

## Merrithew Music™ for the Total Barre Instructor Foundation Course

### Album Title: Total Barre Foundations

A collection of instrumental music designed specifically for Barre, Dance and Fitness that ranges from soft, restorative New Age-influenced tempos to upbeat, energetic, Bollywood-style tracks.

### Segment 1. Warm Up 1: Spinal Mobility — Flexion, Extension, Rotation & Side Bending

**song title:** Foundations: Warm Up

**length:** 4:00 – *approx. 102 bpm*

**description:** This warm up music track is designed to bring focus to breathing and mobility. The snare drum provides a constant beat to follow, layered with counter rhythms featuring two guitars trading places between a constant rhythm to follow and a melody to transform you.

**start position:** Facing Barre, legs parallel, hip-distance apart, pelvis and spine neutral, hands on Barre

**introduction:** *8-count introduction*

**featured instrument:** Snare Drum, a small drum with twisted wires stretched across the bottom that shake against it when it is hit. — *Cambridge English Dictionary. cambridge.org. 2019.*  
[dictionary.cambridge.org/dictionary/english/snare-drum](https://dictionary.cambridge.org/dictionary/english/snare-drum)

### Segment 2. Warm Up 2: Lower Body — Hip, Knee, Ankle & Foot

**song title:** Foundations: Warm Up Lower Body

**length:** 6:35 – *approx. 128 bpm*

**description:** This Electronica rock music style track, picks up the pace to begin to raise the heartbeat and warm up the lower body. Listen for the synth risers that draw the ear to your friend the drum-fills for transitions.

**start position:** Facing Barre, legs parallel, hip-distance apart, pelvis and spine neutral, hands on the Barre

**introduction:** *32-count introduction*

**music theme:** Electronica, music made using instruments such as synthesizers (electronic keyboards) and electronic drums, often containing samples (small pieces) of recorded sound. — *Cambridge Dictionary. electronica@CambridgeWords. 2022.*  
[dictionary.cambridge.org/dictionary/english/electronica](https://dictionary.cambridge.org/dictionary/english/electronica)

**featured musical phrase:** Riser, synth sounds that gradually rise in pitch, are a great tool for adding a sense of urgency in electronic music. — *How to produce a basic synth riser. MusicRadar. 2012.*  
[musicradar.com/tuition/tech/how-to-produce-a-basic-synth-riser-566881](https://musicradar.com/tuition/tech/how-to-produce-a-basic-synth-riser-566881)

**additional musica phrase:** Drum Fill – A “filler” or phrase to be played between different sections of a song. A drum fill can be as simple as a couple of tom tom hits or a blistering, machine gun-like burst of notes. Drum fills can range from one beat to eight measures (or more) in length. — *FreeMusicDictionary.com. 2022.*  
[freemusicdictionary.com/definition/drum-fill](https://freemusicdictionary.com/definition/drum-fill)

### Segment 3. Workout 1: Lower Body — Hip, Knee, Ankle & Foot

**song title:** Foundations: Workout Lower Body

**length:** 4:07 – *approx. 104 bpm*

**description:** BPMs are a little slower for this workout segment as we are increasing the range of movement and adding more complex choreography. Stay on the rhythm of the beat of the Tabla, a pair of small hand drums, as a guitar provides the melody. Listen for the risers to cue transitions.

**start position:** Facing Barre, legs laterally rotated

**introduction:** *short riser plus 8-count introduction*

**featured instrument:** Tabla, a pair of small different-sized hand drums used especially in music of India — *merriam-Webster.com. 2022*  
[merriam-webster.com/dictionary/tabla](https://merriam-webster.com/dictionary/tabla)



**View segments of this workout online:** [merrithew.com/total-barre-foundation](https://merrithew.com/total-barre-foundation)

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**Segments 4 & 5. Workouts 2 & 3:**  
Upper Body — Arms Front & Arms Back

**song title:** Foundations: Workout Upper Body, Arms Front & Back

One music track has been designed long enough to be played continuously for both Segments 4 & 5

**length:** 8:13 – *approx. 110 bpm*

**description:** The Tabla, a pair of hand drums, and other percussive instruments like the tambourine provide the beat and desired tempo to follow, in this Hindustani-inspired music track. The electronic organ follows the drums, becoming a key feature to listen for, when moving through transitions in this upper body workout segment.

**start position:** side facing the Barre, holding Handweights, arms long by side, palms facing forward, legs abducted and laterally rotated, or parallel, hip distance apart, knees slightly flexed, spine & pelvis neutral

**introduction:** *16-count introduction*

**featured instrument:** Electronic Organ, also called electric organ or electrophonic organ, keyboard musical instrument in which tone is generated by electronic circuits and radiated by loudspeaker. This instrument, which emerged in the early 20th century, was designed as an economical and compact substitute for the much larger and more complex pipe organ.

— *Electronic organ | musical instrument. Encyclopedia Britannica.*

[britannica.com/art/electronic-organ](https://www.britannica.com/art/electronic-organ)

**music theme:** Hindustani music, one of the two principal types of South Asian classical music, found mainly in the northern three-fourths of the subcontinent, where Indo-Aryan languages are spoken. — *Hindustani music | Encyclopædia Britannica. 2020.*

[britannica.com/art/Hindustani-music](https://www.britannica.com/art/Hindustani-music)

**Segment 6. Workout 4:**  
Hip Abduction & Extension

**song title:** Foundations: Workout Hip Abduction & Extension

**length:** 7:10 – *approx. 132 bpm*

**description:** The liquid bass drum and guitar in this electric lounge number, provide the tempo and constant beat to follow throughout this workout segment. Listen for the riser and snare drum fills to cue transitions.

**start position:** side facing the Barre, legs parallel, hip distance apart, one hand on the Barre, other hand on the shoulder, hip or reaching to side

**introduction:** *32-count introduction*

**featured instrument:** Liquid Bass Drum and Bass, a sub-genre of drum and bass that places an emphasis on musicality and melody. The genre draws influence from other genres such as jazz, trance, and ambient music. — *What is Liquid Drum and Bass? And Why is it Called That? 2022. [deepinthemix.com/edm-genres/drum-and-bass/what-is-liquid-drum-and-bass](https://deepinthemix.com/edm-genres/drum-and-bass/what-is-liquid-drum-and-bass)*

**music theme:** Lounge Music, a type of popular music often including jazz, swing, and pop elements and played in cocktail lounges, piano bars, etc.— *Definition of lounge music. www.dictionary.com. 2022 [dictionary.com/browse/lounge-music](https://www.dictionary.com/browse/lounge-music)*

### Segment 7. Workout 5: Cardio Legs

**song title:** Foundations: Workout Cardio Legs

**length:** 5:53 – *approx. 132 bpm*

**description:** This rhythmic high-energy music track highlights percussive instruments like the shaker and cow bell, in unison with a poppy funk guitar melody. Let these instruments, along with the guitar and rolling bebop drum fills, guide and drive you through to the end.

**start position:** facing the Barre, standing leg extended, gesture leg laterally rotated and reaching forward, on the floor, ankle plantar flexed (tendu front), pelvis and spine neutral, hands on the Barre

**introduction:** *16-count introduction*

**music theme:** Funk, a rhythm-driven musical genre popular in the 1970s and early '80s that linked soul to later African-American musical styles. Like many words emanating from the African-American oral tradition, funk defies literal definition, for its usage varies with circumstance. As a slang term, funky is used to describe one's odor, unpredictable style, or attitude. Musically, funk refers to a style of aggressive urban dance music driven by hard syncopated bass lines and drumbeats and accented by any number of instruments involved in rhythmic counterplay, all working toward a "groove." — *Vincent, R. Funk | music. Encyclopædia Britannica. 2014* [britannica.com/art/funk](http://britannica.com/art/funk)

**additional theme:** **Bebop**, also called bop, the first kind of modern jazz, which split jazz into two opposing camps in the last half of the 1940s. The word is an onomatopoeic rendering of a staccato two-tone phrase distinctive in this type of music. — *bebop | Definition, Characteristics, Artists, & Facts. Encyclopædia Britannica 2019.* [britannica.com/art/bebop](http://britannica.com/art/bebop)

### Segment 8. Workout 6: Standing Abs

**song title:** Foundations: Workout Standing Abs

**length:** 5:19 – *approx. 132 bpm*

**description:** This high-energy Indian pop-inspired music track features the electric guitar and EDM to bring this melody and rhythm to life. The electronic music drives the rhythm; .listen for the drums and guitar to highlight next moves.

**start position:** stand away from the Barre, neutral spine, legs abducted, laterally rotated and knees flexed (second position), arms wide shoulder height, holding Handweights, palms forward

**introduction:** *16-count introduction*

**music theme:** Indian pop music, a term used to describe danceable Indian pop music, most often associated with Bollywood films. It has been described as "sugarcoated dance melodies with Hindi lyrics, large orchestra film music, overdubbed with dance beats." — *Hays, J. Indian Pop And Bollywood Music | Facts and Details.* [factsanddetails.com/india/Arts\\_Culture\\_Media\\_Sports/sub7\\_5c/entry-4252.html](http://factsanddetails.com/india/Arts_Culture_Media_Sports/sub7_5c/entry-4252.html)

**additional theme:** **EDM**, also known as electronic dance music, an umbrella term for a panoply of musical styles that emerged in the mid-1980s. Rather than designating a single genre, EDM encompasses styles ranging from beatless ambient music to 200-beats-per-minute hard-core, with house music, techno, drum and bass, dubstep, and trance among the most-notable examples. — *Matos, M. Electronic dance music. In Encyclopædia Britannica. 2016* [britannica.com/art/electronic-dance-music](http://britannica.com/art/electronic-dance-music)

### Segment 9. Workout 7: Calf, Quad & Adductor

**song title:** Foundations: Workout Calf, Quad & Adductor

**length:** 4:00 – *approx. 120 bpm*

**description:** This playful Pop rock track features the piano and uses the guitar to drive the melodic and rhythmic beat. Listen for Drum fills to guide transitions.

**start position:** facing the Barre, legs adducted parallel, hands on the Barre, pelvis and spine neutral

**introduction:** *16-count introduction*

