

Choreography and Music...they HAVE to work together

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3pm

Kay Macrosson and Lisa Hood, Faculty

Your body is a musical instrument and all of your movements, big or small, will impact the sound that you produce.

When planning choreography, it important to remember that it must enhance the musical plan.

Posture

Think of a chorus or quartet that you have seen that made you (the audience member) feel energized before they even sang a note. What did they look like?

----- bent knees, contained energy just bursting to be released, strong core, eyes intent and full of life and joy

How you start affects your entire performance:



Your body posture affects your sound so you must ensure that the moves you make strengthen the vocal line.

Simple and Effective Body Movements

Here are some kinesthetic tricks that will enhance your sound:

1. Hold out your hands in front of you palms up and sing on an 'ah' vowel. Keep singing and turn your hands so your palms face downwards. Notice the change in the vowel sound/pitch. Having your palms face upwards encourages a higherpitch with more vocal energy in the sound.
2. As you sing a phrase, move your hand outwards from your body (palm up) and 'release a dove' as you end the phrase. This allows the sound to continue instead of an abrupt stop especially when a dramatic end to a phrase is desired.
3. Spinning your finger/hand as you sing on a vowel will give the sound energy and reduces the possibility of the sound getting heavy (flat)
4. Use your big muscles to sing, not the small ones. The big muscles in your legs will support your core and your instrument. The small muscles in your neck and jaw will only create tension.
 - sing with knees locked and then continue singing with bent knees and flowing body – note the ease in the sound and pitch maintenance