



A New Move It!

Appalachian Spring Mvt. 7 “Simple Gifts” (Preparing the land)

Aaron Copland

Choreographed by Peggy Lyman-Hayes and John Feierabend

AAvBA :00 - :28

A

Stand with one foot slight ahead of the other.

While pretending to hold a shovel, turn slightly to one side and push the shovel into the ground two times and then lift the shovel over one shoulder.

Turn slightly to the other side and push the shovel into the ground two times and then lift the shovel over the other shoulder.

Av

Still standing with one foot slight ahead of the other.

Turn slightly to the first side and push with both hands forward and back two times (plowing)

Turn slightly to the other side and push with both hands forward and back two times (plowing)

B

Swing one arm from inside to outside slapping the back of hand on leg.

Swing that same arm from outside to inside slapping the leg with the palm of the hand.

Swing the other arm from inside to outside slapping the back of hand on leg.

Swing that same arm from outside to inside slapping the leg with the palm of the hand.

Swing both arms from inside to outside slapping the back of both hands on legs.

Swing the arms from outside to inside slapping the leg with the palms of both hands.

Bring arms up in front and slap hands onto each other three quick times.

A

Stand with one foot slight ahead of the other.

While pretending to hold a shovel, turn slightly to one side and push the shovel into the ground two times and then lift the shovel over one shoulder.

Turn slightly to the other side and push the shovel into the ground two times and then lift the shovel over the other shoulder.

Transition :29 - :32

With the back of one hand swipe forehead out and down.
With the back of the other hand swipe forehead out and down.
With the back of both hands swipe forehead out and down.

AAvBA :33 - :56

Repeat motions from AAvBA

Transition :57 - :59

With the back of one hand swipe forehead out and down.
With the back of the other hand swipe forehead out and down.

AAv AAv AAv 1:00 - 1:36

(Perform the following three times)

A

Stand with one foot slight ahead of the other.
While pretending to hold a shovel, turn slightly to one side and push the shovel into the ground two times and then lift the shovel over one shoulder.
Turn slightly to the other side and push the shovel into the ground two times and then lift the shovel over the other shoulder.

Av

Still standing with one foot slight ahead of the other.
Turn slightly to the first side and push with both hands forward and back two times (plowing)
Turn slightly to the other side and push with both hands forward and back two times (plowing)
(Repeat motions)

*After the first AAv sequence swipe forehead out and down with the back of both hands (2 beats)
Then resume AAv motions two more times. After the third time sustain the final push motion.*

Transition: 1:37 - 1:44

With the back of one hand swipe forehead out and down
With the back of the other hand swipe forehead out and down.
With the back of both hands swipe forehead out and down.
Lower hands while shaking them four times.

AAvBA (a tempo) 1:45 - 2:09

(Repeat AAvBA motions)

Transition (Slow AAv) 2:10 - 2:29

(Perform Motions in a more sustained manner, slowing toward the end.)

A

Stand with one foot slight ahead of the other.

While pretending to hold a shovel, turn slightly to one side and push the shovel into the ground two times and then lift the shovel over one shoulder.

Turn slightly to the other side and push the shovel into the ground two times and then lift the shovel over the other shoulder.

Av

Still standing with one foot slight ahead of the other.

Turn slightly to the first side and push with both hands forward and back two times (plowing)

Turn slightly to the other side and push with both hands forward and back two times (plowing)

(Slowing toward the end)

AAvAAv (Grandioso) 2:30 - 3:00

(Perform the following motions twice with gusto)

A

Stand with one foot slight ahead of the other.

While pretending to hold a shovel, turn slightly to one side and push the shovel into the ground two times and then lift the shovel over one shoulder.

Turn slightly to the other side and push the shovel into the ground two times and then lift the shovel over the other shoulder.

Av

Still standing with one foot slight ahead of the other.

Turn slightly to the first side and push with both hands forward and back two times (plowing)

Turn slightly to the other side and push with both hands forward and back two times (plowing)

(Slow movement toward the end of the second time)

After repeating the sequence slowly bring both hands up and place the back of hands on forehead. Slowly swipe forehead and bring hands out and down and place hands on hips.