Barry Oreck and Jessica Nicoll: Music List October 28, 2005

Below we've listed the music we've used in various workshops. We 've followed that listing with some other CDs that I often use.

Listen to public radio for interesting music/dance possibilities (programs like "Music from the Hearts of Space," "Sound and Spirit," and "Schickele Mix" feature a range of musical styles from around the world).

You'll find a lot of these CDS in World Music, Jazz, New Age, Fusion, and Classical sections at the music store or online through Amazon.com. Keep your eyes and ears open; listening takes a lot of time. But it's time well spent.

Floor warm-up —

- □ Night Ark, "Picture" [Armenian-American group; used cut #4 for reach and toss with laterals and reaching improv]. RCA, #3007-2-N, 1986.
- Geoff Johns, "Drum! How to Play the Rhythms of Africa and Latin America" [Used cut #12 for flex & point with scoops.] Sounds True, 1991.
- Zap Mama, "Adventures in Afropea 1" ["five European and African women singing a capella music from the African Diaspora mixed with Euro-American traditions." Used cut #4 for swings]. Luaka Bop/Warner Bros., #9 45183-2, 1993.

Standing and Across the Floor —

- Bobby McFerrin, "Circlesongs" [Vocal "chant-songs" performed by twelve singers; repetitive rhythms in a range of. Used cut #6 for "Silly Tendus" and cut #5 for walking phrase ("pseudo triplets") across the floor.] Sony Music Entertainment, #SK 62734, 1997.
- □ "Sounds of Wood & Steel" [An acoustic guitar album featuring various artists including Michael Hedges, Laurence Juber, Leo Kottke, and others. Used cut #12 for plies.] Windham Hill Records, #01934-11290-2, 1998.

Some other great CDs:

- Bobby McFerrin and Yoyo Ma, "Hush" [vocalist and cellist in a wide range of musical selections from Bach to traditional lullaby to Rachmaninoff to]. Sony Music Entertainment, #SK 48177, 1992.
- Glen Velez, "Rhythms of the Chakras," [great range of rhythms/meters]. Sounds True Records, #M006D, 1998.
- Samite of Uganda, "Pearl of Africa Reborn" [plays a variety of traditional Ugandan flutes and marimbas in music he creates by fusing traditional and contemporary styles; use cut #7 for circle plies and "Silly Tendus"]. Shanachie Entertainment Corp, #65008, 1992.
- Nana Vasconcelos & The BushDancers, "Rain Dance" [Brazilian-based jazz]. Antilles/New Directions, #7-91070-2, 1989.

Baka Beyond, "The Meeting Pool," [use cut #2 for swings]. Rykodisc, #HNCD 1388, 1995.

- Ali Farka Toure, "The Source" [electric guitar and percussion from Mali]. Rykodisc, #HNCD 1375, 1992.
- Allan Phillips, "Voices of Change" ["Merges traditional African percussion and ancient chants with modern textures."] World Disc Music #M63D, 1997.
- "A Putumayo Blend: Music from the Coffee Lands" [Range of "melodic, uplifting Latin and African songs."] Putumayo World Music, #PUTU135-2, 1997.
- Shankar, "Song For Everyone," ECM Records, #1286 823795-2.
- Afro Celt Sound System, Volume 1, "Sound Magic," Real World Records, CAR 2359-2, 1996.

OTHER IDEAS

Strong, metered, rhythmic (much of it on percussion instruments)

- African Tribal Music and Dances [featuring music of the Malinké, Baoulé, and others] Legacy International, # CD 328.
- M'Boom, "Live at S.O.B.'s -- New York" [Max Roach and other amazing percussionists]. Mesa/Bluemoon Recordings, Ltd./MR, #R2 79182, 1992.
- Trio Globo [Eugene Friesen, Howard Levy, and Glen Velez playing "contemporary acoustic jazz with rhythmic influences of six continents"]. Silver Wave Records, #SD806, 1994. Second album: "Carnival of Souls" Silver Wave #SD904, 1995.
- Radio Tarifa "Temporal" (World Circuit/Nonesuch 79499-2, 1997) and "Rumba Argenlina" (World Circuit/Nonesuch 79472-2, 1996). ["Spanish meets Moorish meets contemporary African meets European medieval."]
- Geoff Johns, "Bakongo: Drumming Music for Dancers" [Music for dances of Cuba, Africa, Haiti] Sounds True, #STA A335, 1992.

Relaxation/cool-down (some unmetered, "atmospheric" -- stores may categorize as "New Age")

- Sheila Chandra, "Weaving My Ancestors' Voices" [vocalist whose music ranges from ancient Irish ballads to Southern and Northern Indian styles to Spanish lullabys]. RealWorld, #Carol 2322-2, 1992.
- The World Sings Goodnight" [lullabys from around the world sung in native voices]. Silver Wave Records, #SD 803, 1993.
- Mark Isham, "Tibet" [horns, guitar, and percussion]. Windham Hill Records, #WD-1080, 1989.
- Peter Kater and R. Carlos Nakai, "Natives" [an improvisational exploration between pianist (Kater) and flutist/vocalist/percussionist -- Native American flute, Eagle-bone whistle, Hawaiian nose-flute, Navajo rawhide rattle, Algonquin turtle rattle -- (Nakai)]. Silver Wave Records, #SD-601, 1990.

Jazz

- Kenny Barron, "Other Places". Verve Records, #314 519 699-2, 1993.
- Erroll Garner, "Mambo Moves". PolyGram Records, #834 909-2, 1988.
- Thelonious Monk with John Coltrane [recorded 1957-58]. Riverside Records/Jazzland, (JLP-46) OJCCD-039-2, 1987.

- Miles Davis, "Kind of Blue" [jazz -- "All Blues" is great for slow swings in 3]. Columbia Records/CBS, #CK 40579.
- The Golden Gate Quartet, "Travelin' Shoes" [the group that, during the 1930s and 40s helped create and make popular 'jubilee vocal style' -- an early precursor of rhythm & blues, rock n' roll, and rap -- that was an amalgam of folk, spiritual, and jazz]. Bluebird, #66063-2, 1992.

Classical

- Eliot Fisk, "Eliot Fisk Plays Guitar Fantasies" [works by Mozart, Couperin, Poulenc, Weiss, Dowland, Bach, and others]. Amreco/Musicmasters, #7008-2-C, 1989.
- Andres Segovia and John Williams, "Bach on Guitar". Bescol, #CD 510.
- The Chandos Baroque Players, "Telemann Chamber Music," Hyperion Records, Ltd., #CDA66195.
- Brahms Violin Concerto [Christian Ferras, violin; Berlin Philharmonic] Musikfest, #429 513-2, 1964.

Some other sources I enjoy

- Le Mystère des Voix Bulgares, Volume 2 [a traditional vocal group from Bulgaria]. Elektra/Nonesuch Explorer Series, #9 79201-2, 1988.
- The Rustavi Choir, "Georgian Voices" [songs -- mostly sung a capella -performed by a group of male singers, representing the ancient traditions of the many regions of Georgia, between the Black Sea and the Caspian]. Elektra Nonesuch, #9 79224-2, 1989.
- □ "Voices," Volumes 1, 2, & 3 ["a compilation of the world's greatest choirs; includes singers from London's Monteverdi Choir, Tibetan Monks, Israel Kibbutz Choir, Sufi Choir, Abyssinian Baptist Gospel Choir of Newark, NJ, Whales with Paul Winter Consort, Ladysmith Black Mambazo, Singers and Dancers of Bona, Bali, etc.]. Mesa Records, #R2 79026.
- Yoyo Ma, Edgar Meyer, Mark O'Connor, "Appalachia Waltz" [Bass, cello, violin virtuosos playing a range of styles from classical to Texas fiddle to Celtic music] Sony Classical, #SK68460, 1996.
- Lambarena" [links traditional harmonies of Bach to various Gabonese ethnic harmonies, weaving together classical European melodies with underlying rhythms of African forest] Sony Classical SK64542, 1995.