

Sample Warmup Session

6:45: Physical Warm-ups with Susie

6:50 - 7:10: Vocal Warm-ups

Posture: Place crown on head - proud and lifted. Purpose: to transition from relaxed stance to singer's stance. Tonight's focus: **no reaching** or **craning** neck. *Make the back of your neck longer than the front.*

Breathing: Hiss on SS for 10, 15, 20 counts. Purpose: to strengthen muscles used in breathing, develop breath control and feel what it's like to use breath support for phrase endings. *USE air and create a vacuum by the end of the count.*

Phonation: Sing MM, rest/intake, MM, rest/intake, MMMMMM; sing this on one pitch, then continue up the scale with this pattern. Purpose: to use air to initiate the sound - tension free. *Create space between molars, tongue touching lower gum ridge, lips closed gently, and cheek pads lifted creating a pleasant smile. Feel the placement of the MM in the mask area of the face.*

Resonation: Sing LA - LA - LA - LA - LA-----: 1 - 3 - 5 - 3 - 1------. Purpose: to create space needed for resonating sound. *Use knuckles of hands to create space between molars. Only use tip of tongue. Keep jaw quiet. Be aware of the feeling of openness in your mouth, the lift of the palate, and open throat. Remember that resonance is balanced between having height and a feeling of falling forward (space and place).*

Articulation: On one pitch: "Maybe my mammy may move to Miami and maybe my mammy may not." Purpose: to sing a legato line with minimal consonant interference. *Breathe with height and maintain space while singing. Is posture proud? Is air moving? Breathing with height and lift? Bring bottom lip to top lip for the M.*

Combining skills: Moving throughout the range: "Make New Friends" round. Purpose: to sing smoothly from low to high with an open resonance and to sing harmony. Focus: vowel match the OH vowels on "old" and "gold" (used in "all the world and it's gold"). *Sing in a legato style using the cushion of air from the hissing exercise for continuous sound on vowels. Make sure the OH vowels match each other and maintain facial lift so the vowels stay ring-y.*

Tuning and listening skills: Five chord exercise. Purpose: to sing accurate intervals using a tall breath and open space in four-part harmony. Focus: singing with section unity, blended vowels and interval accuracy. *Sing "the world and its gold" and "me close to her side" on the 5 chords. Go up by 1/2 steps.*