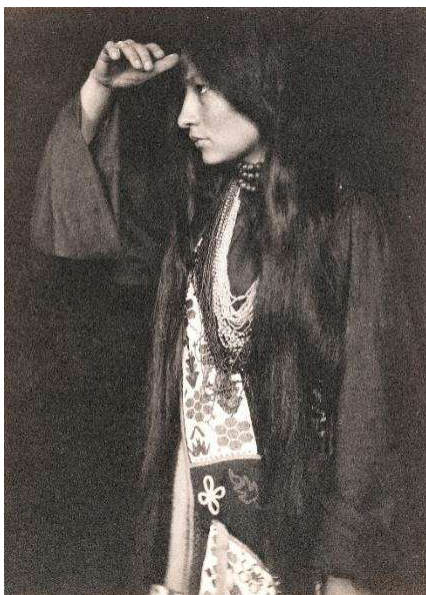


**Left-Hand Contractions** A left-hand contraction happens when two different LH fingers are used to play notes on adjacent strings in the same fret, forcing the fingers to contract together in order to line up in the same fret. In the case of Sun Dance Opera, we do this in order to avoid using the same LH finger twice in a row for different notes on adjacent strings. As with the right hand, it's best to avoid using the same LH finger twice in a row whenever possible. The contraction in Sun Dance Opera happens between the first note (G) and the second note (D) of measure four.

## Sun Dance Opera



**Zitkala Sa** (1876–1938), which means “Red Bird” in Lakota, was a Yankton Dakota Sioux writer, editor, translator, musician, educator, and political activist. She wrote books and articles that told of the struggles she had with cultural identity. Zitkala Sa studied violin at the New England Conservatory of Music and eventually became the first Native American to co-author an opera. Her opera, “The Sun Dance Opera,” was based on a sacred Sioux ritual and was first performed in 1913. She was also a political activist who worked to preserve the Native American way of life while pushing for rights and full American citizenship for Native Americans. She continued to advocate for civil rights and women’s rights until her death in 1938.

**Let's Get Wild!** You're ready to play “Butterfly” in *Song of the Wild*.