

You've Got Rhythm!

Rhythm in the form of Beats:

1. Play your own music from the heart without being concerned about beats for a while. Move as you play. Notice if or when you fall into an easy, natural rhythm. Hold notes for as long as you want. Express yourself!
2. Play a note or the scale to a regular beat, as in one (1) beat per note.
3. Play a note or the scale to a sequence of beats:
 - 2 (heartbeat; round dance) All of these beats are used
 - 3 (waltz; lullaby) in traditional and modern
 - 4 (march; hymn) Native American music
4. Emphasize the first or last beat in the sequence; for example, play it louder or softer. Or insert short silences between beats ("swing" it!)
5. Play your own music to a beat of your own choosing and duration. Check out metronomes if you wish. About 60-80 beats per minute is fine.
6. Find the songs below on www.youtube.com and listen for the beat

Rhythm in the form of Meter:

1. Meter is counting the relative duration of notes in a rhythm. Say you made a "whole" note take four seconds; then a "quarter note" (the 4 under the slash) would take one second. (So this would be a really slow song!) Don't worry about the ratio now; just note it when you see it.
2. Much Native American style music is based on quarter notes:
 - 2/4 "Duple" meter; "Huron Carol"
 - 3/4 "Triple" meter; "Amazing Grace"
 - 4/4 "Quadruple" meter; "Zuni Sunrise Song"
3. Listen to: Stephen DeRuby, [Rhythms to Accompany the Native Flute](#)