

More Vocal Warmups:

- Sigh from a high to low notes on OH-AH-OH, very relaxed, connecting all the sounds between notes, just "massage" the vocal cords.
- Open up the upper voice resonators: Fla-fla-nee-e-e-e-e (1-3-5,4,3,2,1), up ½ step, repeat till voice quality changes. Focus on keeping the sound very tall inside the resonators
- A great way to get started: "Oh what a beautiful morning! Oh what a beautiful day. I've got a beautiful feeling, everything's going my way." Add diphthongs, singable consonants, adding space to the higher notes.
- Very relaxed singing, using your most beautiful voice: "Fish gotta swim, birds gotta fly, I gotta love one man til I die. Can't help lovin' that man of mine. Tell me he's lazy, tell me he's slow. Maybe I'm crazy, baby I know. Can't help lovin' that man of mine."
- Get the mouth/lips loosened up: To the tune of The William Tell Overture (Lone Ranger), sing, "Where is the Boy with the Ping Pong Ball? Where is the Boy with the ping pong ball? Where is the boy with the ping pong ball? Ping-ping, ping-pong ball. Ping-pong, ping-pong, ping-pong, ping-pong, ping-pong, ping-pong, ping-pong ball. Ping-pong, ping-pong, ping-pong, ping-pong, ping-pong, ping-pong, ping-pong ball. Where is the boy with the ping pong ball? Where is the boy with the ping pong ball? Where is the boy with the ping pong ball? Ping-ping, ping-pong ball.
- Work on synchronization: "Gotta-go, gotta-go, gotta-go, gotta-go, , gotta-go, gotta-go, right now." Half-step up, repeat. Work on synchronization.
- Sing a tall, sound, with lots of pure "ah" vowel: Stars Wars theme on "Ta-ta, ta-ta-ta, Ta-ta...."
- For syncopation and key changes (up): "Gimme a break, gimme a break, break me off a pice of that Kit-Kat Bar." Repeat and go up 1 key.
- March in place, like the Wizard of Oz soldiers: "Yoh-ee-oh, Yo-oh!"
- "Heart and soul, I love to sing with you; heart and soul, I'd gladly sing with ou. Always, with all my heart and soul."
- Legado singing, just barely touching on the hard consonants: "Catch a falling star and put it in your pocket, save it for a rainy day. Catch a falling star and put it in your pocket, never let it fade away."

HELPFUL NOTES FOR VOCAL WARMUPS:

1. Kim Hulbert: There are two basic types of vocal warmups: Personal and Choral. You must be personally responsible to warm your own voice up before arriving at chorus so that the choral warmups can work on higher skills, including resonance, vowel matching, synchronization, tuning, balance.
2. Lori Lyford: "If the chorus stops singing and you're the only one who didn't stop, would you be proud of what you hear?"
3. Karen Breidert: "CHOOSE to sing your most beautiful, energized sound."
4. Try to avoid singing like the "general public". We are Sweet Adelines, and we should constantly show others why this organization is so special and what we can achieve.
5. Always keep the body moving, even slightly, while vocalizing for chorus. It helps build the stamina required in this art form, as well as having a very clear and positive effect on the vocal quality. The more you move physically, the more active and "alive" the voice sounds.
6. Remind yourself to always be relaxed. If you feel tension building in any part of your body, touch it gently to remind yourself to relax that muscle/area. Stop occasionally and ask the chorus to rub their neighbors' backs.
7. Keep working on adding shimmer, sparkle, and lift to the voice. Make a conscious effort to go beyond just singing the right notes and words.