

Your *Singspired* Lesson

Lesson 1 Emotion - Abdomen - Power

EXERCISE	SUMMARY	TICK EACH TIME
SIGHING INTO SINGING 3:52 in	Find your abdominal connection by sighing into a singing note. Keep it light and breathy. Try 'ah baby', 'oo baby', (oo like a pigeon!) 'mm baby'	
THIS WOMAN'S WORK 5:13 in	Look for Maxwell's version of the Kate Bush song, live on Youtube. Watch and listen to the opening sound 'Aha', find it from your abdomen, repeat.	
FIGHT OR FLIGHT 9:09 in	Use memories of your fear/pain emotion to make an 'ow' sound (don't forget to find the feeling in your abdomen like a real emotion). Send the song around your head and jaw, feel it buzzing, like a witches voice.	

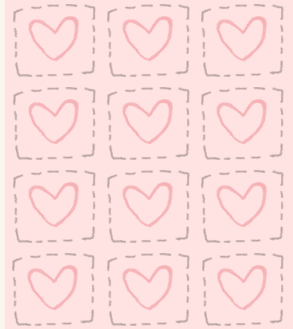
EXERCISE

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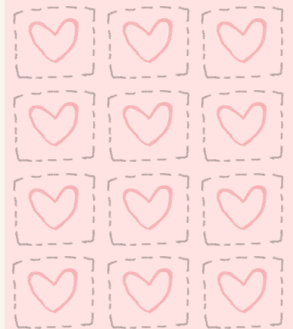
STAYING
ALIVE
10:01 in

Send the song around your head and jaw, feel it buzzing, like a witches voice, look up BeeGees singing Staying Alive, copy the chorus, rooting the ha, ha, ha sound in abdominal muscles



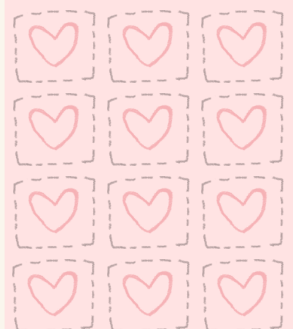
SAY YEAH!
12:17 in

A loud, joyful 'Yeah' from your abdomen will give you a starting point to singing loud in your speaking voice. Try 'Yeah' at different pitches.



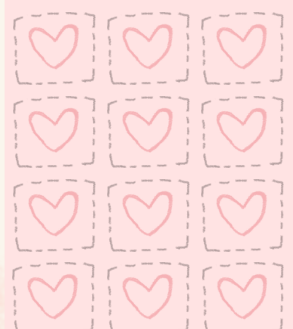
SHOUT BY
LULU
12:29 in

Look up Lulu's hit 'Shout' from the 60s. It starts with a joyful 'Yeah'. Copy her remembering the joyful Yeah you just yelled (remember those abs!)



WOH
15:43 in

A surprised Woh sound. Remember the emotion of it; shocked, surprised. Give it some volume like you're really feeling it!



EXERCISE

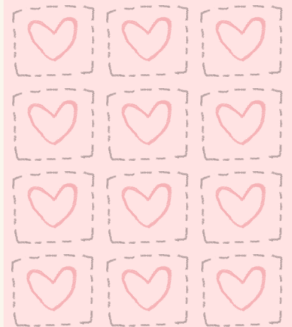
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TICK
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STAY WITH ME
16:10 in

Convert your emotional 'oh' into a beautifully sustained singing note.

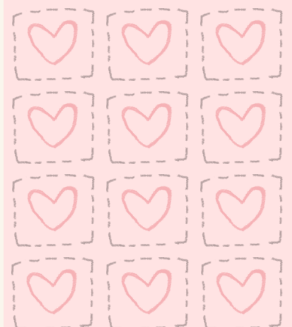
Look up 'Stay with Me' by Sam Smith. Sing along with the 'Woh' chorus. Use your nose and mouth like a beak... extend for more tone!



FALLING by
ALICIA KEYS
18:18 in

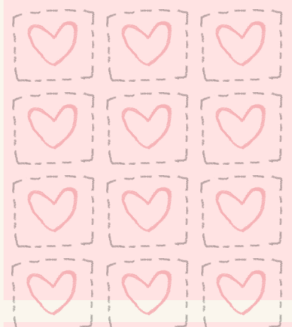
Look up Alicia Keys song Falling and find the descending line
"Fa..a..a..a..ll"

Make sure your jaw is loose. Repeat the pattern along with me or Alicia!



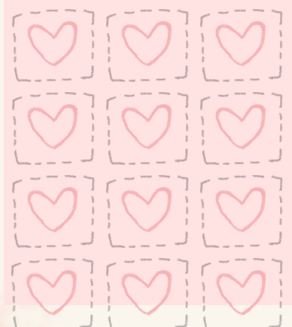
TASTY TUMMY
NOTE
19:59 in

Slide up and down with an 'mm' sound. Feel how it vibrates around your skull, jaw and teeth when you 'mm', change your jaw position, try new shapes and sounds.



TAKE ON ME
BY AHA
23:54 in

Find a high 'woo' sound as if you're flying or on a roller coaster ride! Find the joy in your tummy. Now try that sound on the high note in this song. Make a noise & enjoy!!!



EXERCISE

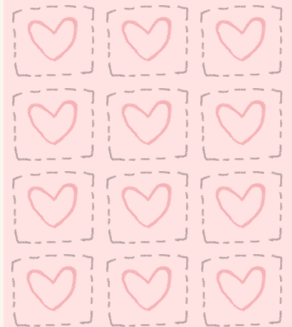
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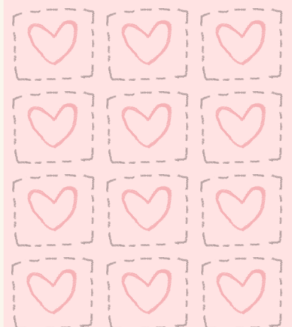
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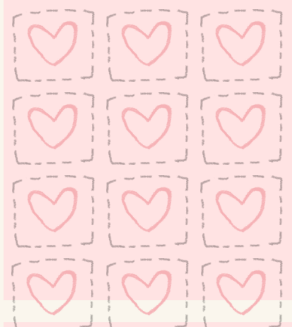
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