Lace City daily vocal warmups - transcript

Choose a variety of 5-6 of these exercises every day. These should take around 5 minutes of your time.

Remember the figure of eight as you do these exercises to keep your body free and flexible.

- Start with rhythmical hissing - shhh, sssss
- Sh sh ff ss x2, k t p ss x2, then bubble x 4 - keep bubbling high in the mask
- Call and response bubbling - various sequences - make up your own going from low to high register - glissando down the scale
- Bubbling into vowels - into AH, EE, OH, OO ensuring you use the model throughout
- Bubbling into a pitch exercise - bubble then 1-2-3-2-1 . Vary the vowel AH, EE, OO. Remember the OO vowel has to be produced with relaxed lips (no chicken's bottoms!). Bubbling will give you the forward placement.
- Resonant sound production - mo mo mo mo mo (make up your own sequences). Relaxed lips and plenty of space. Keep lifting the sound. Use kinaesthetics to help keep the sound lifted.
- mmmm mmmm mmmm to the sequence 1-1-1-2-1 then go up a semitone. Keep the sound bright and shiny as you go up to the higher note. Then come back down a semitone at a time but keeping the sound lifted all the time. Create space inside to keep the sound full and resonant.
- nyum, nyum, nyum, nyum, nyum, using the notes 5-4-3-2-1 and keeping the sound light.
- REE arpeggio 1-3-5-8-8-8-8-5-3-1 - keep the notes light, no opera singers here please!! Roll your RRR to keep the sound forward.
- VEE VOH routine - keep a powerful stance as you go quiet. Increase your lift and stature and you'll produce a very well supported sound which will keep in pitch. Sequence is 1324354654321 - full volume for first sequence then repeat same sequence on pp. check posture - stay tall and proud. "Screaming softs" (Jim Henry).
- zoom gally gally exercise - keep full and resonant without any scooping. Take pressure away from the zzz to be able to tune accurately and instantly. Do alternate loud and soft. Use similar technique as in VEE VOH exercise with a powerful stance and supported soft. This is another exercise where the soft dynamics should demonstrate real presence.