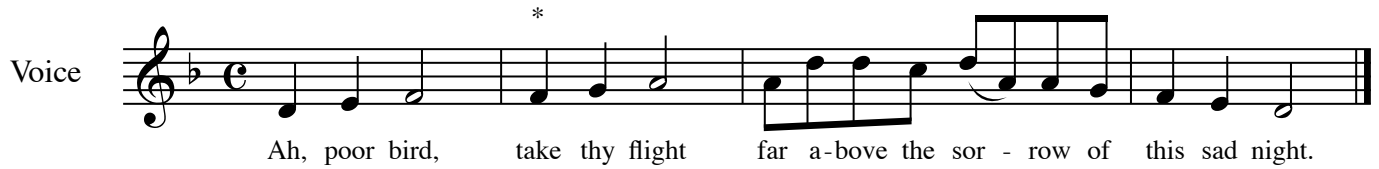


Ah, Poor Bird

England
Movement: DMS



Ah, poor bird: Imitate a bird in flight with arms and hands.

Take thy flight: Move from low to high.

Far above the sorrows: Locomote. Move through the space.
Encourage students to include high, medium, and low levels into their "flight."

This sad night: Stop wherever you are in the space, and get as small as possible.

This can, of course, be danced either in unison or in canon. **Note,** please, that the canon begins after only 1 measure.