

Choir Warm-Ups

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I. Initial Vocalizations

Initial Vocalization #1: "Peer Gynt (Grieg)"

[m]/trill/[z/f/v]

Initial Vocalization #2: "Lip Trill - A"

Initial Vocalization #3: "Lip Trill - B"

Initial Vocalization #4: "Lip Trill - C"

Initial Vocalization #5: "mmm-ah"

Initial Vocalization #6: "nee-nee"/"blah-blah"

I V I

nee nee nee nee nee,
blah blah blah blah blah,

Initial Vocalization #7: Tight Onset

I V I

[f/v/z] [f/v/z] [f/v/z] [f/v/z] vi

Initial Vocalization #8: Glottal Onset

I ate eggs at eight and o - nly at eight.

Echoes: choo, chk, ch, pht, puh, fi, fuh

Diction Warm-Ups:

- "Aluminum Linoleum"
- "Red Leather, Yellow Leather"
- "Unique New York"
- "They make a proper cup of coffee in a copper coffee pot"
- "Flea! Flea Fly! Flea Fly Flo!"
- "Eleven benevolent elephants"

II. Diaphragmatic Warm-Ups

Diaphragmatic #1: "re-pe-ti-ke"

Pronunciation Guide:

"re" (IPA: rɛ) as in "red"

"pe/ke" (IPA: pə/pə) as in "cut"

"ti" (IPA: tɪ) as in "tee"

"hwt" (IPA: hwt) as in "quit" with an "h" at the beginning

Musical notation for Diaphragmatic #1: "re-pe-ti-ke". The music is in 4/4 time, treble clef, and key of A major (indicated by a 4 and a sharp sign). The lyrics are: re - pe - ti - ke, re - pe - ti - ke, ts ts ts ts, ts ts ts ts. Below the first measure, the lyrics sh sh sh sh, sh sh sh sh, hwt hwt hwt hwt, hwt hwt hwt hwt, are provided.

Diaphragmatic #2: "tee-hee-hee"

Musical notation for Diaphragmatic #2: "tee-hee-hee". The music is in 4/4 time, treble clef, and key of A major. The lyrics are: tee - hee - hee - hee, tee _____, tee - hee - hee - hee - hee. Roman numerals above the notes indicate harmonic progressions: I, I, V, IV, ii, I, I.

Diaphragmatic #3: "tee-ee/eh/ah"

Musical notation for Diaphragmatic #3: "tee-ee/eh/ah". The music is in 3/4 time, treble clef, and key of A major. The lyrics are: tee - ee, tee - eh, tee - ah - ah - ah - ah, tee - . The lyrics are aligned with the notes, showing a repeating pattern of two measures of three notes each followed by a single note.

Diaphragmatic #4: "Laughing is Contagious"

Musical notation for Diaphragmatic #4: "Laughing is Contagious". The music is in 3/4 time, treble clef, and key of A major. The lyrics are: Laugh-ing is con-tag-iou-s and is ad - van - tag - eous; ha ha ha ha ha ha, The lyrics are aligned with the notes, showing a repeating pattern of two measures of three notes each followed by a single note.

Musical notation for Diaphragmatic #4: "Laughing is Contagious" continuation. The music is in 3/4 time, treble clef, and key of A major. The lyrics are: ho ho ho ho ho ho, hee hee hee hee hee hee, hee. The lyrics are aligned with the notes, showing a repeating pattern of two measures of three notes each followed by a single note.

Diaphragmatic #5: The Beach Ball

I vi V I I V I
nee ee ee yah ah ah ah ah, shu - tha - tha - tha - tha.

Diaphragmatic #6: "nee-yah"

I vi V V
nee, ee yah, ah, ah, ah, ah, ah.

ii V V V vii I
ah, ah, ah, ah, ah, ah, ah.

Diaphragmatic #7: "sing-ee"

sing ee hung oo sing ay hung ih

— sing ah hung oh

Diaphragmatic #8 "vee-ee, vah-ah"

I V I V
vee - ee - ee - ee vah - ah - ah - ah vee - ee - ee - ee vah - ah - ah - ah

I V IV V I
vee - ee - ee - ee - ee vah - ah - ah - ah - ah ah!

III. Tone & Tuning Warm-Ups

Tone & Tuning #1: "vee-vah"

(Vocalists should make a motion as if pulling taffy.)

Musical notation for "vee-vah" in 4/4 time. It consists of four measures. The first measure shows a bass note followed by a soprano note labeled "I" and a soprano note labeled "V⁷". The second measure shows a bass note followed by a soprano note labeled "I" and a soprano note labeled "V⁷". The third measure shows a bass note followed by a soprano note labeled "I" and a soprano eighth-note pattern labeled "V⁷". The fourth measure shows a bass note followed by a soprano note labeled "I". Below the notes are the lyrics "vee - vah, vee - vah, vee - vah _____".

Tone & Tuning #2: "I love to sing!"

Musical notation for "I love to sing!" in 2/4 time. It consists of three measures. The first measure shows a bass note followed by a soprano note labeled "I" and a soprano note labeled "V". The second measure shows a bass note followed by a soprano note labeled "lo - ve" and a soprano note labeled "to". The third measure shows a bass note followed by a soprano note labeled "sing!". Below the notes are the lyrics "I lo - ve to sing!".

Tone & Tuning #3: "I *sigh* to sing!"

("sigh" should be sung as if an actual sigh)

Musical notation for "I sigh to sing..." in 2/4 time. It consists of four measures. The first measure shows a bass note followed by a soprano note labeled "I" and a soprano note labeled "V". The second measure shows a bass note followed by a soprano note labeled "si - gh" and a soprano note labeled "to". The third measure shows a bass note followed by a soprano note labeled "sing...". The fourth measure shows a bass note followed by a soprano note labeled "I". Below the notes are the lyrics "I si - gh to sing...".

Tone Warm-Up #4: "I know!"

(Parts may sustain their pitch on the Roman numerals)

Musical notation for "I know!" in 4/4 time. It consists of five measures. The first measure shows a bass note followed by a soprano note labeled "I". The second measure shows a bass note followed by a soprano note labeled "V". The third measure shows a bass note followed by a soprano note labeled "iii". The fourth measure shows a bass note followed by a soprano note labeled "I". The fifth measure shows a bass note followed by a soprano note labeled "I". Below the notes are the lyrics "I know, I know, I know, I know, I know! I".

Tone & Tuning #5: "Stir the Pot!"

Musical notation for "Stir the Pot!" in 3/4 time. The melody consists of eighth and sixteenth notes. The lyrics are: Stir____ the pot! Stir, stir, stir, serve.

Tone & Tuning #6: "zee-oh/wee-oh"

All OR Alto + Bass

Musical notation for "zee-oh/wee-oh" in 4/4 time. The melody consists of eighth and sixteenth notes. The lyrics are: zee - oh zee - oh zee - oh zee - oh zee
wee - oh wee - oh wee - oh wee - oh wee

Breathe for a full measure before continuing.
DESCENDING PATTERN

Opt. Soprano + Tenor

Musical notation for "zee-oh/wee-oh" in 4/4 time, intended for Opt. Soprano + Tenor. It consists of eighth and sixteenth notes.

Tone & Tuning #7: "blah-blah-blah"

Musical notation for "blah-blah-blah" in 4/4 time. The melody consists of eighth and sixteenth notes. The lyrics are: I nee V nee I nee, nee,
blah blah blah blah blah,

Tone & Tuning #8: Balance

Musical notation for "Balance" in 4/4 time. The melody consists of eighth and sixteenth notes. The lyrics are: Balance Balance Balance Balance Balance

III. Range Extension Warm-Ups

Range Extension #1: "Mio Signore!/Bella Signora!"

Musical notation for Range Extension #1. The music is in 3/4 time, treble clef, and consists of two staves. The first staff starts with a melodic line: I (Mi), V (o), IV (gno), and ii (o). The second staff continues with V (o), I (o), V (o), and ends with I (re!). The lyrics are: Mi - o Si - gno - - (o) - (o) - - (o) - - re!

Range Extension #2: "Bumblebee"/Alternate

Musical notation for Range Extension #2. The music is in 3/4 time, treble clef, and consists of two staves. Both staves feature a repeating melody: Bum - ble - bee, bum - ble - bee, bum - ble - bee, bum - ble - bee! (3 syllables). The lyrics are: I will go with you to the (3 syllables).

Range Extension #3: "zinga-zinga"

Musical notation for Range Extension #3. The music is in 3/4 time, treble clef, and consists of one staff. The melody is: zi-nга zi-nга zah! zi-nга zi-nга zoo! zi-nга zi-nга zi-nга zi-nга zed!

Range Extension #4:

Musical notation for Range Extension #4. The music is in 3/4 time, treble clef, and consists of one staff. The melody is: What are you do - ing to - night? Where are you go - ing to - night?

Range Extension #5: "ee-eh-ah"

V. Rounds

Round #1: "The Water Spout"

Have you ev - er been to the wa - ter spout way

down at the bot-tom of the wa-ter sys-tem? There you will find a lit-tle al-li-ga-tor who

goes by the name of "Al- fred," if you do, he's mine.

I miss him. I threw him down the wa - ter spout and now I'm feel - ing

alone - ly 'cause he's gone. Have you