

REHEARSAL PLANS

Women's Ensemble

Warm Ups (10-15 minutes)

- I. Body
 - A. Stretching and massage
 - B. "Shake down"
 - C. Posture check
- II. Breath
 - A. Strings on abdomen
 - B. Repeat rhythms and consonants
 - C. "In on x, out on x"
- III. Resonance
 - A. Humming
 - B. Tongue trills
 - C. Na-na-na
 - D. Sighs
 - E. "Mayo-mayonnaise"
- IV. Intonation
 - A. Down a half step/Up a half step

"This Little Babe" by Benjamin Britten (20 minutes)

- I. Choir speaks the text in rhythm. Focus on rhythmic accuracy, intensity, and articulation.
- II. Sing mm. 5-17. Use a syllable such as "ming" to achieve brightness and resonance. Add space and work on blend.
- III. Underline accented syllables. Use physical motions while singing to emphasize line movement.

"Song for the Mira" by Allister MacGillvray

- I. Sing mm. 91-105 on [li]. Work on forward placement to achieve blend and beautiful tone.
- II. Use pulsing to subdivide each note into eighths. Have the students change the dynamic level of each pulse to create direction in the phrase. Demonstrate how to use body movement to show phrasing and instruct students to imitate.
- III. Add the text. Adjust any vowels and fall out of the proper placement.