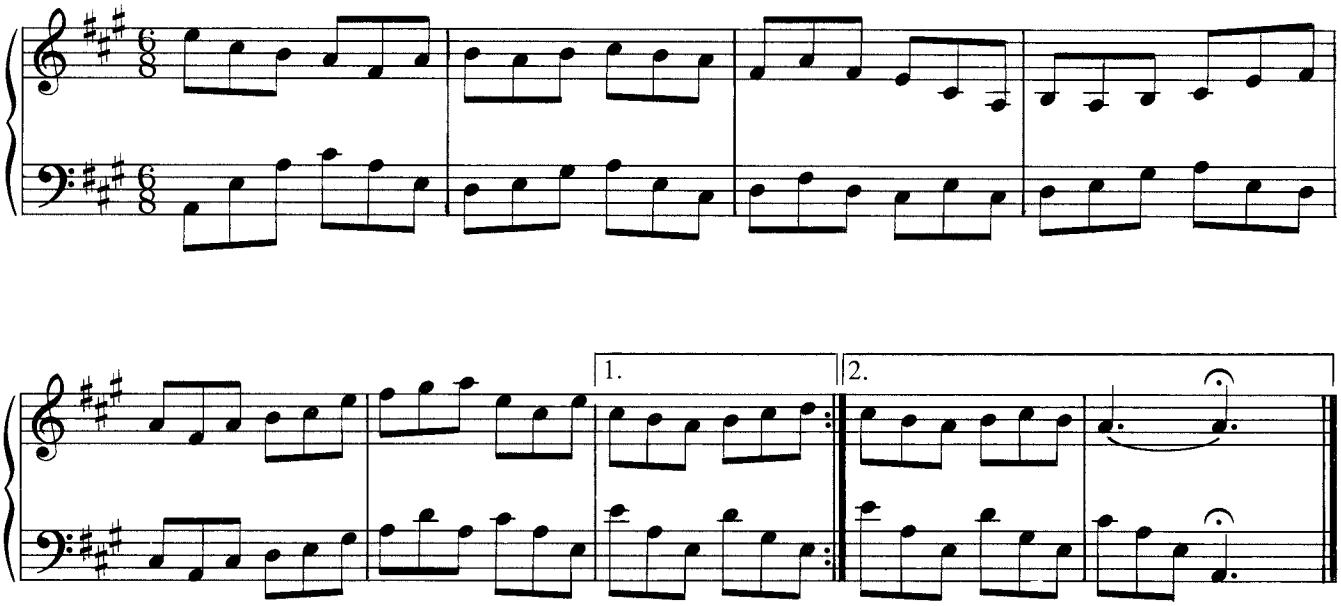
For the little children: two circles going around following each other,
holding hands, facing each other: 1X / 2X.

For older students on one circle: all skipping sideways to the right: 8X
all skipping sideways to the left: 8X
Girls: in (right shoulder leading) 4X, out 4X
Boys: in 4X / out 4X,
all to the right again.



Grade II
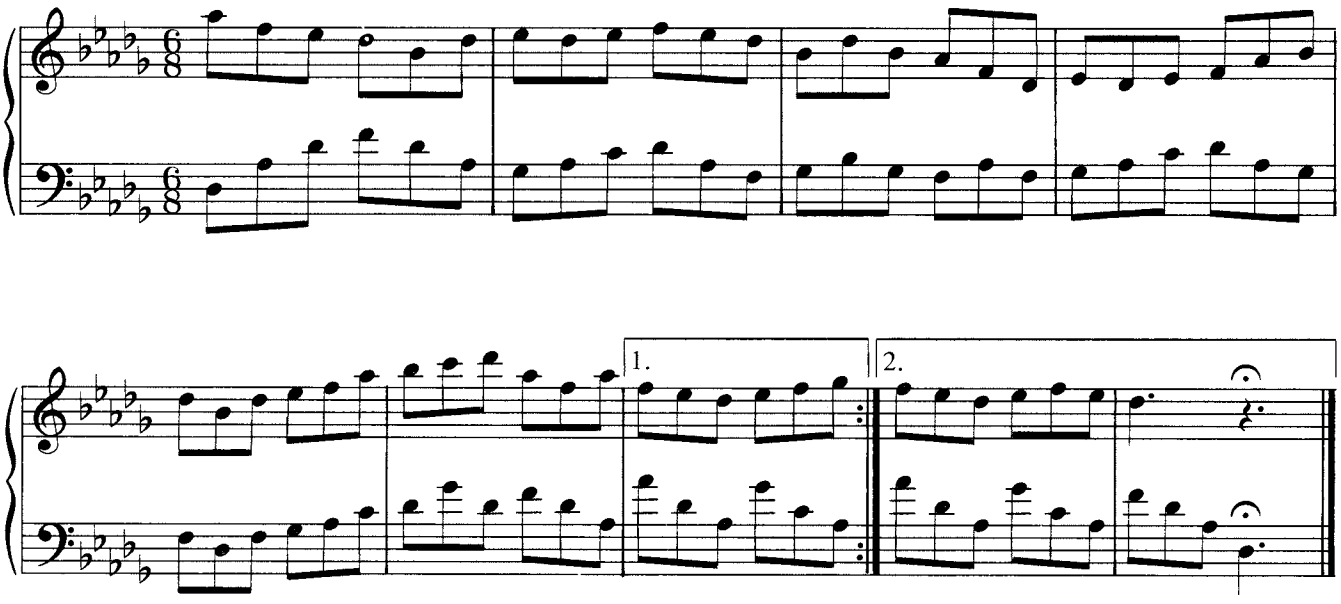
Sun Rods



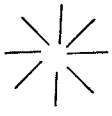
Grade II

Sun Rods

for Christmas-time
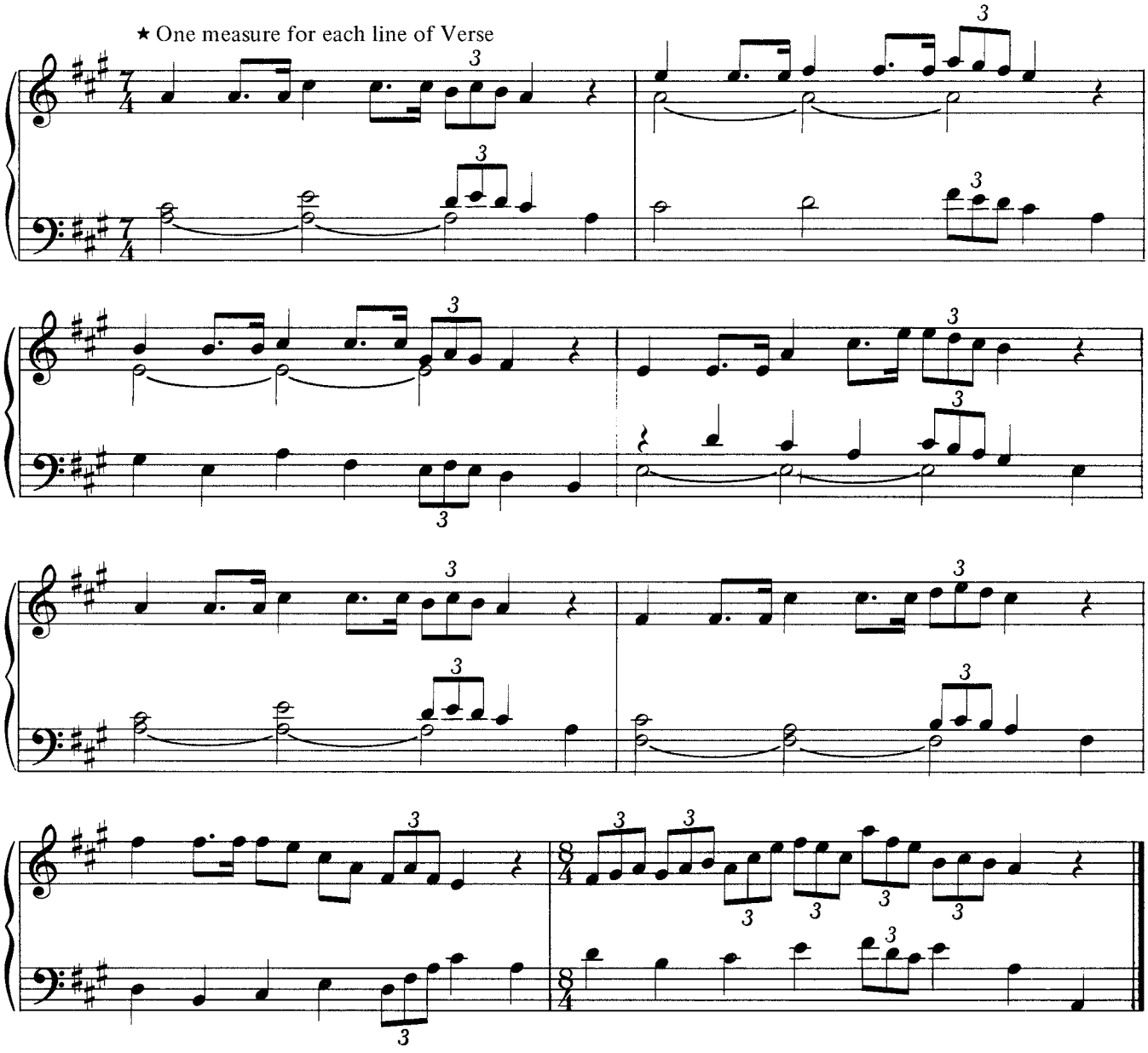


Each child putting its rod into Sun-circle with right hand,
picking up with left hand, carrying it out,
goes in again leaving the rod and go out without.



Grade II

Seven Rivers

Music: E. Lebret
Text: Anon



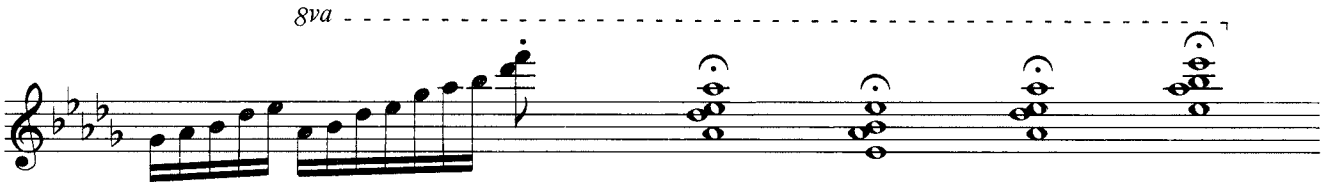
★ 7 rivers are flowing in the deep sea
7 birds are nestling in a high tree
7 stars are shining in the dark night
7 clouds are floating in the gleaming light.

7 fish are swimming in the clear brook
7 owls are hiding in a dark nook
7 cows are munching in the deep grass
7 children are running around the stars.
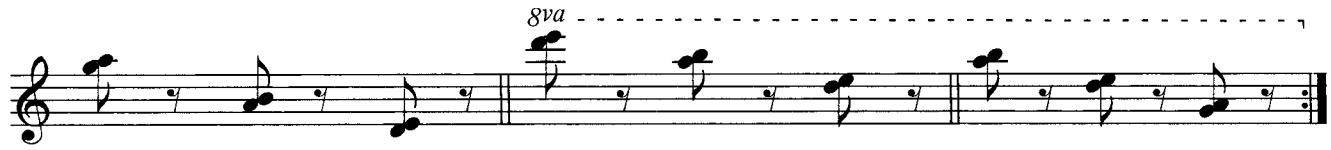
Grade III

Some Ideas for the Creation
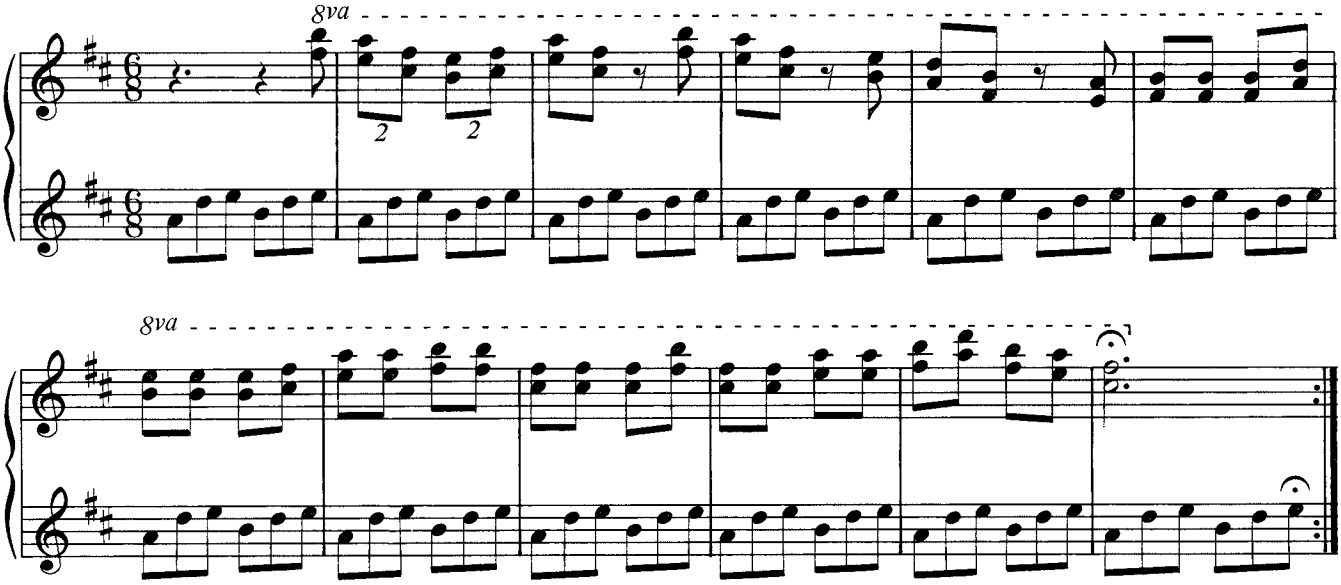
(1) In the beginning God created the Heavens and the Earth.



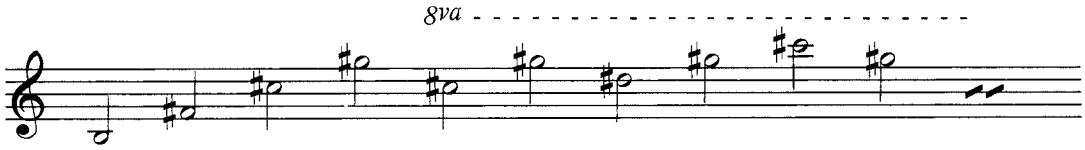
(2) The Earth was without form and void, and darkness was upon the face of the deep.



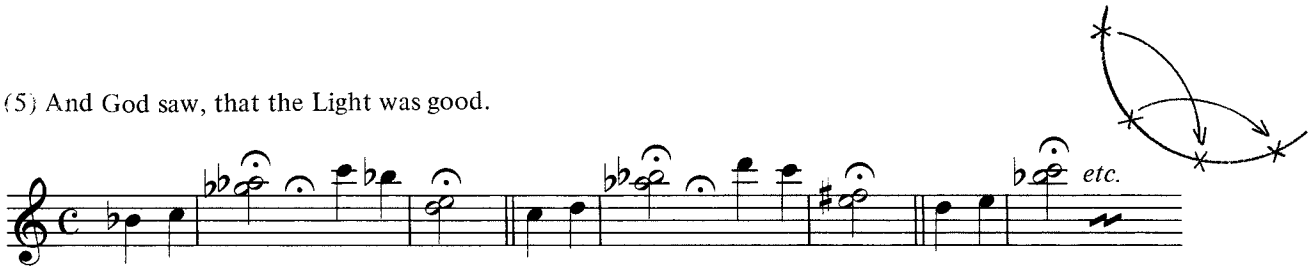
(3) And the Spirit of God was moving over the Waters.
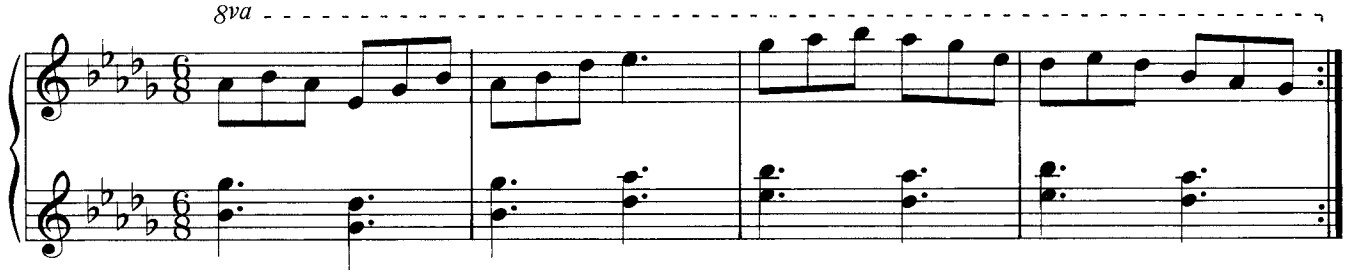


(4) And God said: "Let there be light." And there was Light.



(5) And God saw, that the Light was good.
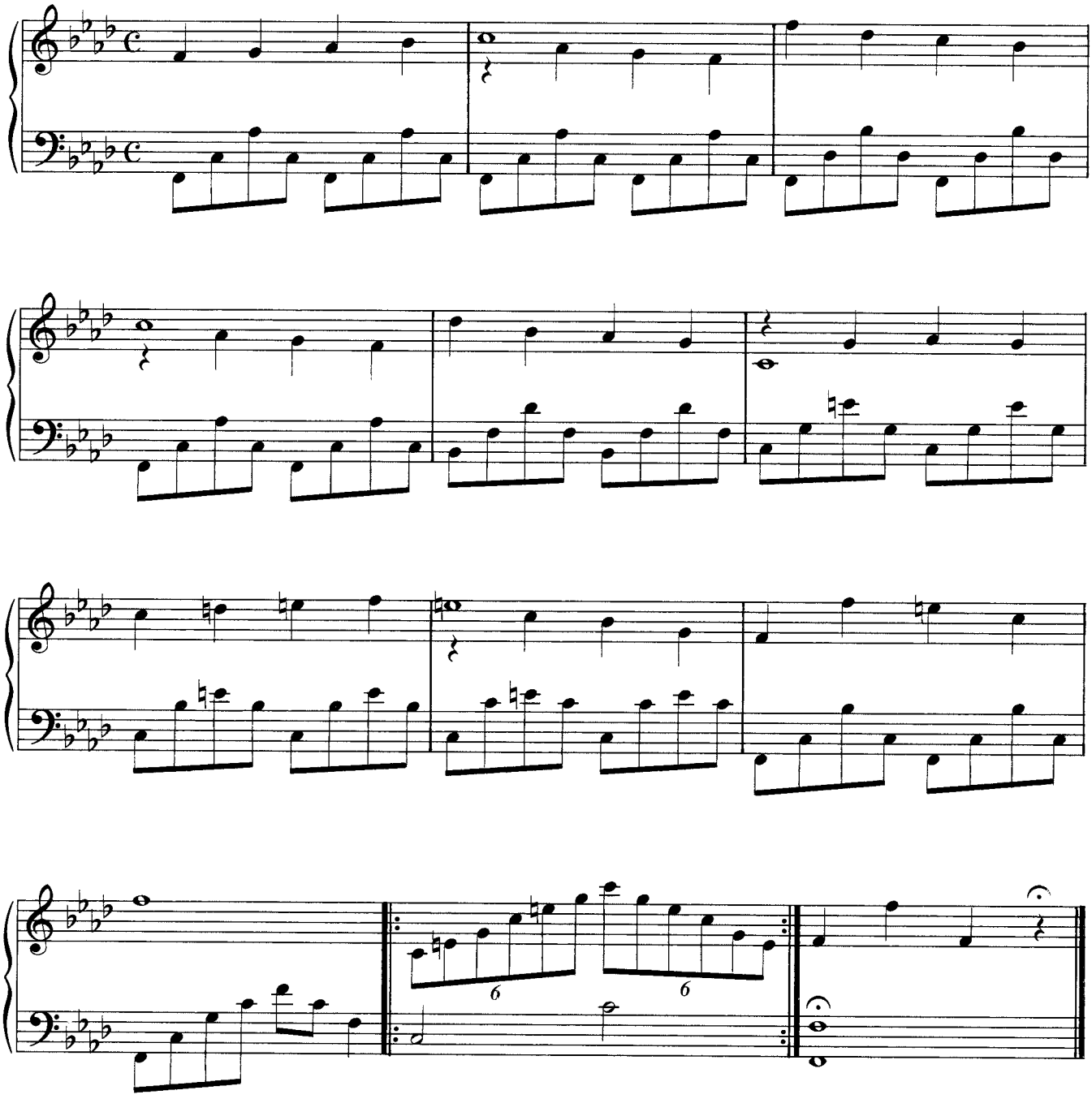


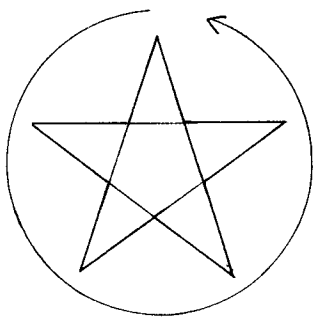
(6) And God called the Light – Day – and the Darkness he called Night.
And there was Morning and there was Evening. The First Creation Day!



Grade III
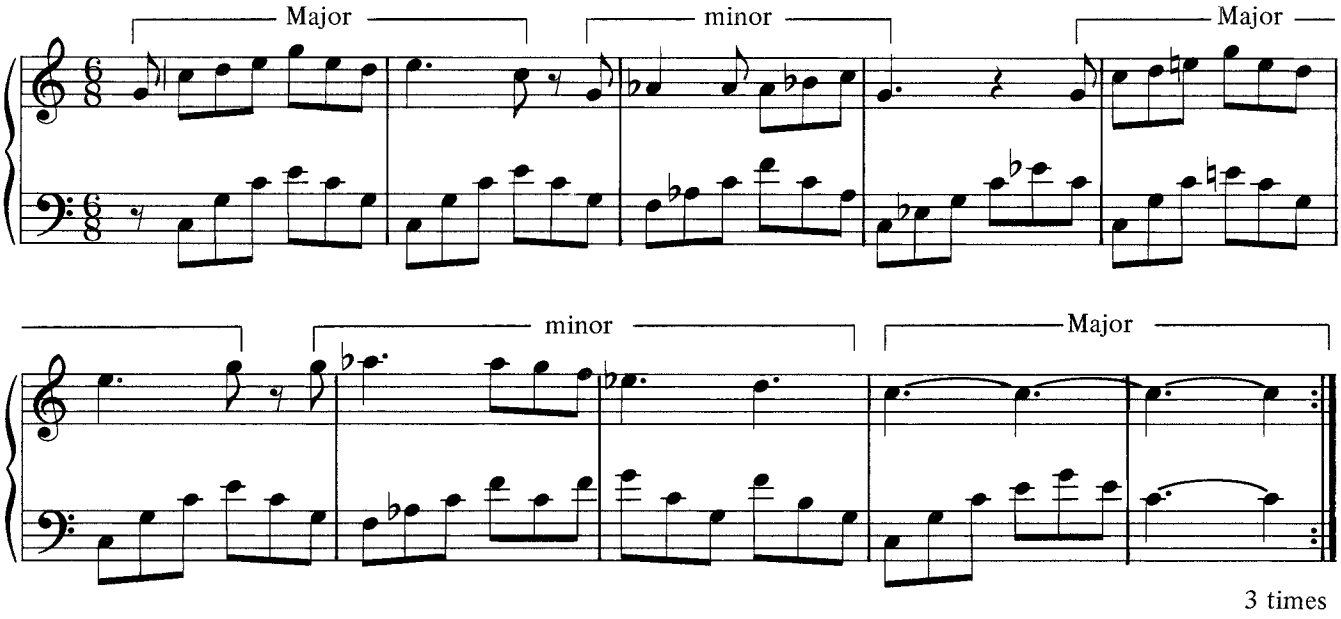
Pentagram





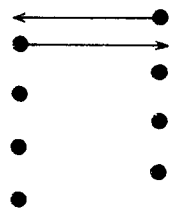
Grades III, IV

Major - minor



3 times
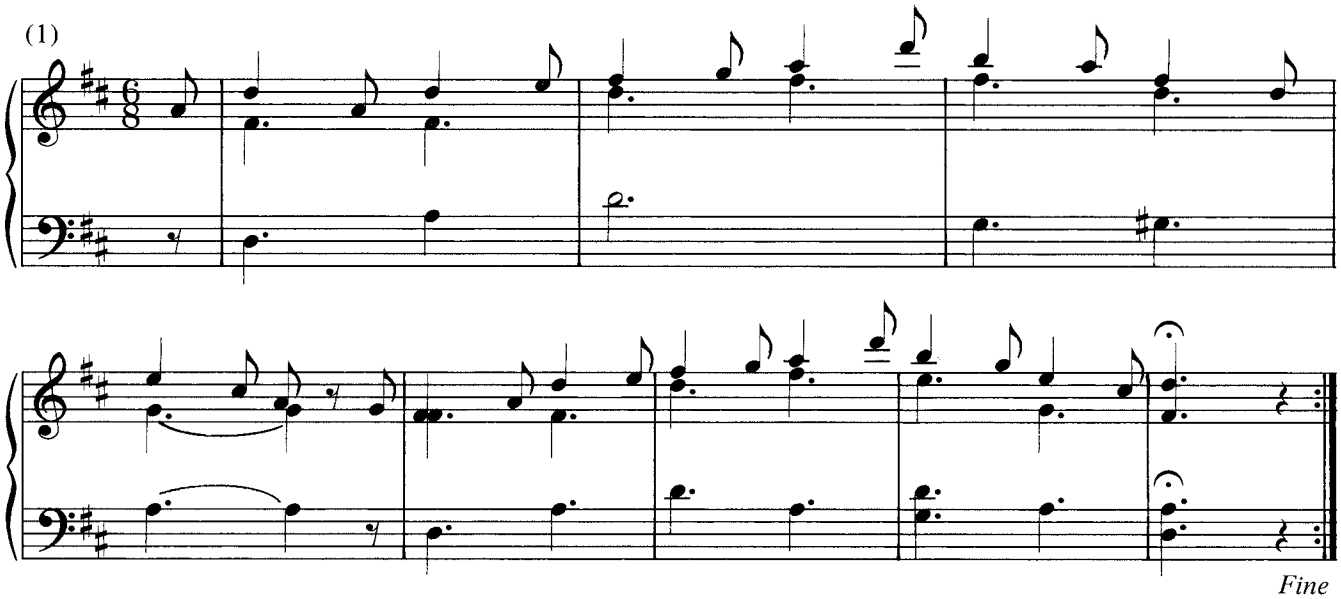
End of a lesson, standing: Major: O - U gesture
minor: A - E gesture



Grade IV

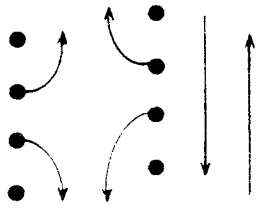
Weaving

(1)
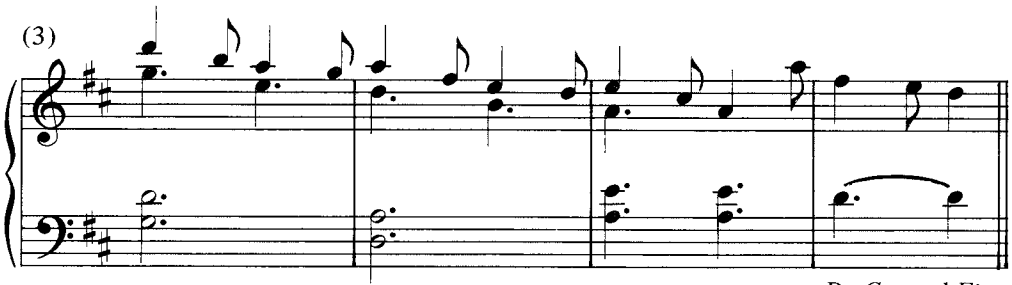


Fine

(2)
Silent transition



(3)
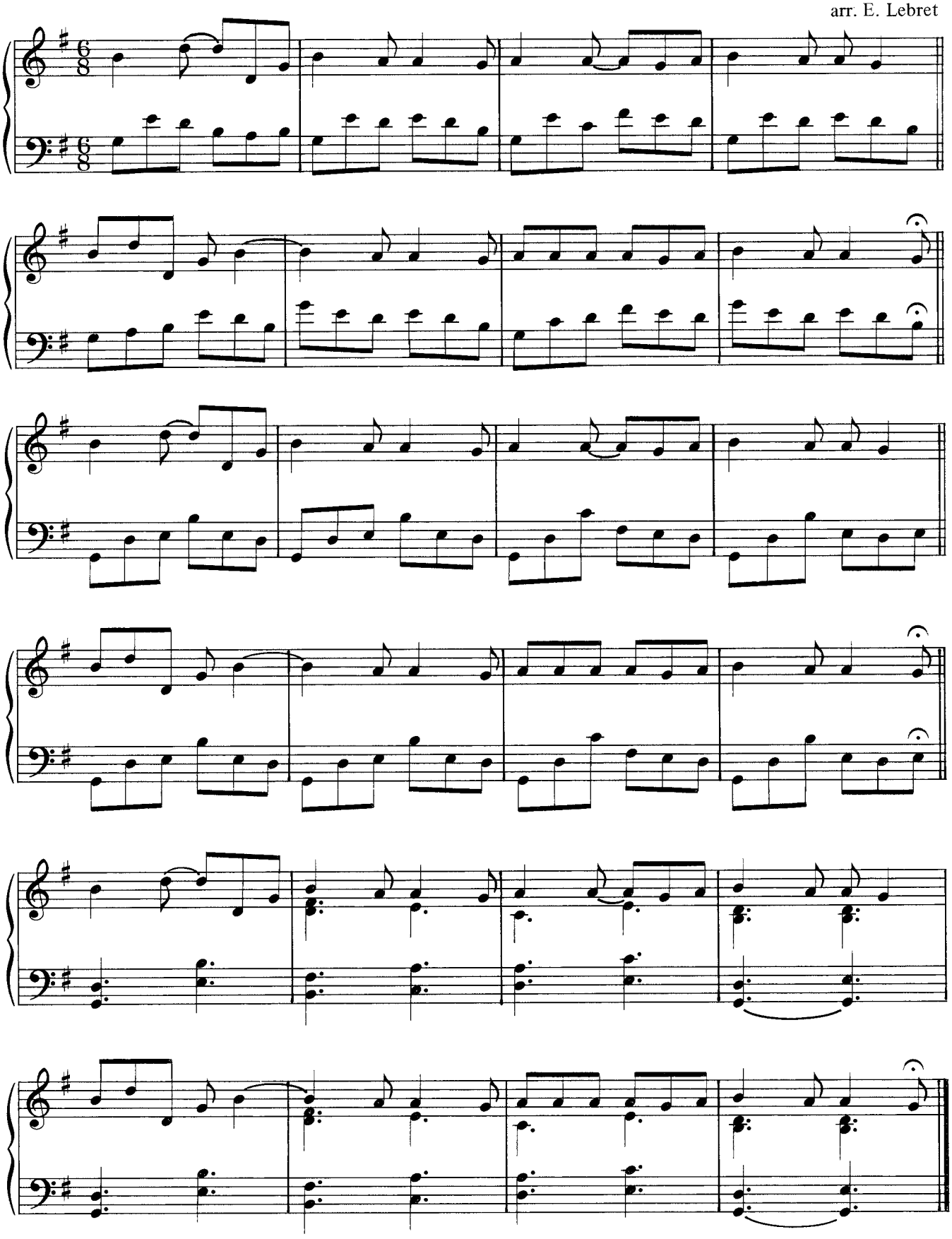


Da Capo al Fine

Grade IV

The Dairymaid's Croon

From: "Songs of the Hebrides" Volume I (page 75)

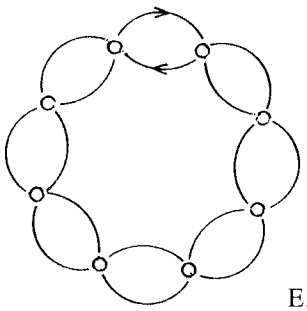
arr. E. Lebret



Grade V

Persephone I
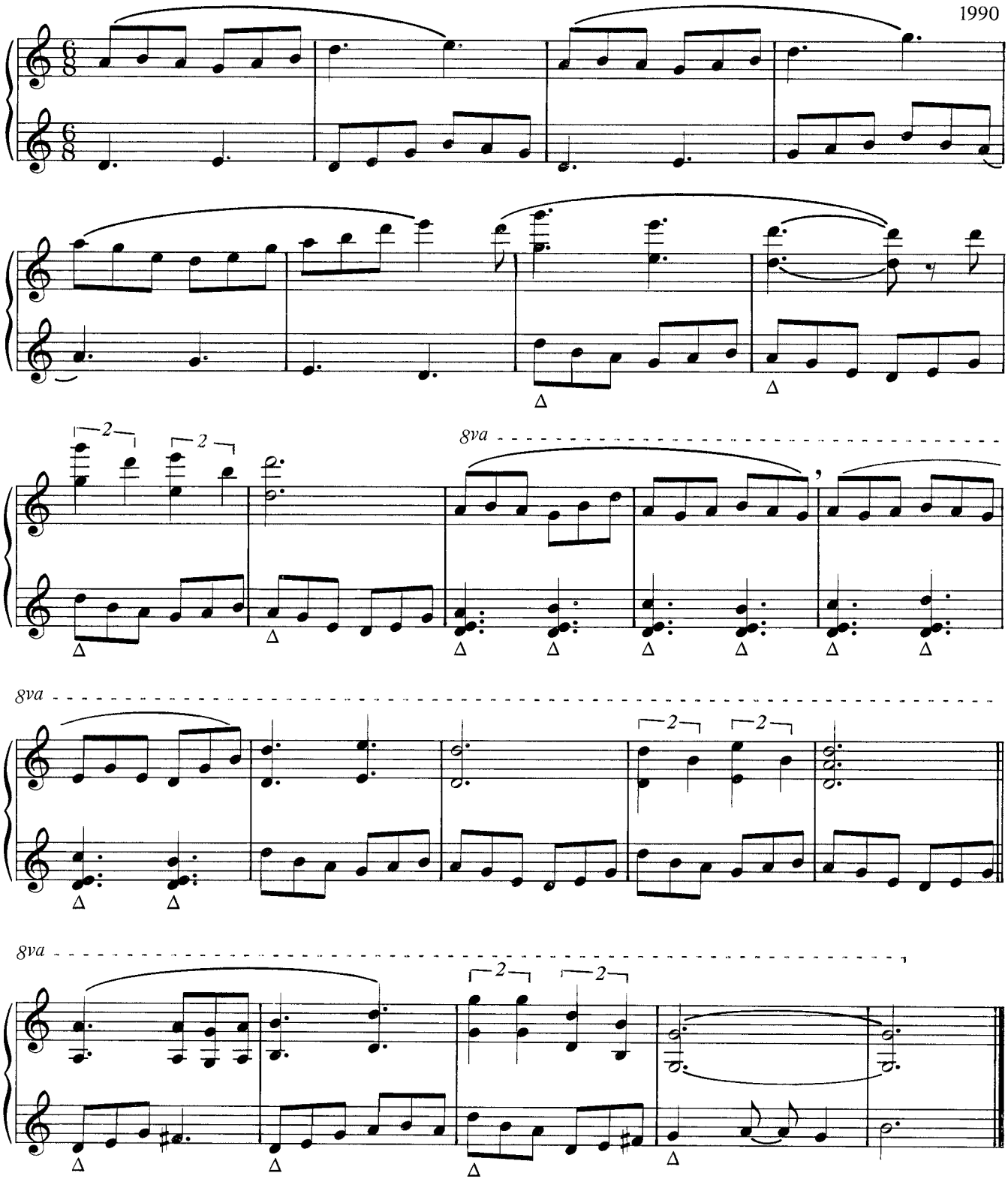
Greek play by Rosemary Gebert



Δ is triangle

Dance of the maidens

E. Lebret
1990



Grade V
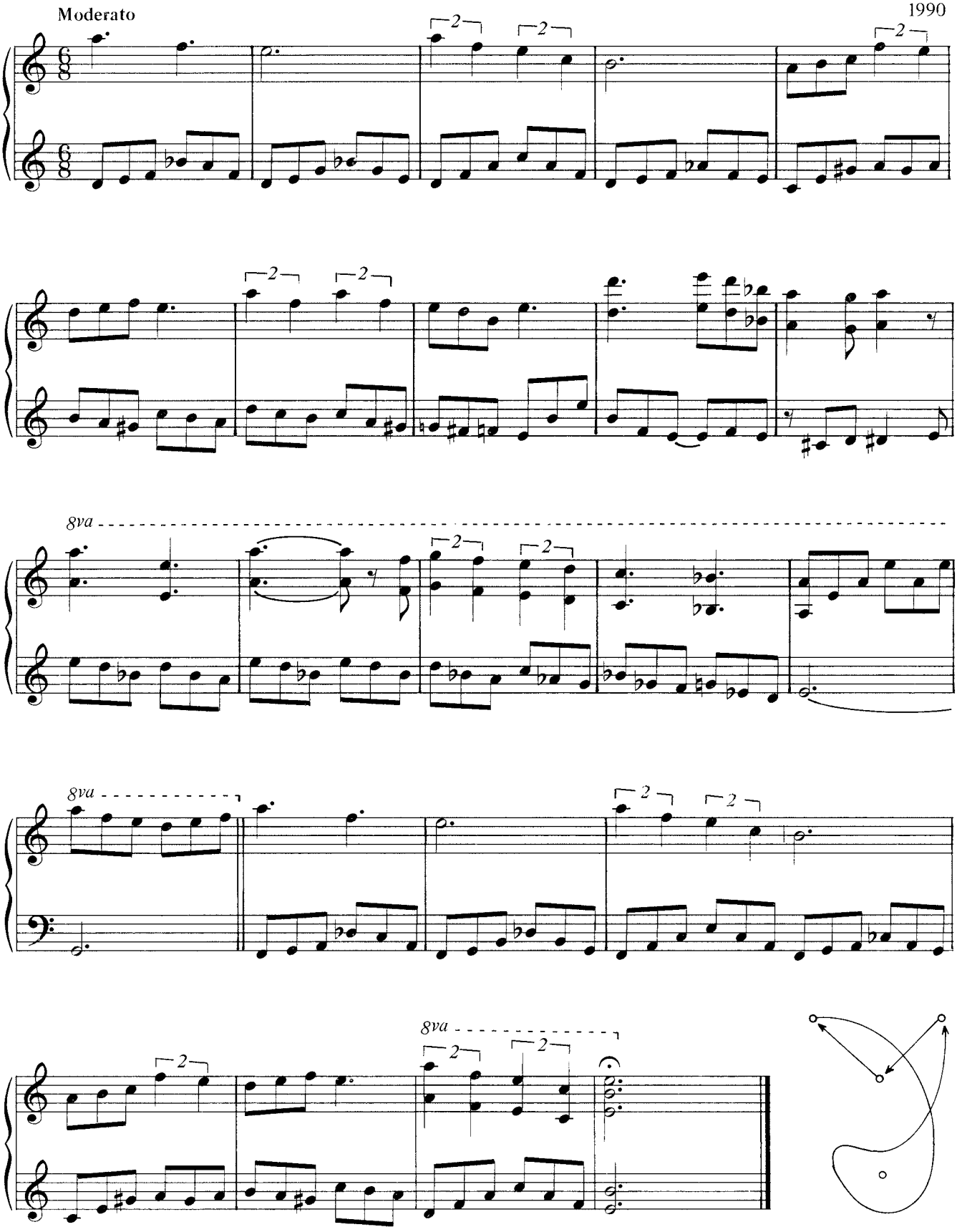
Persephone II

Greek play by Rosemary Gebert

Sad Dance

E. Lebret
1990

Moderato



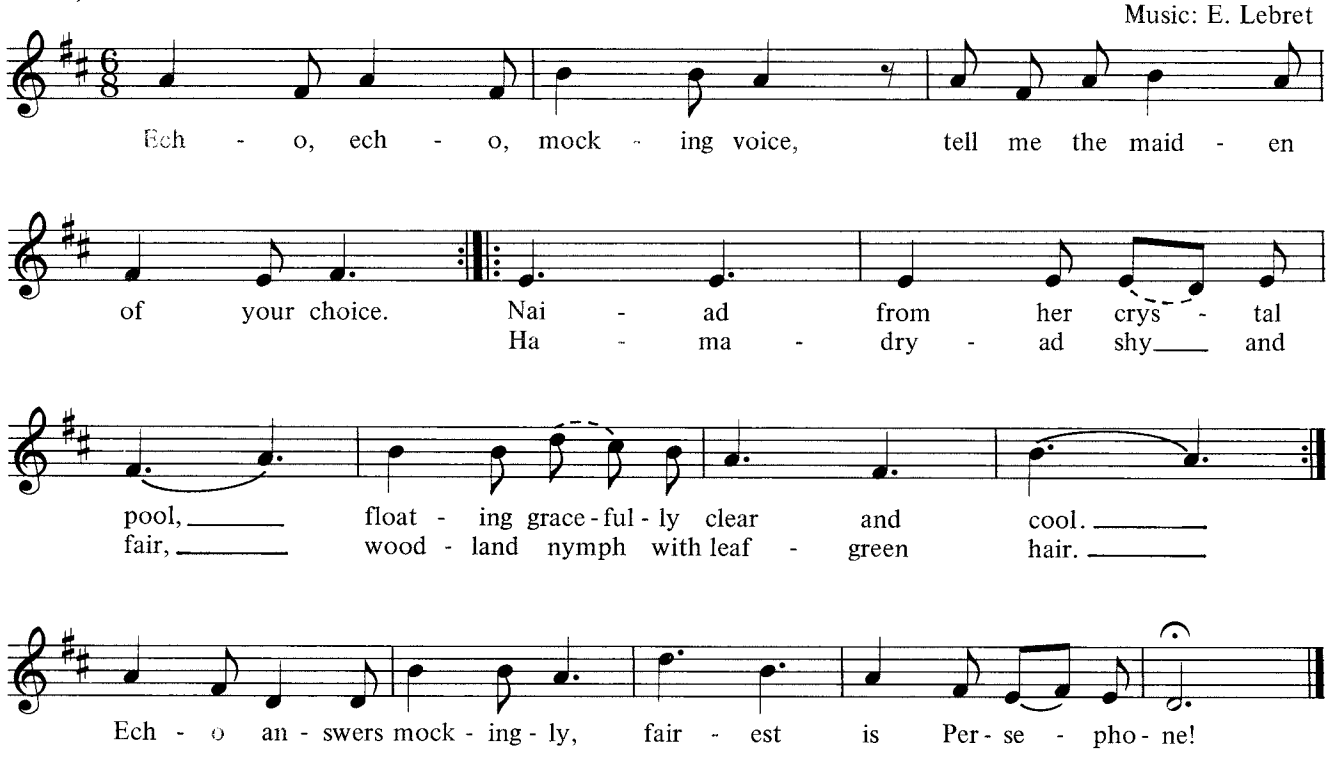
Grade V

Persephone III

Greek play by Rosemary Gebert

Echo, echo . . .

Music: E. Lebret



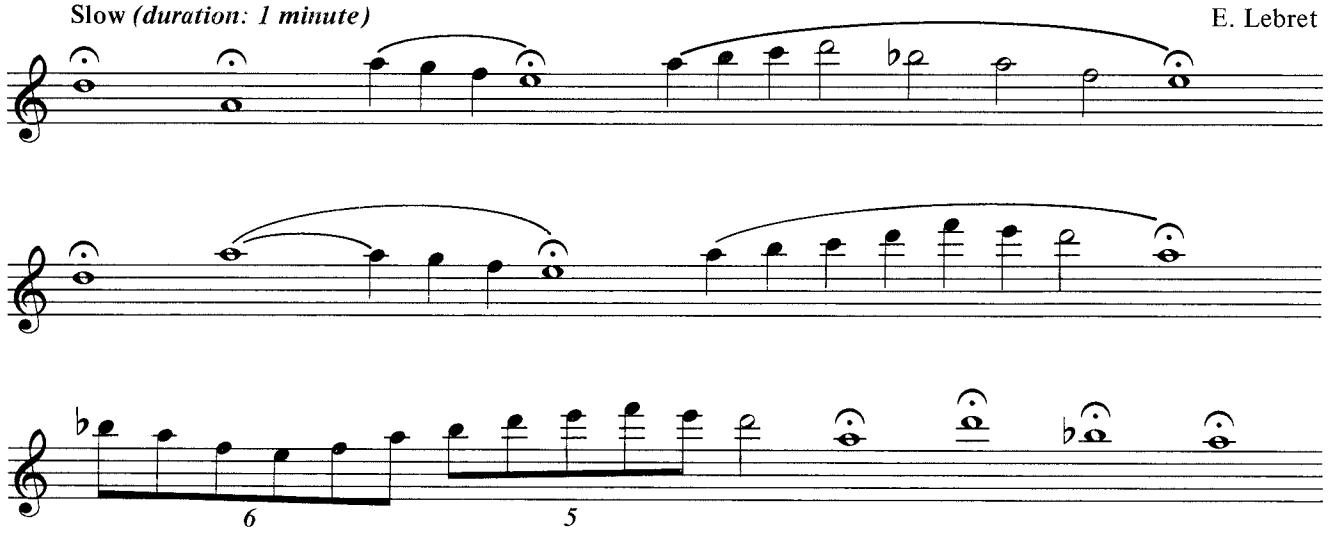
Grade V

Antigone's Death

Spandeion Melos (Sacrilegious Song)

Slow *(duration: 1 minute)*

E. Lebret
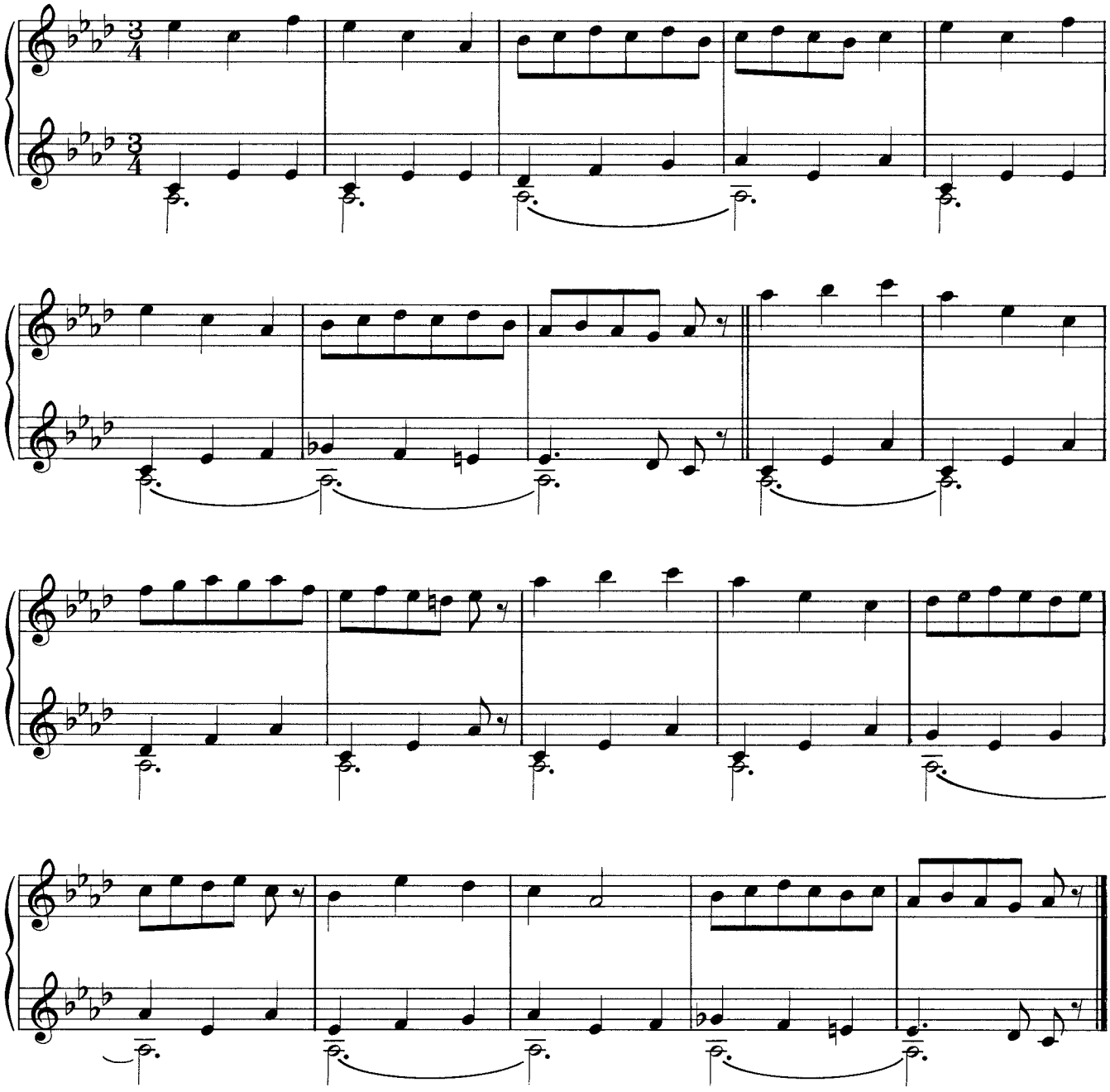


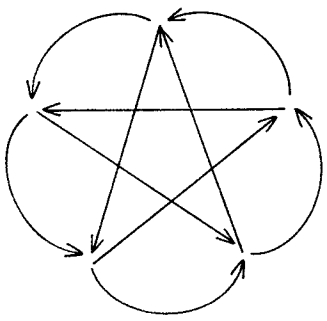
"The impression this made (in the Greek time!) was tremendous. It must have been a call to man's inner being, lowering into earth's realms. This is Orpheus going into the Hades, the underworld."

(from: "Lebendige Tonwelt" by Hermann Pfrogner)

Grade V
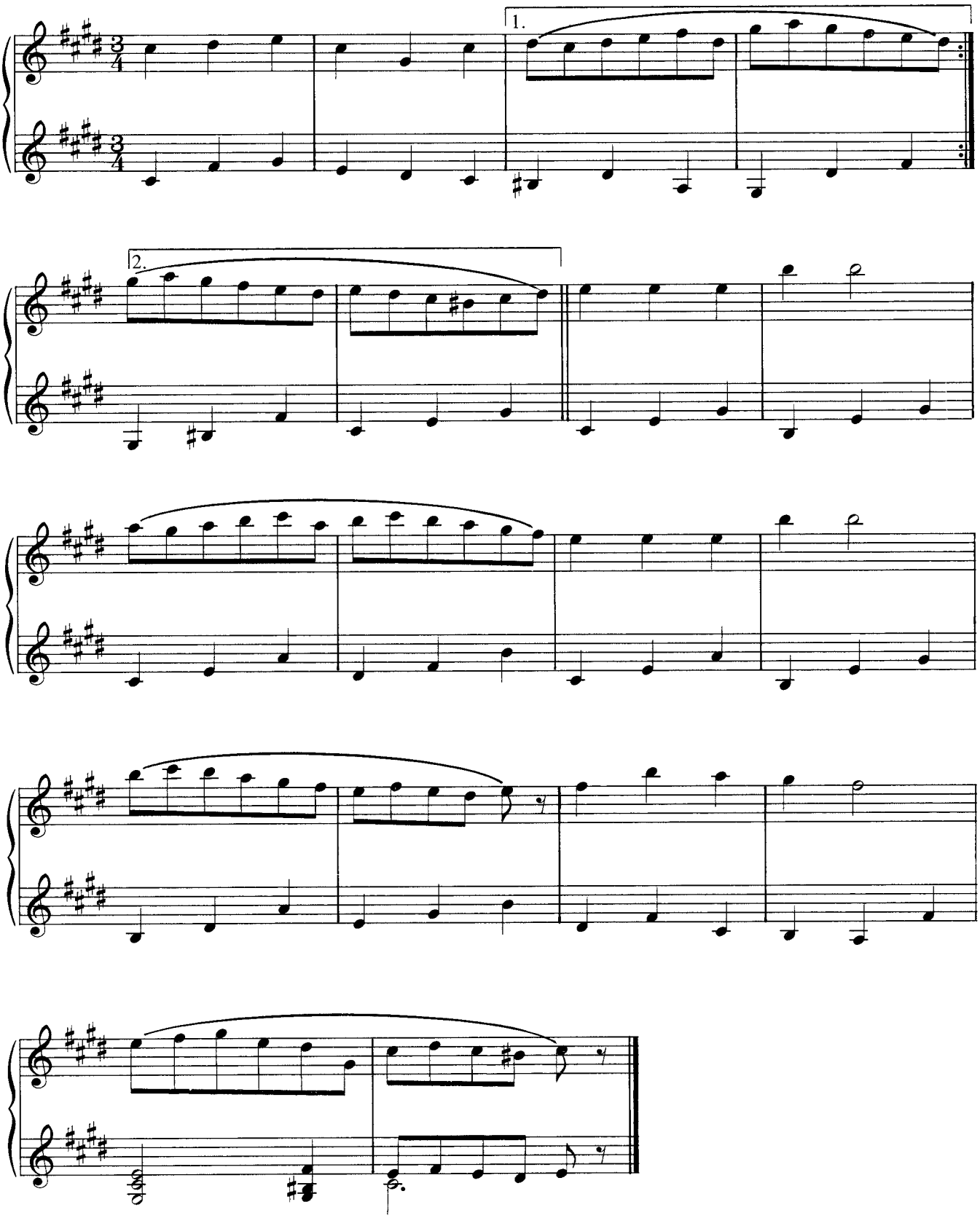
Major form
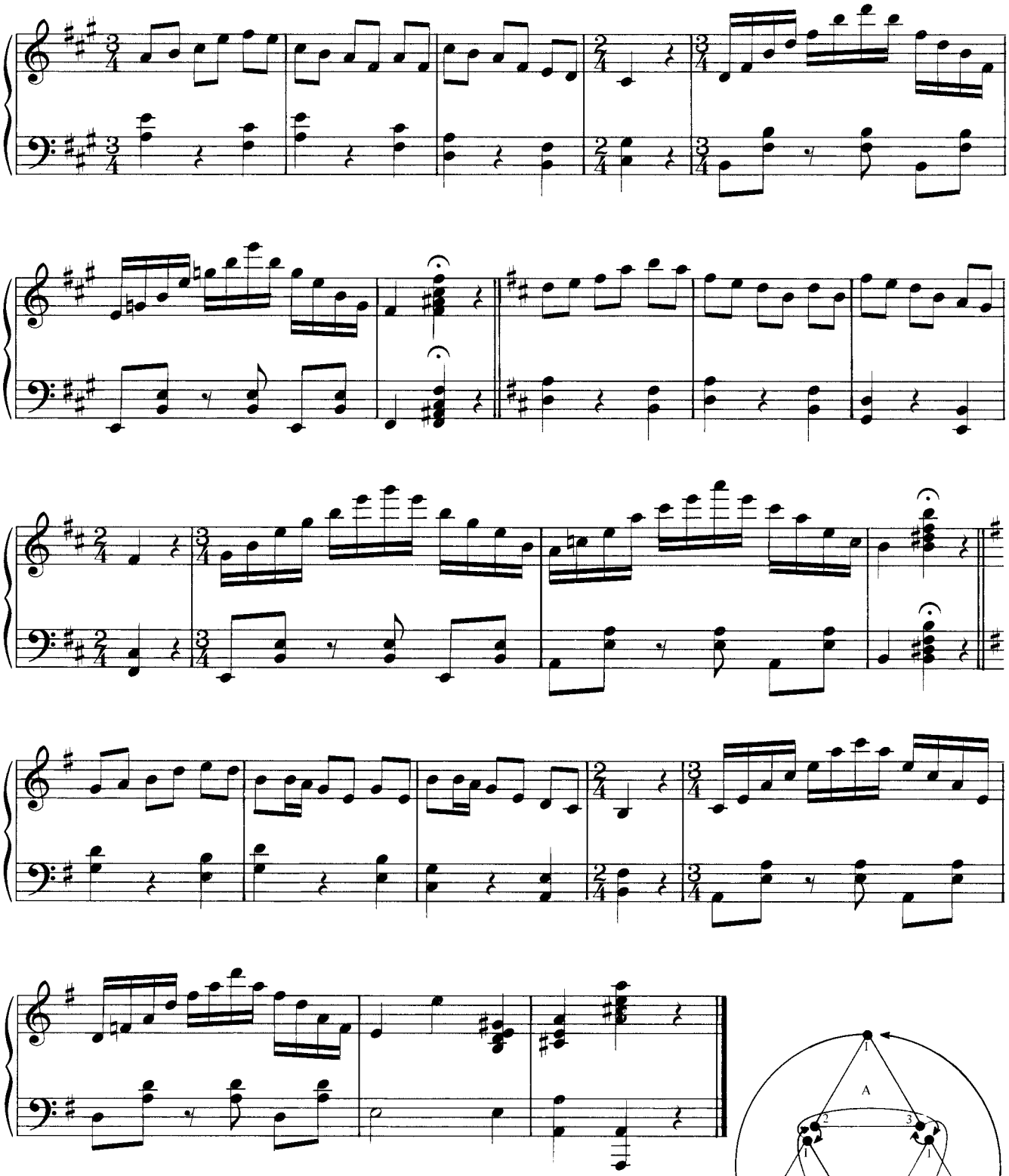




Grade V

Minor form



Grade VI

Triangle - Transition
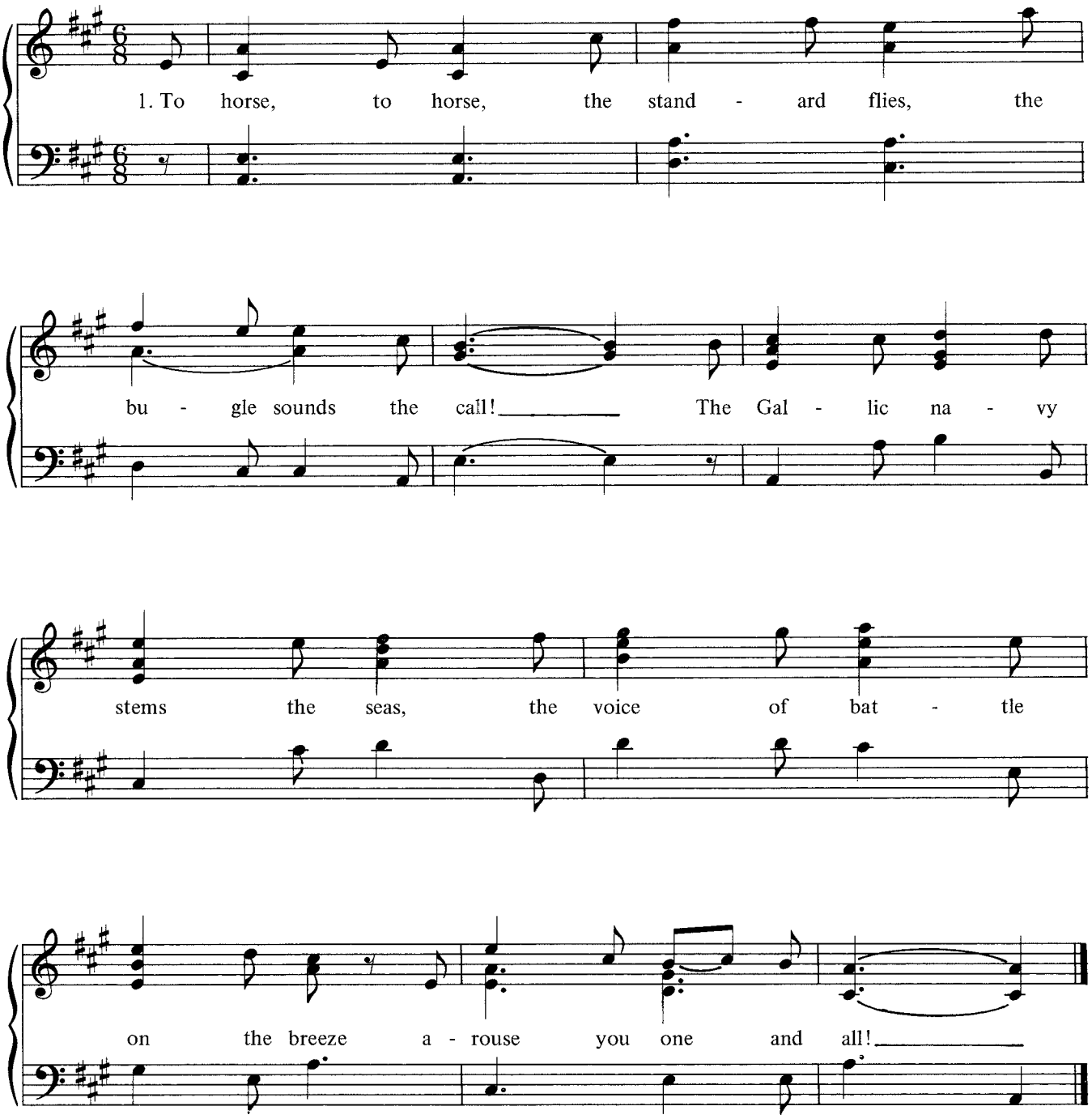


Transition: A - B - C

A - B =	B - C =	C - A =
1 to 2	3 to 2	1 to 3
2 to 1	1 to 1	2 to 2
3 to 3	2 to 3	3 to 1

Grade VI

To Horse! To Horse!

Sir Walter Scott
Music: E. Lebret
1989
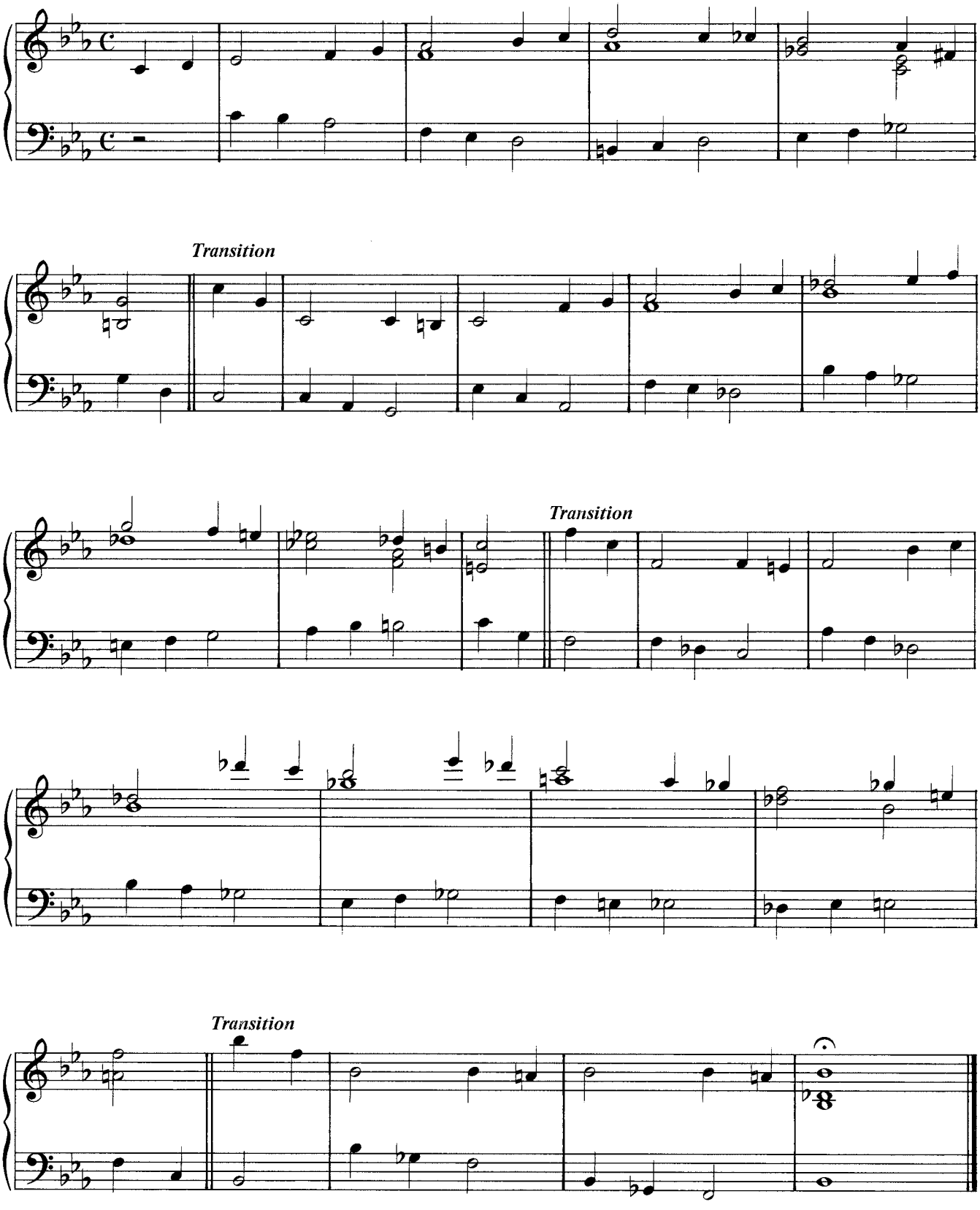


2. To horse, to horse! The sabre gleam
High sounds the bugles call!
Combined by the honours sacred tie
Our word is "free" and "liberty"
March forward, one and all!

Grades V, VI, VII

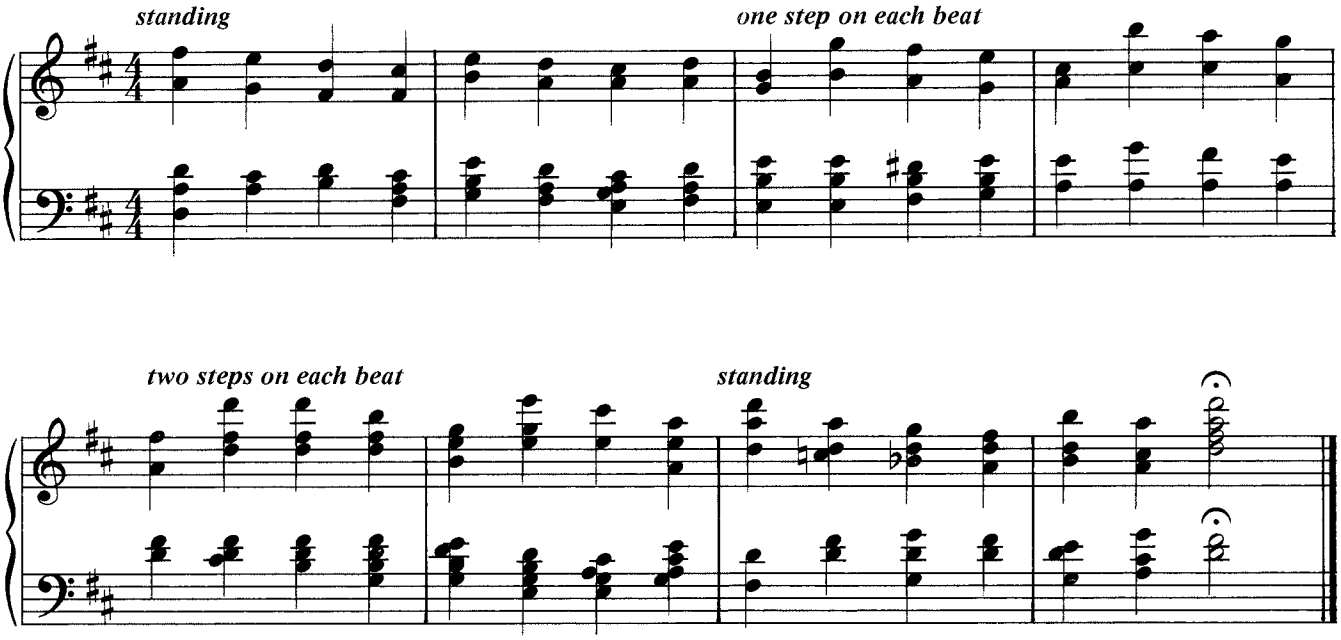
Energy Dance

from v.d. Palts re-harmonized
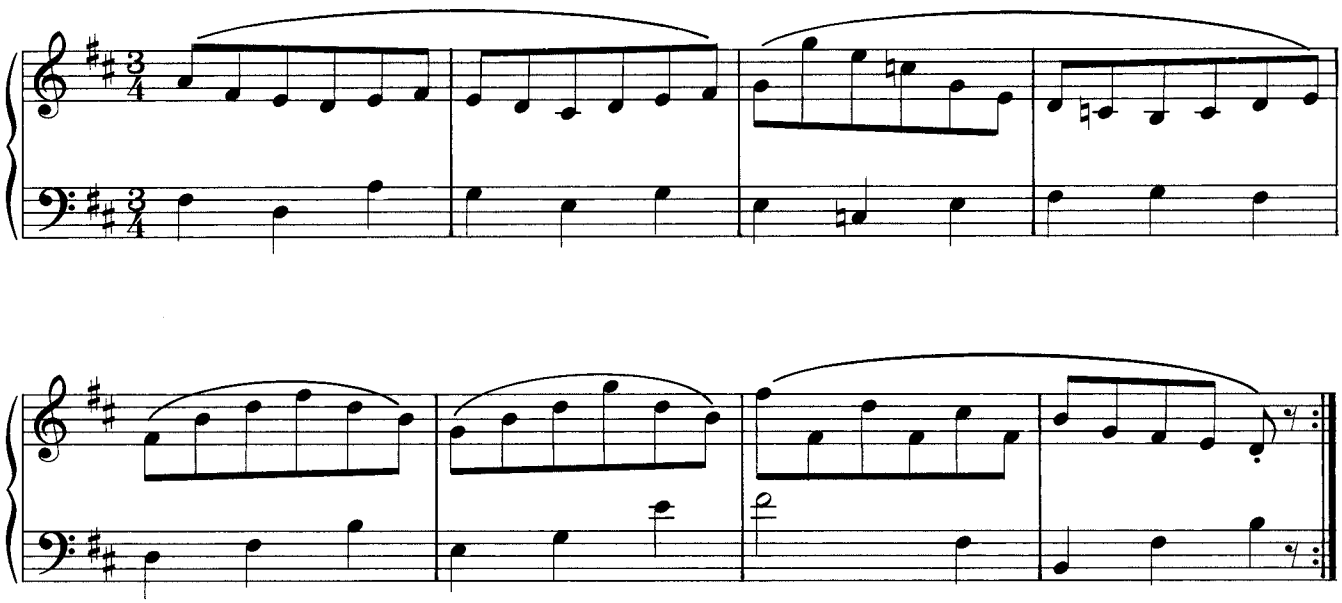


7 Part Rod Exercise

Grades VI, VII, VIII



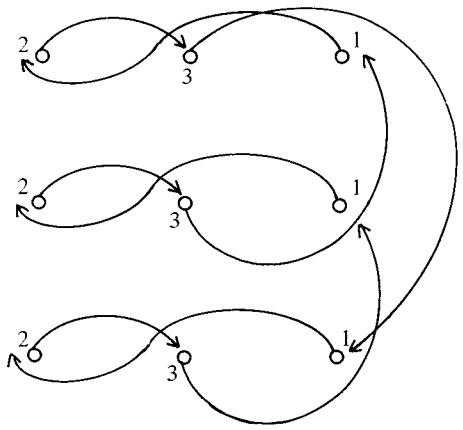
Harmonic Eight with Rod

Grade VIII & High School
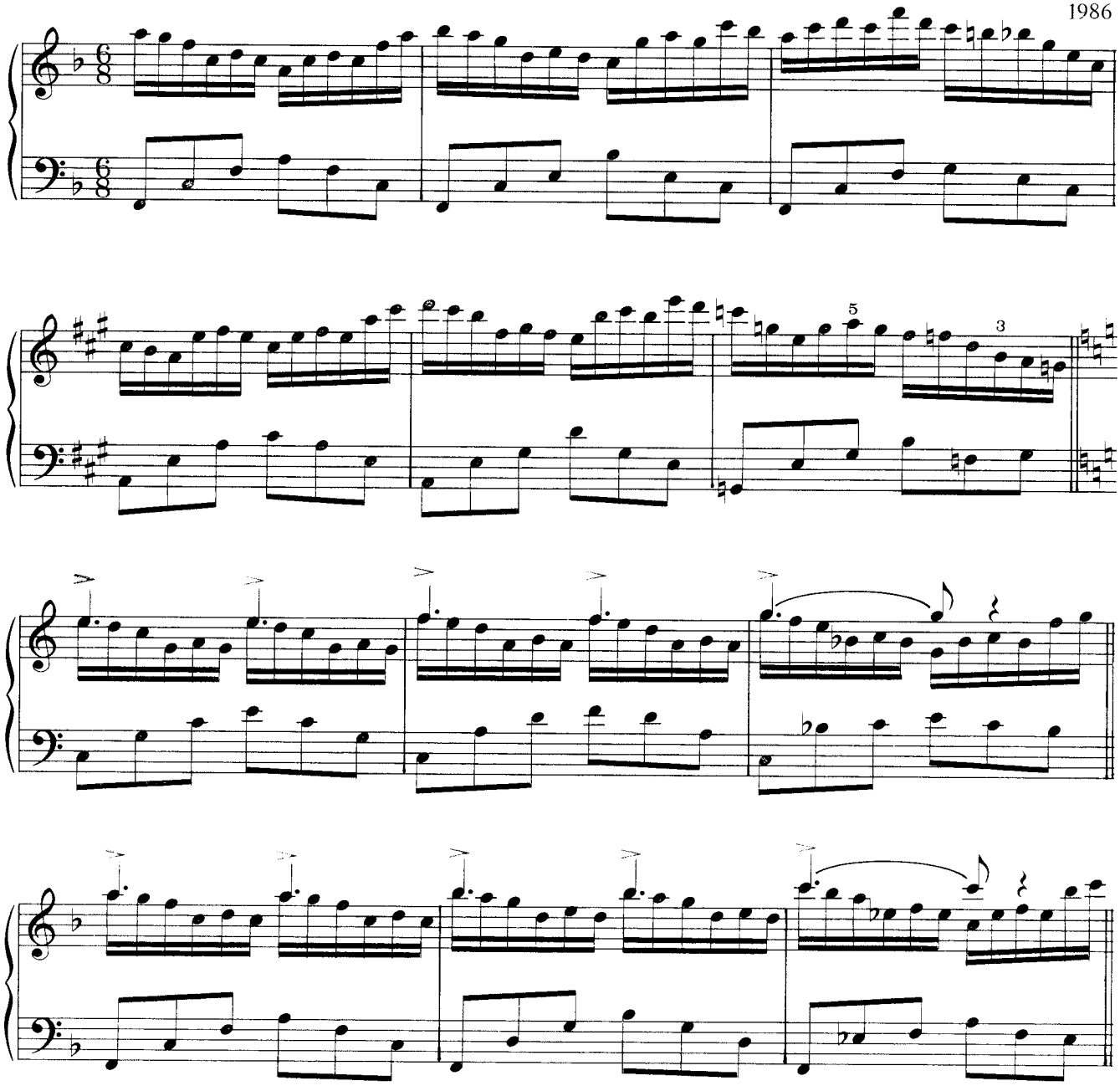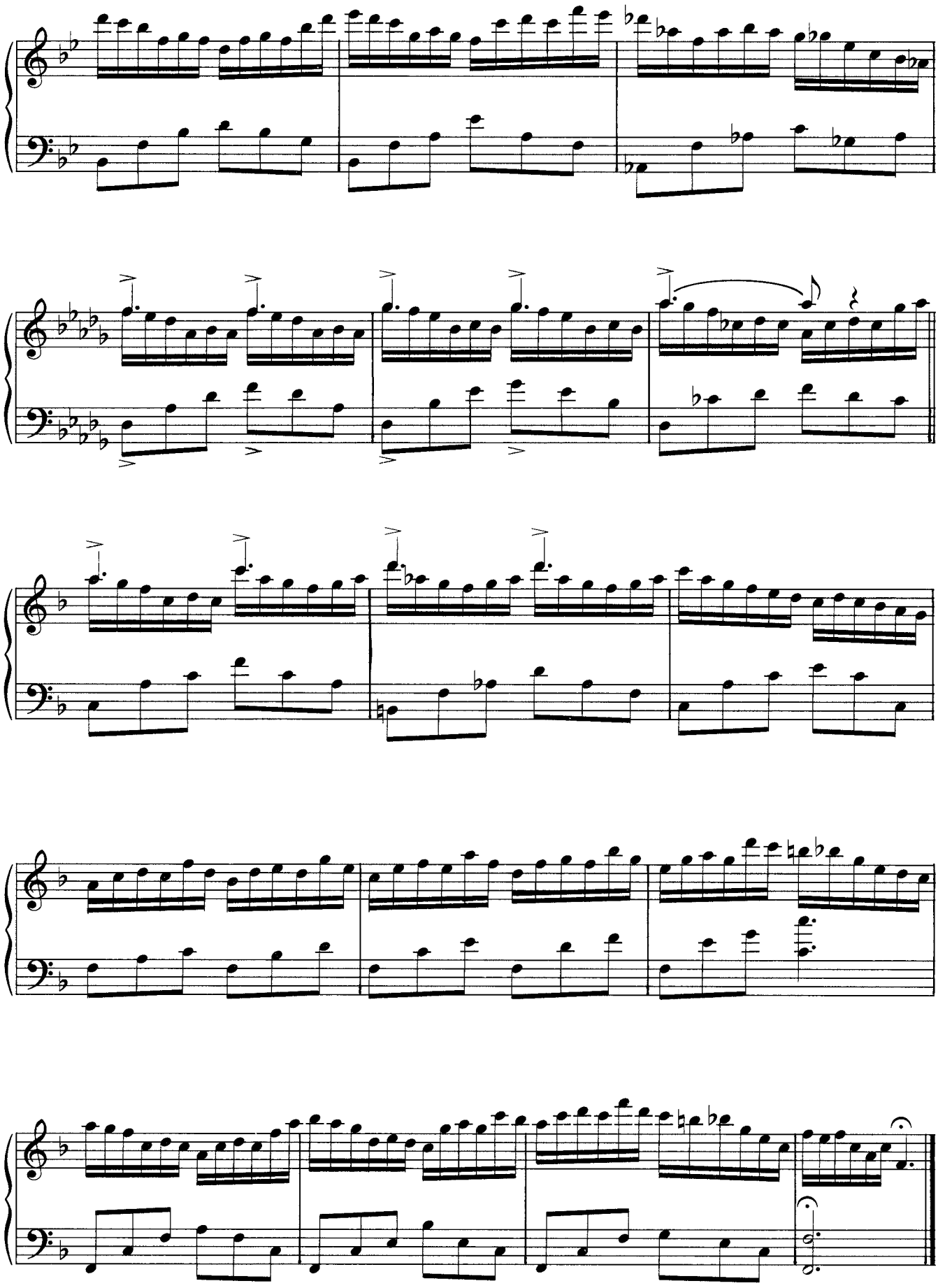


Grades VII, VIII

6/8 Exercise



E. Lebret
1986
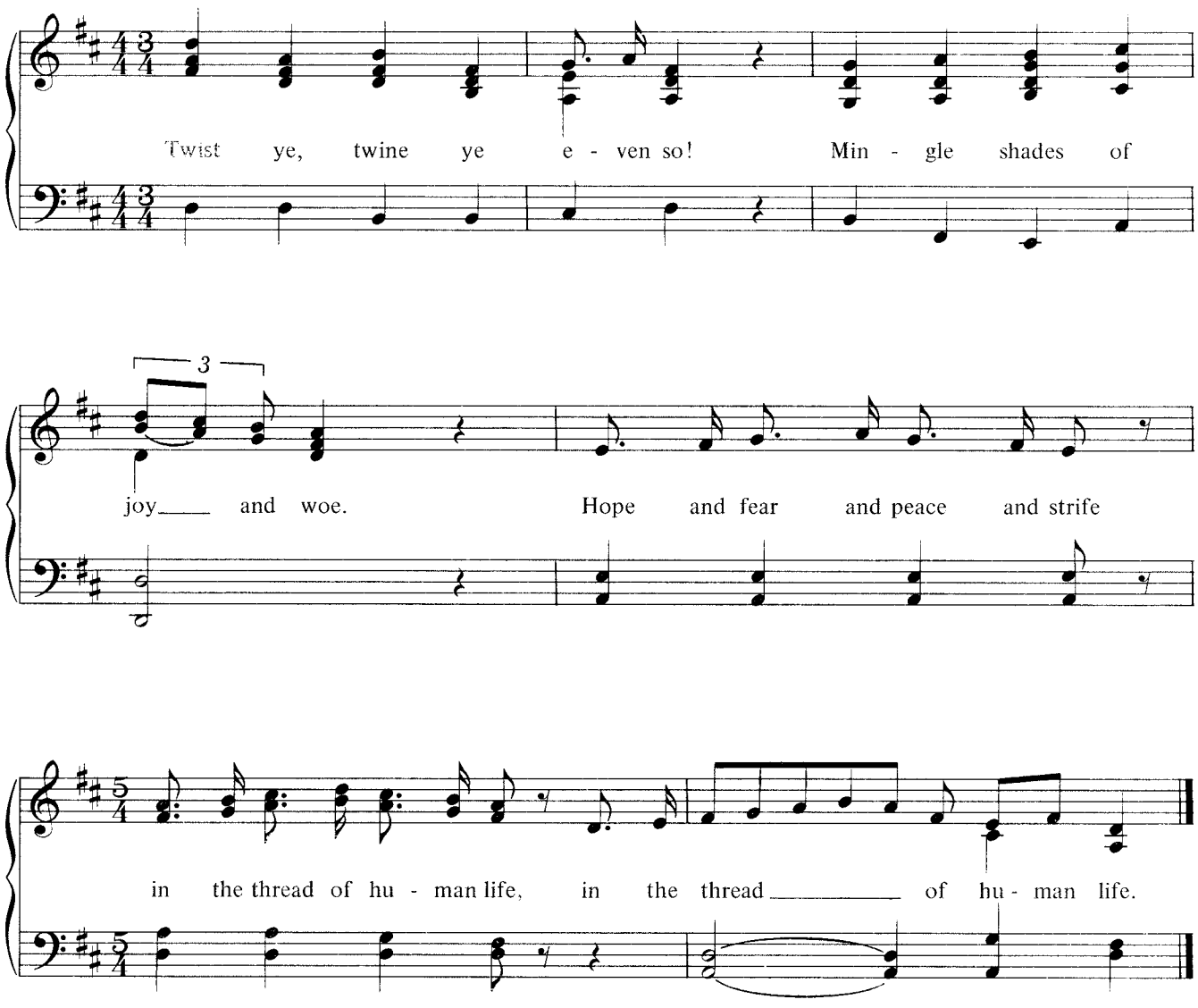




Grade VIII

The Thread of Human Life

Text: Sir Walter Scott
Music: E. Lebret
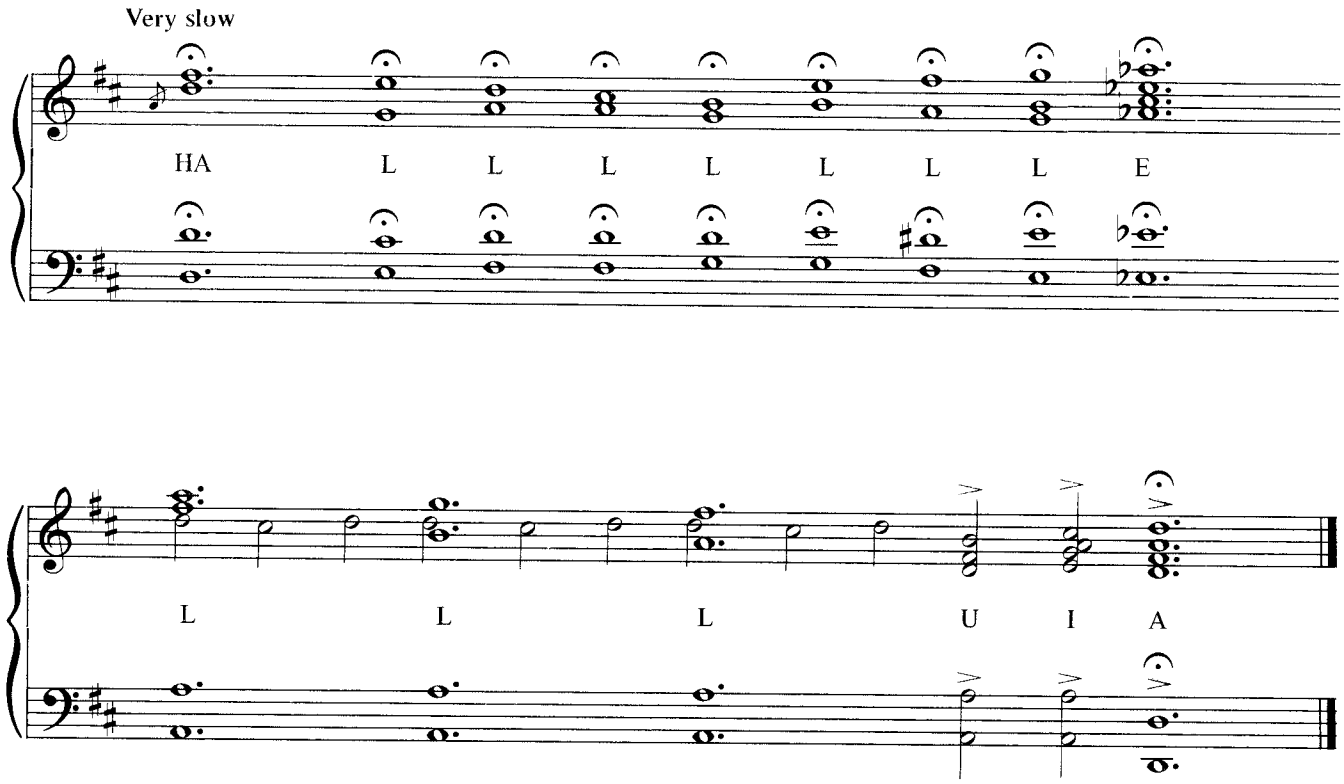


2. Passions wide and follies vain,
Pleasures soon exchanged for pain.
Doubts and jealousy and fear
In the magic dance appear. (*bis*)

3. Now they wax and now they dwindle
Whirling with the whirling spindle.
Twist ye, twine ye, even so
Mingle human bliss and woe. (*bis*)

High School

Hallelujah



High School

Rumpelstiltskin

Prelude

Once there was a miller who was poor, but who had a beautiful daughter. Now it happened that he had to go and speak to the King, and in order to make himself appear important he said to him: "I have a daughter who can spin straw into gold." The King said to the miller: "That is an art which pleases me well; if your daughter is as clever as you say, bring her to-morrow to my palace, and I will put her to the test."

When the girl was brought to him he took her into a room which was quite full of straw, gave her a spinning-wheel and a reel, and said; "Now set to work, and if by to-morrow morning early you have not spun this straw into gold during the night, you must die." Thereupon he himself locked up the room, and left her in it alone. So there sat the poor miller's daughter, and for the life of her could not tell what to do; she had no idea how straw could be spun into gold, and she grew more and more frightened, until at last she began to weep.

But all at once the door opened, and in came a little man, and said: "Good evening, Miller's daughter; why are you crying so?" "Alas!" answered the girl, "I have to spin straw into gold, and I do not know how to do it." "What will you give me," said the manikin, "If I do it for you?" "My necklace," said the girl. The little man took the necklace, seated himself in front of the wheel, and . . .

I ***whirr, whirr, whirr,*** three times round, and the reel was full; then he put another on and whirr, whirr, whirr, three times round, and the second was full too. And so it went on until the morning, when all the straw was spun, and all the reels were full of gold. By daybreak the King was already there, and when he saw the gold he was astonished and delighted, but his heart became only more greedy. He had the miller's daughter taken into another room full of straw, which was much larger, and commanded her to spin that also in one night if she valued her life. The girl knew not how to help herself, and was crying, when the door opened again, and the little man appeared, and said: "What will you give me if I spin that straw into gold for you?" "The ring on my finger," answered the girl. The little man took the ring, and whirr, whirr, whirr, three times round, the first reel was full

II and by morning all the straw was spun into glittering gold.

The King rejoiced beyond measure at the sight, but still he had not gold enough; so he had the miller's daughter taken into a still larger room full of straw, and said: "You must spin this, too, in the course of this night; but if you succeed, you shall be my wife." "Even if she is a miller's daughter," thought he, "I could not find a richer wife in the whole world."

When the girl was alone the manikin came again for the third time, and said, "What will you give me if I spin the straw for you this time?" "I have nothing left that I could give," answered the girl. "Then promise me, if you should become Queen, to give me your first child." "Who knows whether that will ever happen?" thought the miller's daughter; and, not knowing how else to help herself in this strait, she promised the manikin what he wanted, and for that . . .

III ***he once more spun the straw into gold.***

When the King came in the morning, and found all as he had wished,

IV ***he took her in marriage,*** and the pretty miller's daughter became a Queen.

A year after, she brought a beautiful child into the world, and she never gave a thought to the manikin. But suddenly he came into her room, and said: "Now give me what you promised." The Queen was horror-struck, and offered the manikin all the riches of the kingdom if he would leave her the child. But the manikin

said: "No, something alive is dearer to me than all the treasures in the world." Then the Queen began to lament and cry, so that the manikin pitied her. "I will give you three days' time," said he; "if by that time you find out my name, then shall you keep your child."

So the Queen thought the whole night of all the names that she had ever heard, and sent a messenger over the country to inquire, far and wide, for any other names that there might be. When the manikin came the next day, she began with Caspar, Melchior, Balthazar, and said all the names she knew, one after another; but to every one the little man said: "That is not my name." On the second day she had inquiries made in the neighborhood as to the names of the people there, and she repeated to the manikin the most uncommon and curious. "Perhaps your name is Shortribs, or Sheepshanks, or Laceleg?" but he always answered: "That is not my name."

On the third day the messenger came back again, and said: "I have not been able to find a single new name, but as I came to a high mountain at the end of the forest, where the fox and the hare bid each other good night, there I saw a little house, and before the house a fire was burning, and round about the fire quite a ridiculous little man was jumping; he hopped upon one leg, and shouted . . .

V ***"To-day I bake,*** to-morrow brew,
The next the young Queen's child I claim,
He! am I glad that no one knew,
That Rumpelstiltskin is my name!"
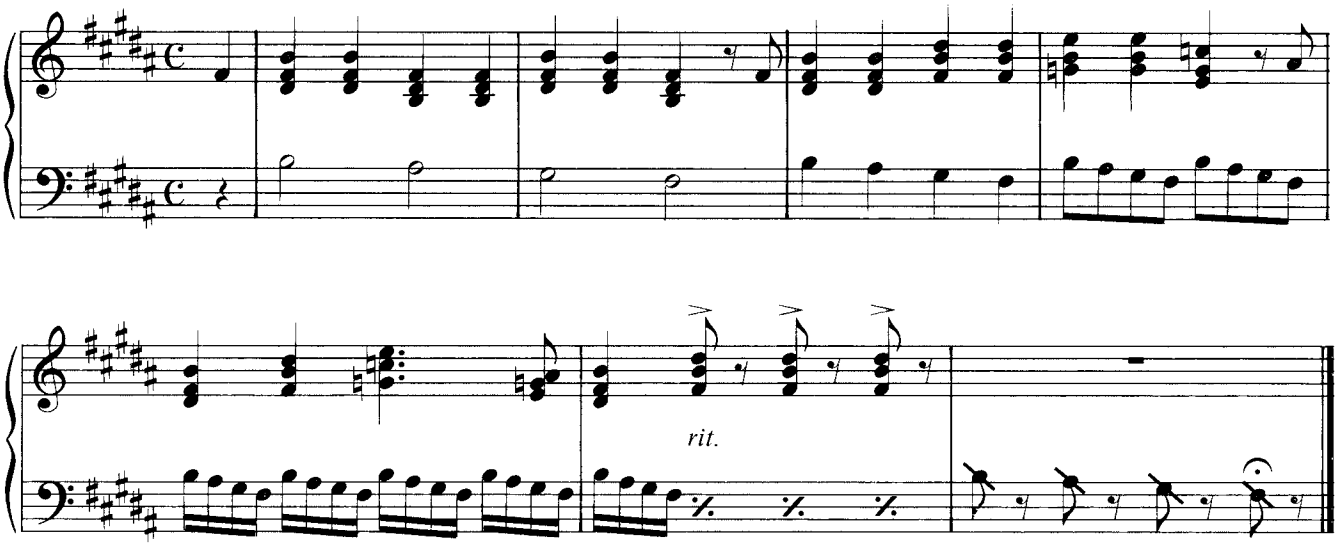
You may imagine how glad the Queen was when she heard the name! And when soon afterwards the little man came in, and asked: "Now, Mistress Queen, what is my name?" at first she said, "Is your name Conrad?" "No." "Is your name Harry?" "No." "Perhaps your name is Rumpelstiltskin?"

"The devil has told you that! the devil has told you that!" cried the little man, and in his anger he plunged his right foot so deep into the earth that his whole leg went in; and then in rage he pulled at his left leg so hard with both hands that he tore himself in two.

VI ***But the King and the Queen*** were happy ever after!
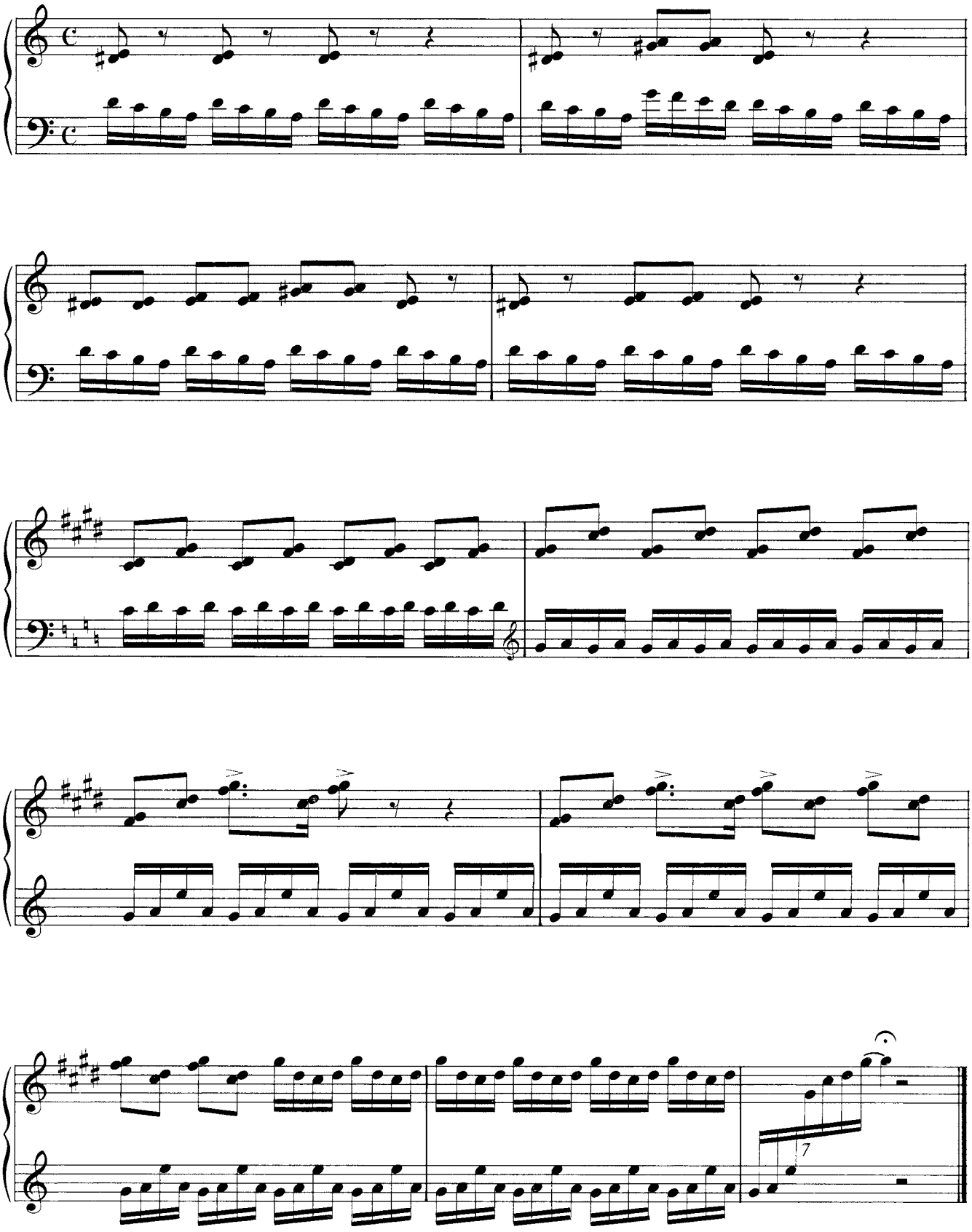
Finale

Prelude
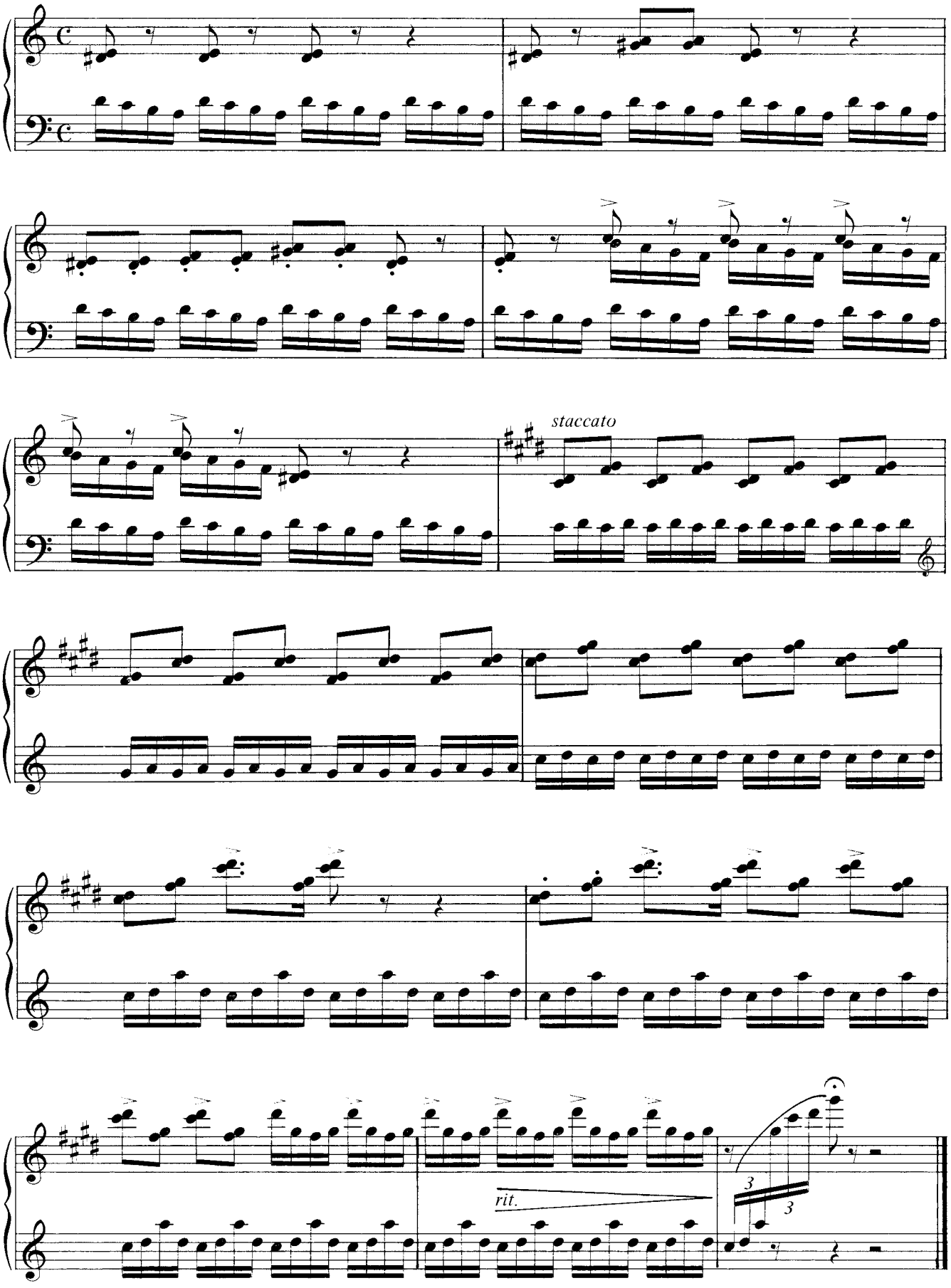


Rumpelstiltskin
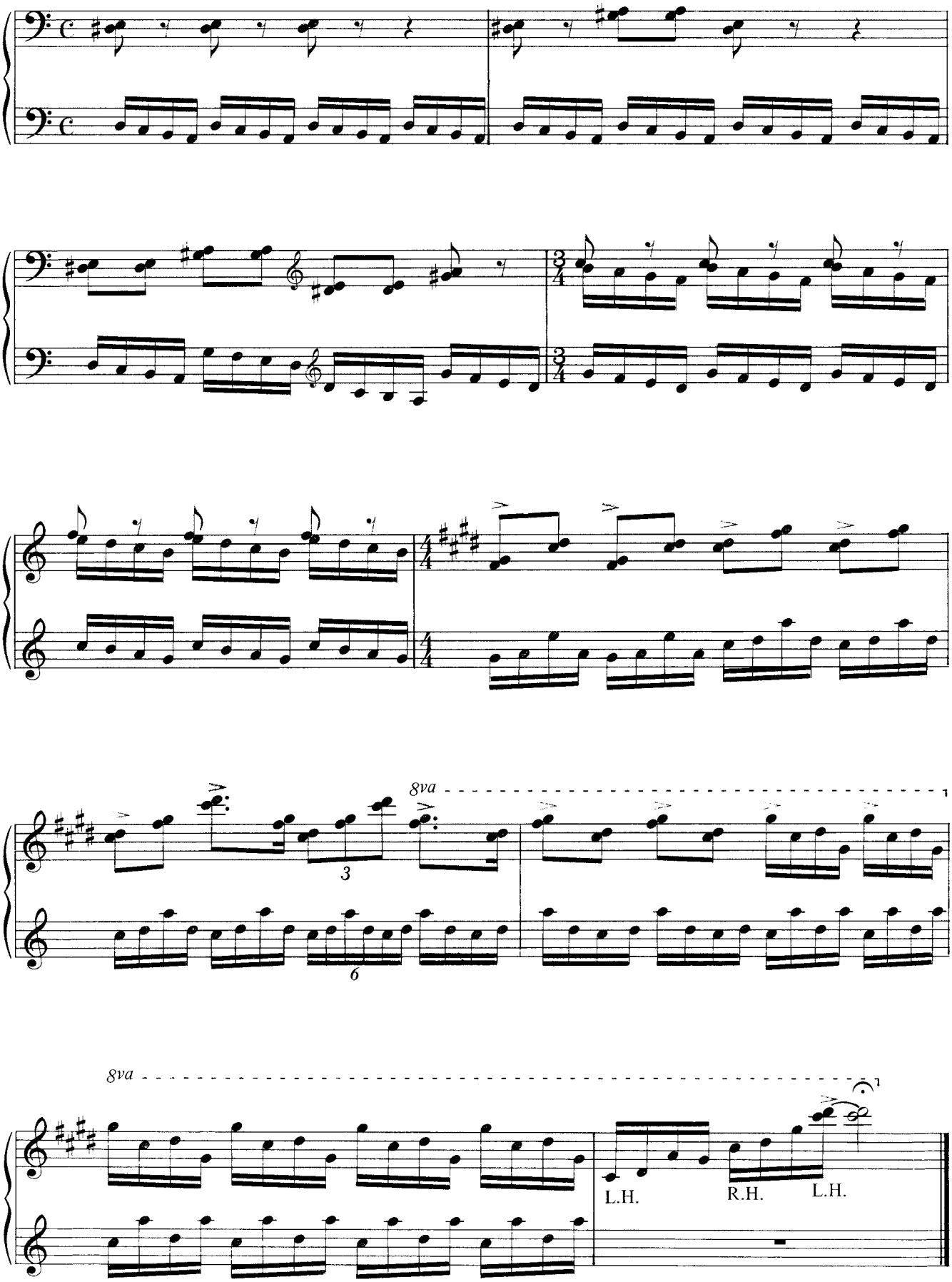
I Spinning Song
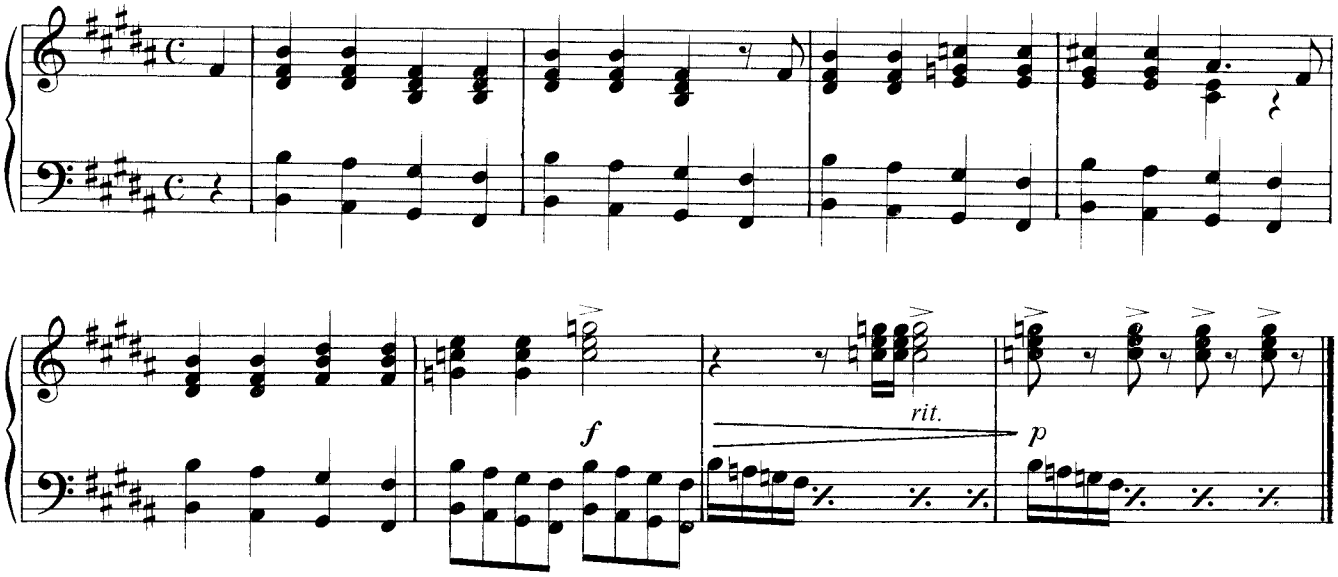


II Spinning Song
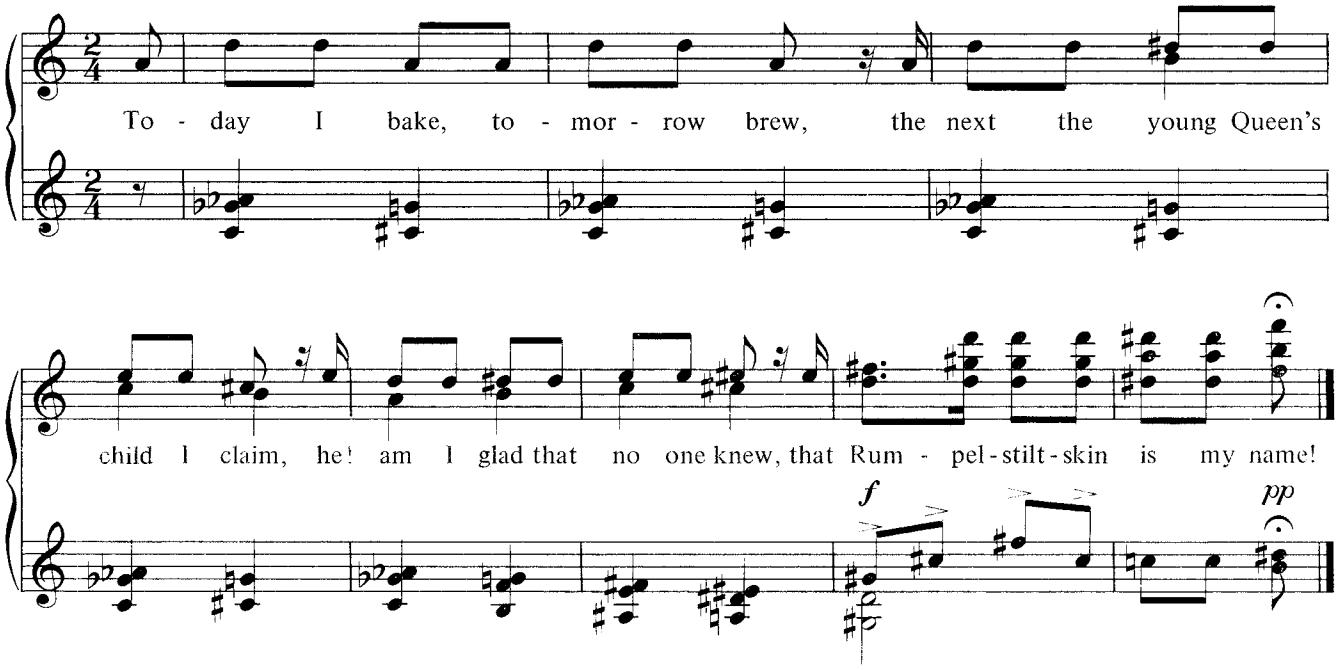


III Spinning Song



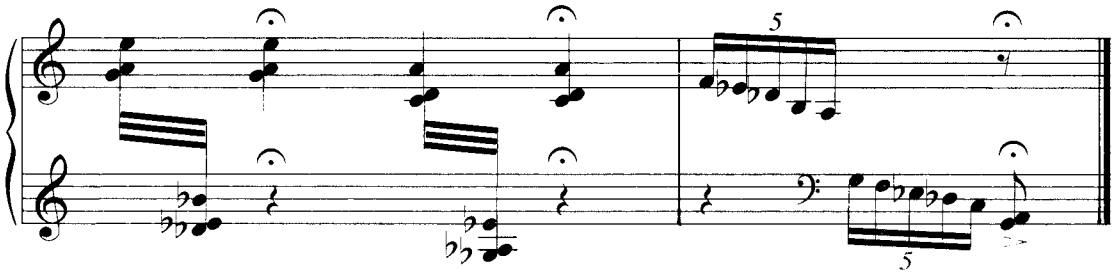
IV Wedding March
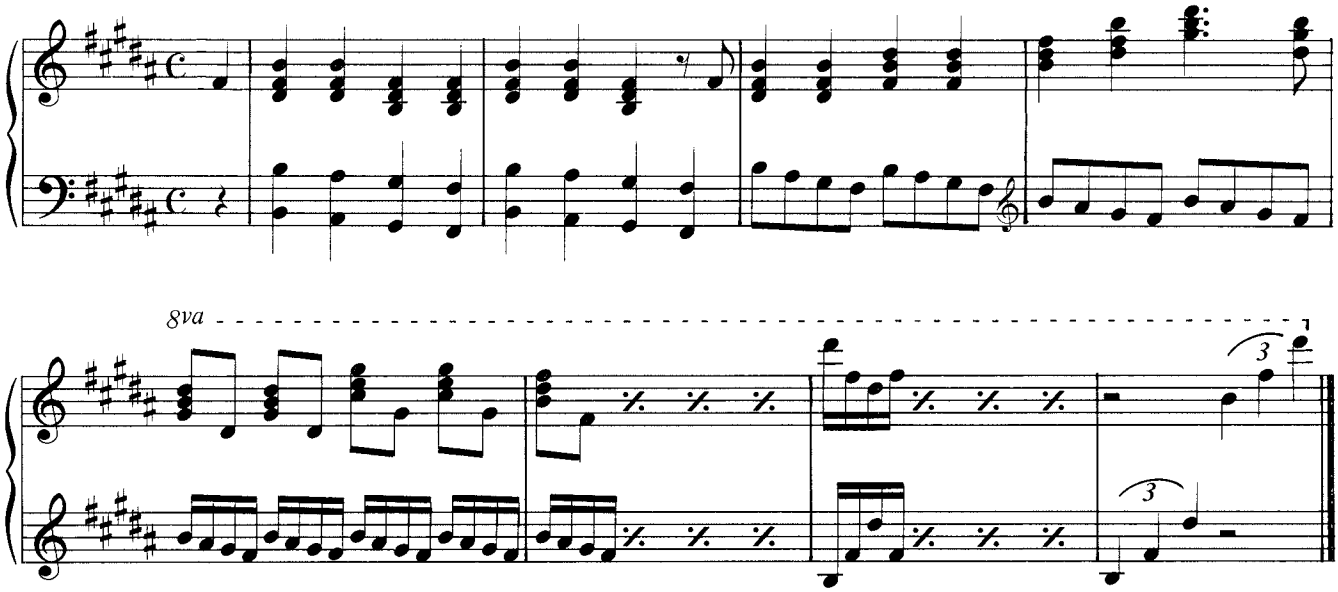


V Rumpelstiltskin's Song



VI Rumpelstiltskin stamping his feet



Finale



High School

The Crystal Ball

I *Overture*

There was once an enchantress, who had three sons who loved each other as brothers do, but the old woman did not trust them, and thought they wanted to rob her of her power. So she changed the eldest into . . .

an eagle. II He was forced to dwell in the rocky mountains, and was often seen flying in great circles in the sky. The second, she changed into . . .

a whale. III He lived in the deep sea, and all that was seen of him was that he sometimes spouted up a great jet of water in the air. Each of them bore his human form only two hours daily. The third son, who was afraid she might change him into a raging wild beast – a bear perhaps, or a wolf, went secretly away. He had heard that a King's daughter who was bewitched, was imprisoned in the Castle of the Golden Sun, and was waiting to be set free. Those, however, who tried to free her risked their lives; three-and-twenty youths had already died a miserable death, and now only one other might make the attempt, after which no more must come. As his heart was without fear, he made up his mind to seek out the Castle of the Golden Sun. He had already traveled about for a long time without being able to find it, when he came by chance into a great forest, and did not know the way out of it. All at once he saw in the distance two giants, who made a sign to him with their hands, and when he came to them they said: "We are quarreling about a cap, and which of us it is to belong to, and as we are equally strong, neither of us can get the better of the other. Human beings are more clever than we are, so we will leave the decision to you." "How can you dispute about an old cap?" said the youth.

"You do not know what properties it has! It is a wishing-cap; whosoever puts it on, can wish himself away wherever he likes, and in an instant he will be there." "Give me the cap," said the youth, "I will go a short distance off, and when I call you, you must run a race, and the cap shall belong to the one who gets first to me." He put it on and went away, and thought of the King's daughter, forgot the giants, and ***walked continually onward.*** **IV** At length he sighed from the very bottom of his heart and cried: ***"Ah, if I were but at the Castle of the Golden Sun,"*** **V** and hardly had the words passed his lips than he was standing on a high mountain before the gate of the castle. **VI and VII**
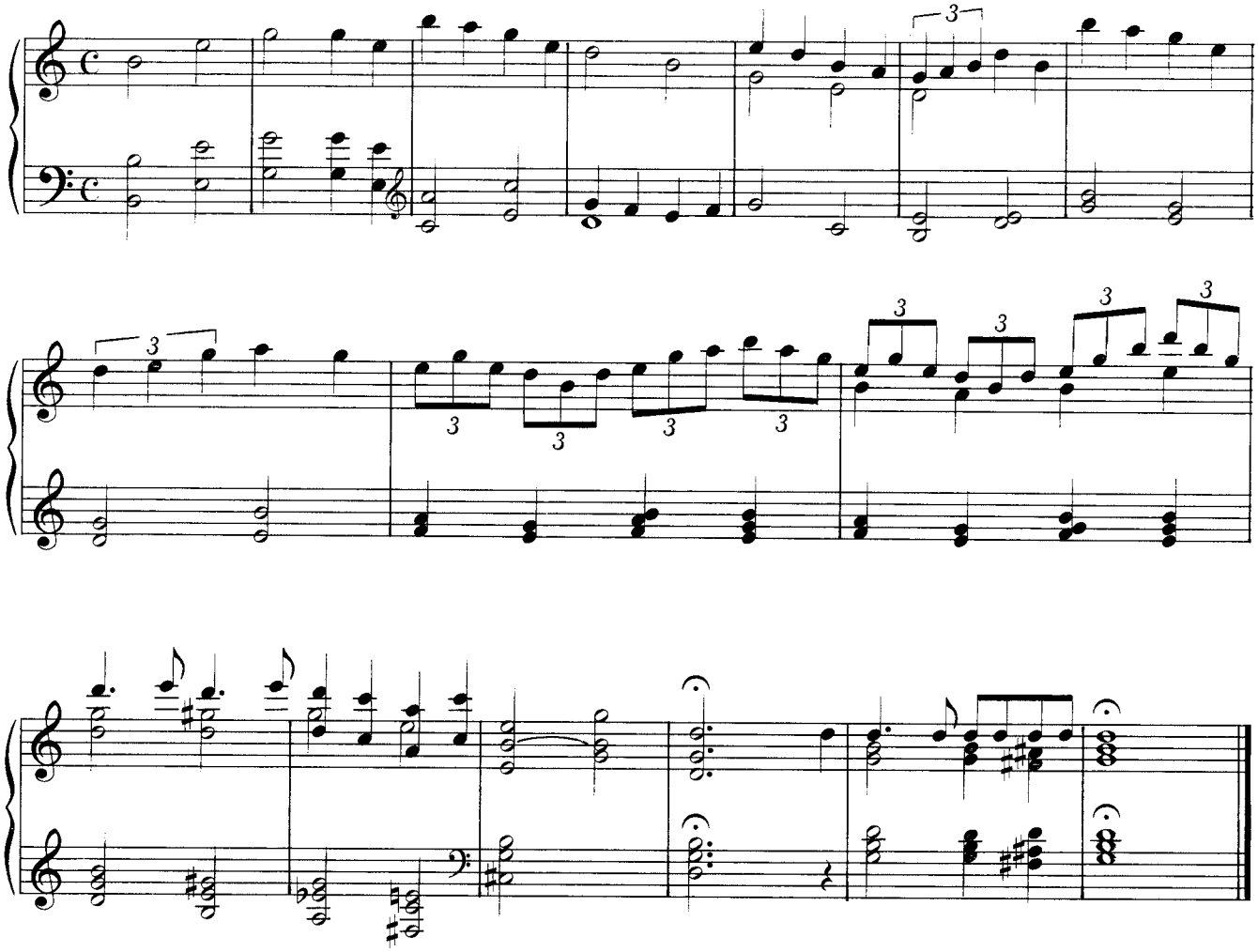
He entered and went through all the rooms, until in the last he found the King's daughter. But how shocked he was when he saw her. She had an ashen-gray face full of wrinkles, bleary eyes, and red hair. "Are you the King's daughter, whose beauty the whole world praises?" cried he. "Ah," she answered, "this is not my true form; human eyes can only see me in this state of ugliness, but that you may know what I am like, look in the mirror—it does not let itself be misled—it will show you my image as it is in truth." She gave him the mirror in his hand, and he saw therein the likeness of the most beautiful maiden on earth, and saw, too, how the tears were rolling down her cheeks with grief. Then said he, "How can you be set free? I fear no danger." She said: "He who gets the crystal ball, and holds it before the enchanter, will destroy his power with it and I shall resume my true shape. Ah," she added, "so many have already gone to meet death for this, and you are so young; I grieve that you should encounter such great danger." "Nothing can keep me from doing it," said he, "but tell me what I must do." "You shall know everything," said the King's daughter; "when you descend the mountain on which the castle stands, ***a wild bison*** will stand below by a spring, and you must fight with it, **VIII** and if you have the luck to kill it, ***a fiery bird*** will spring out of it, which bears in its body a red-hot egg, and in the egg the crystal ball lies as its yolk. **IX** The bird, however, will not let the egg fall until forced to do so, and if it falls on the ground, it will flame up and burn everything that is near, and even the egg itself will melt, and with it the crystal ball, and then all your trouble will have been in vain.

The youth went down to the spring, where ***the bison snorted and bellowed at him.*** **VIII** After a long struggle he plunged his sword in the animal's body, and it fell down. Instantly ***a fiery bird*** **IX** arose from it, and was about to fly away, but the young man's brother, the eagle, who was passing between the clouds, swooped down, hunted it away to the sea, and struck it with his beak until, in its extremity, it let the egg fall. The egg, however, did not fall into the sea, but on a fisherman's hut which stood on the shore. The hut began at once to smoke and was about to break out in flames. Then arose in the sea waves as high as a house, which streamed over the hut, and subdued the fire. **III** The other brother, the whale, had come swimming to them, and had driven the water up on high. When the fire was extinguished, the youth sought for the egg and happily found it; it was not yet melted, but the shell was broken by being so suddenly cooled with the water, and he could take out the crystal ball unhurt.
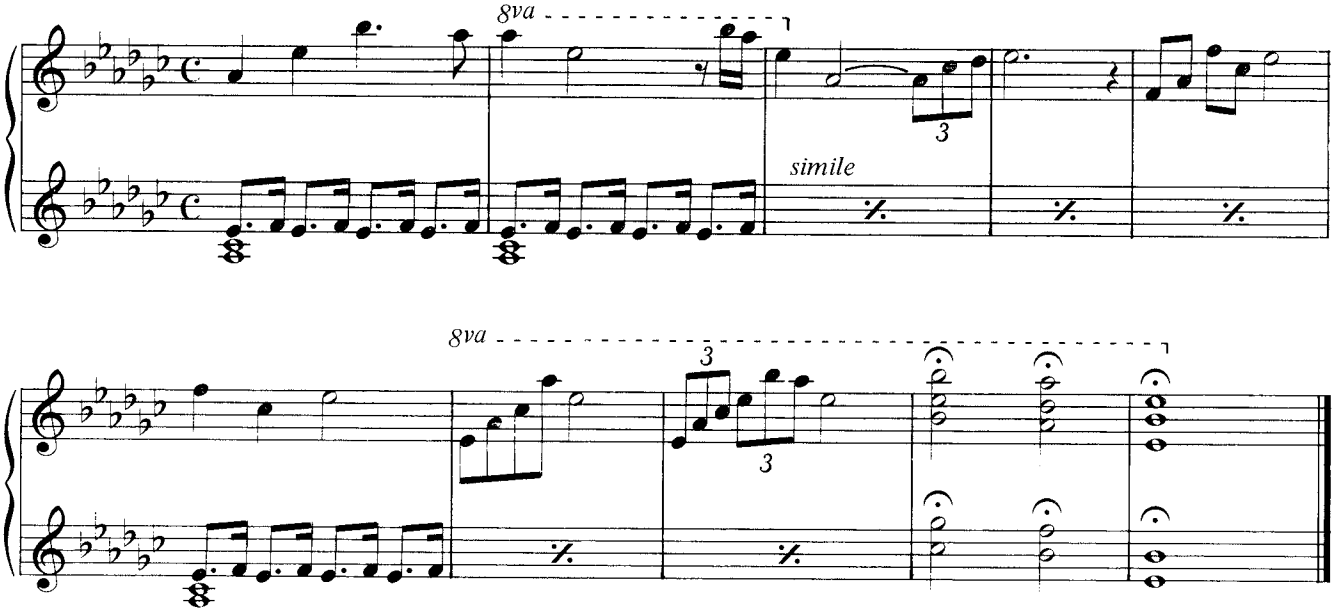
When the youth went to the enchanter and held it before him the latter said: "My power is destroyed, and from this time forth you are the King of the Castle of the Golden Sun. With this can you likewise give back your brothers their human form." Then the youth hastened to the King's daughter, **VI** and when he entered the room, she was standing there in the full splendor of her beauty, and joyfully they exchanged rings with each other. **X**

The Crystal Ball

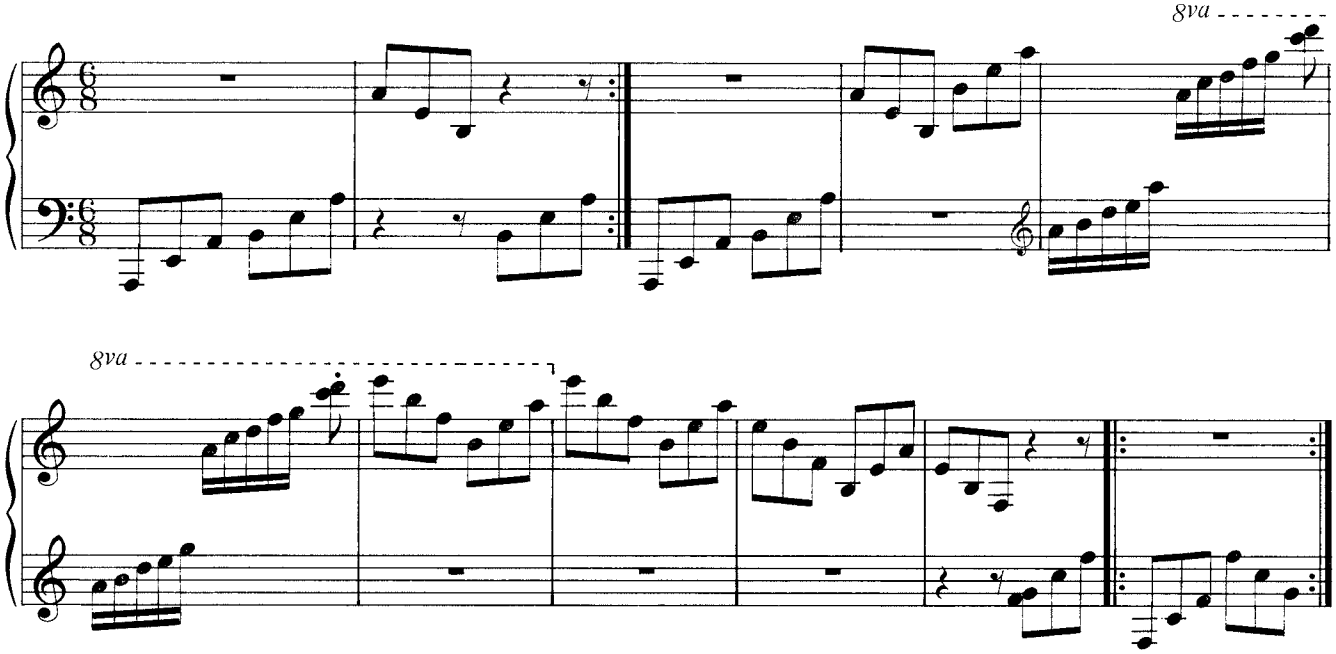
I Overture



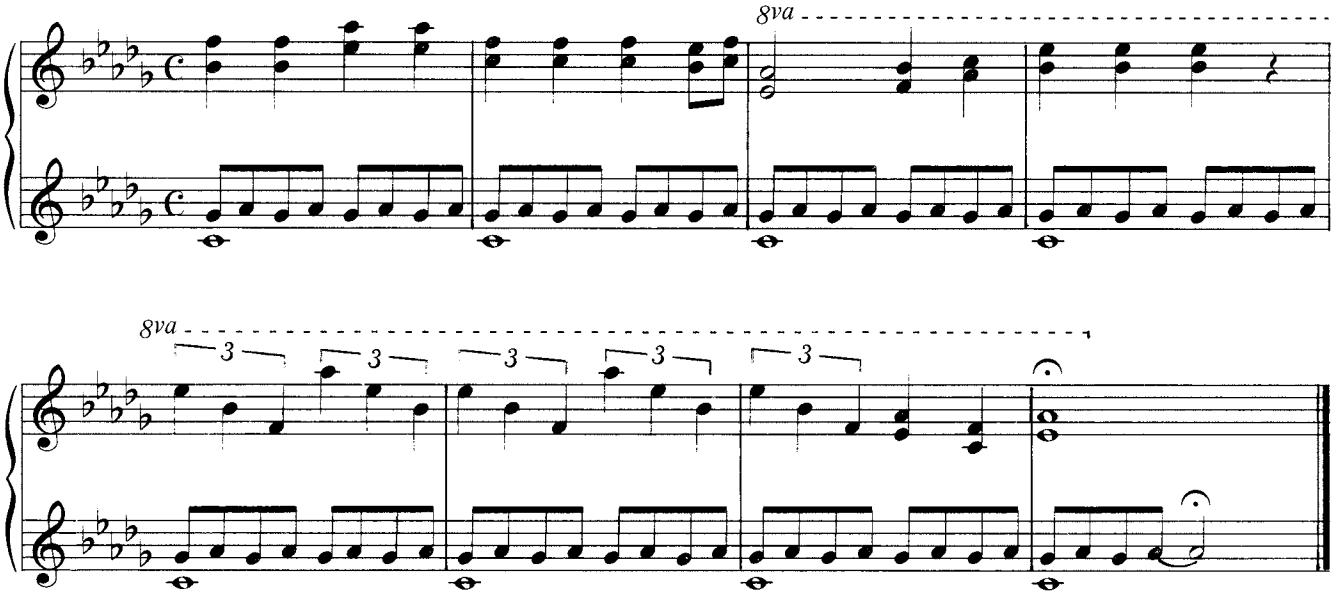
II An Eagle



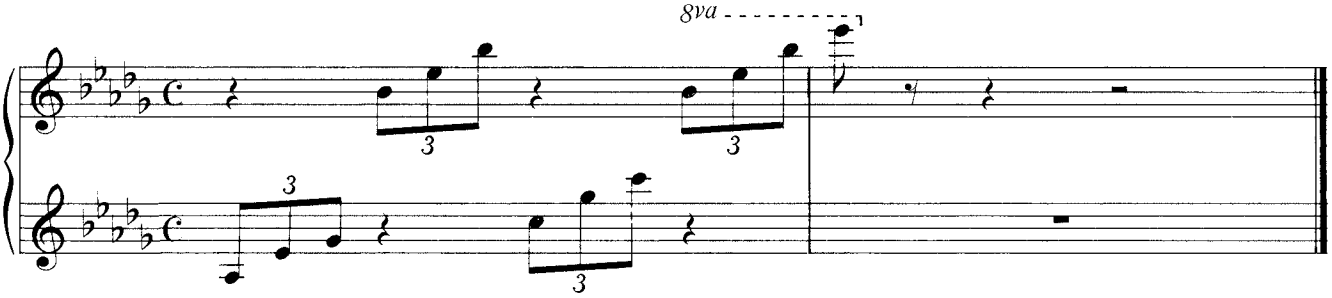
III A Whale
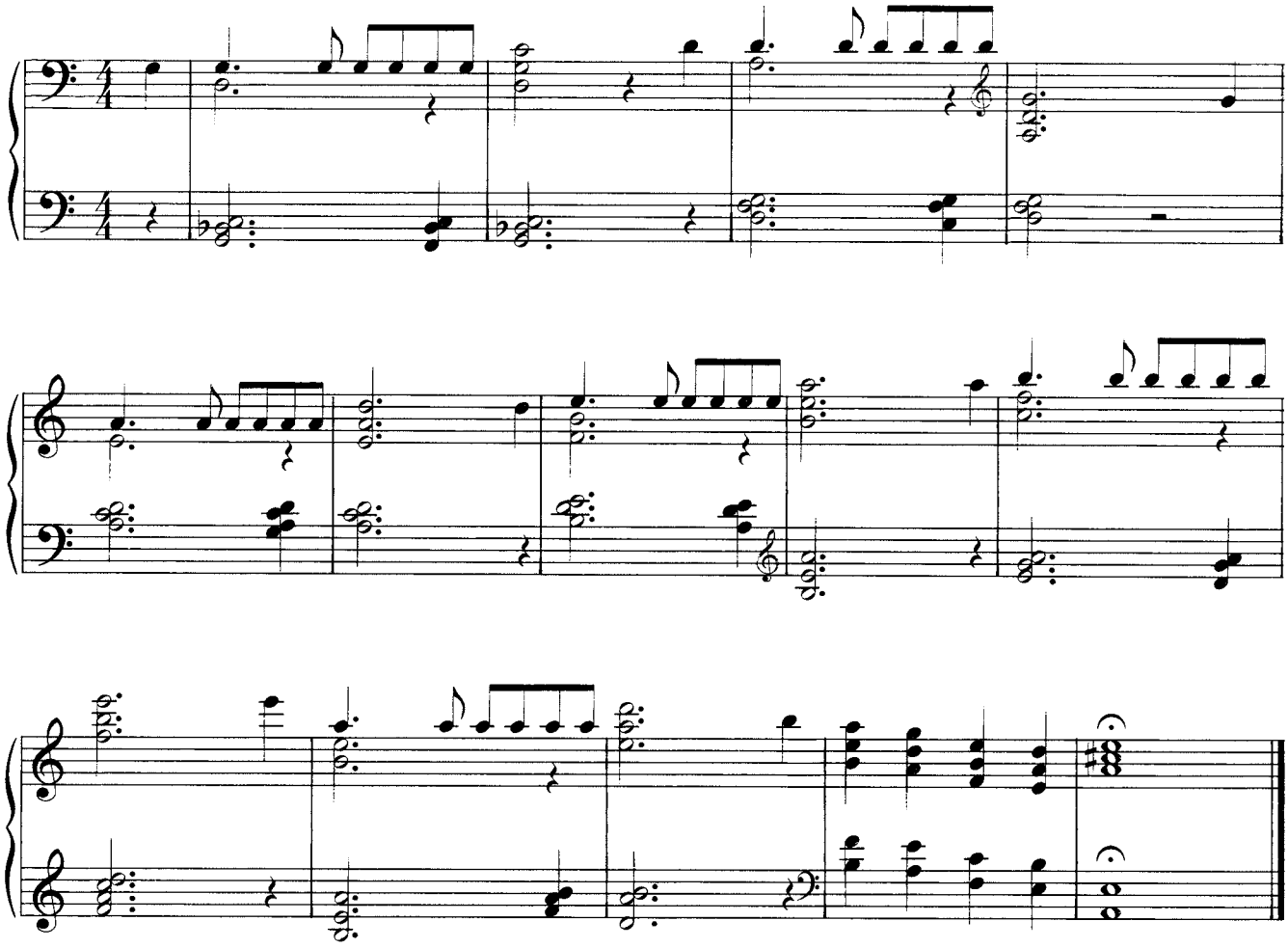


IV The Walk
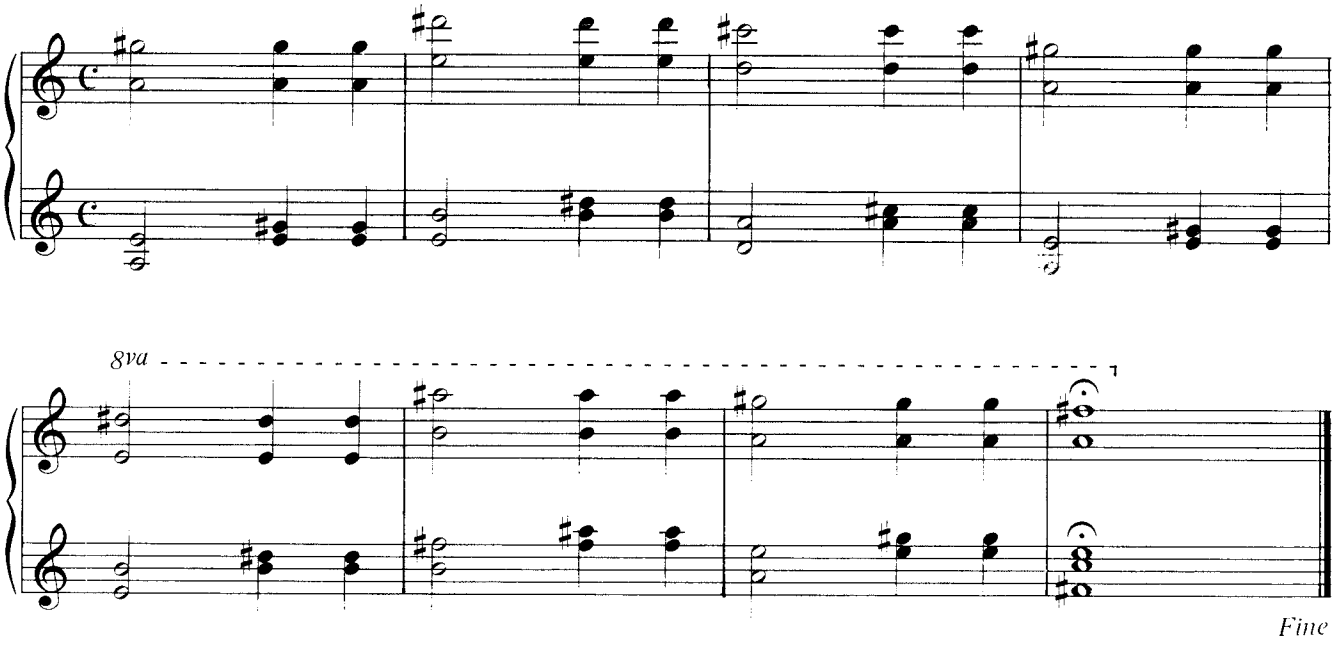


V The Wish
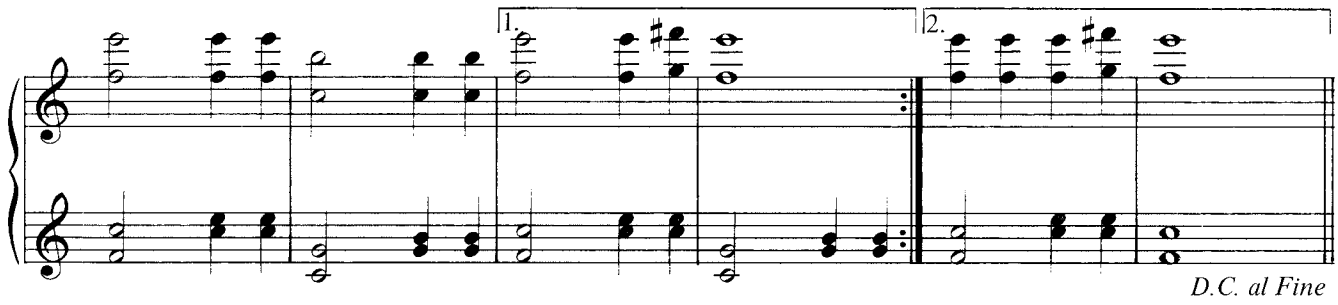


VI The Castle of the Golden Sun
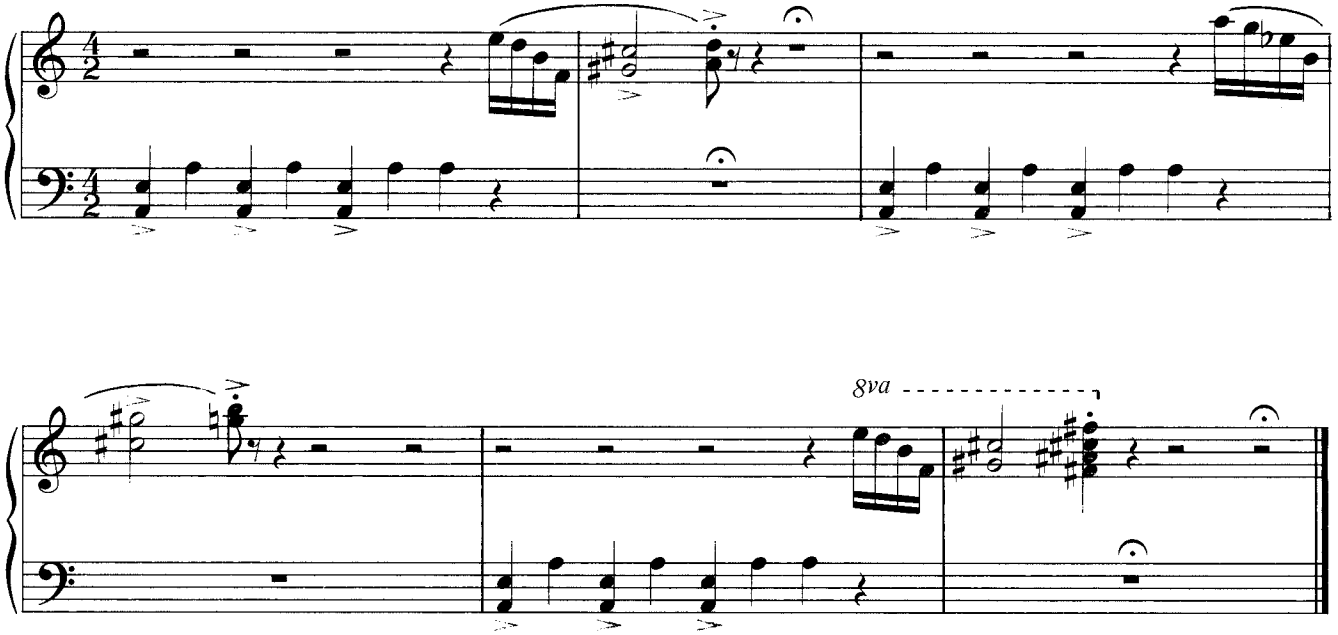


VII The Guards - the Bison & the Firebird

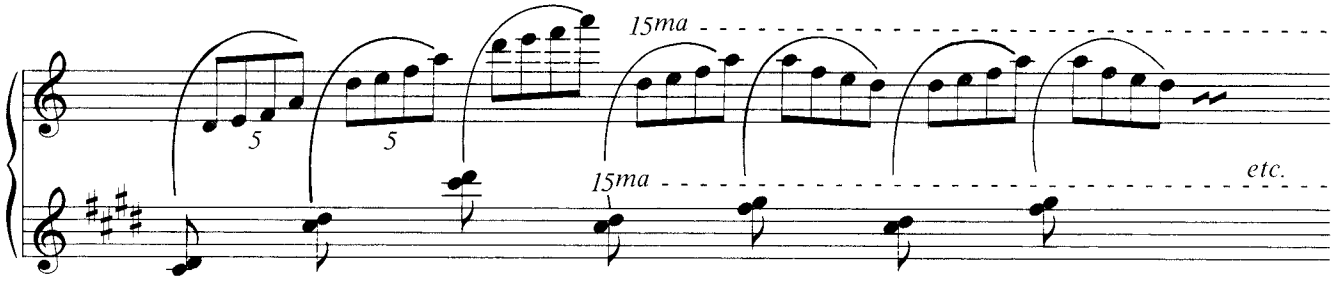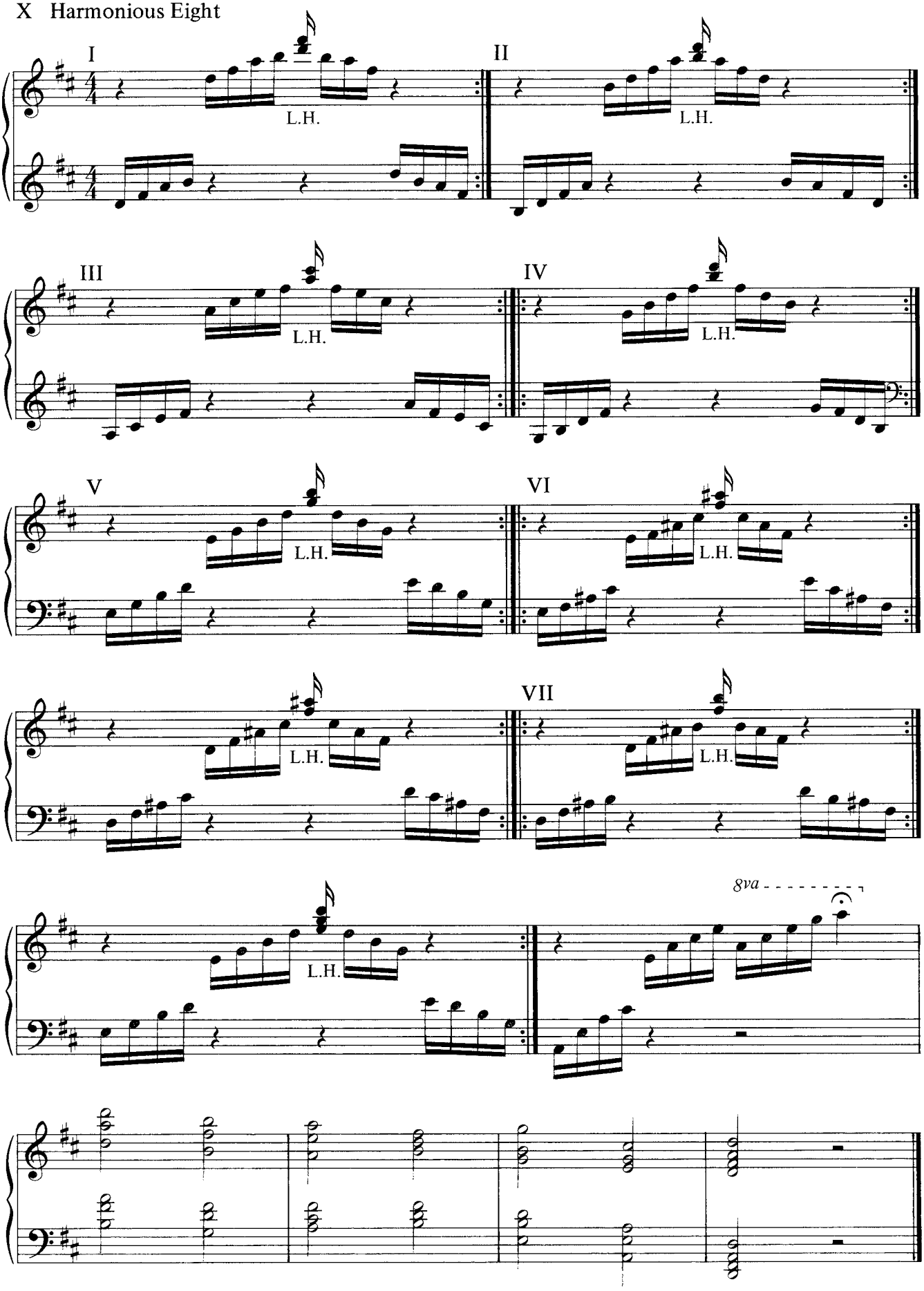




VIII The Fight with the Bison



IX The Fight With the Firebird



X Harmonious Eight





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