

Vocal Constructions That Work
Compiled by Sharon Babb

Physical

Stretches/upright stance
High ribs—rib lifts
Breathing
Head shoulder, neck rolls
Loose jaw
Firm bottom half; loose top half
Facial exercises
Tongue stretches

Breathing

Deep breathing with stretches
Rogers elbows exercise/two cans of peas
12 hisses
Inhale to 4; exhale to 8 and lift on 7 & 8

Phonation

Open, relaxed throat
“Hook” exercise

Resonance

Hum 123454321—find hum/buzz spot
Big spaces, big holes in one’s head/air and space
Stabilize resonator (cheeks in reverse palms)
Tongue down and relaxed
Palate lifted
Eye pads and forehead lifted
Smiling countenance
Forward feel to tone
12345, 12345, 123454321 (modulation)—“killer” on *yuh* syllable throughout range, beginning at Eb and descending to Bb— and ascending to Ab++
Come and Go With Me—123454321—open back space on each vowel move

Articulation

Mama Made Me Mash My M&M’s and Peter Pepper Picked a Pot of Peas—5555-54321
Double Bubble, Double Bubble Gum—554433221

Vocal Warm-ups

1-54321—any vowel
Hm 12171— Low/high/middle ranges
Stretching ranges: *O—h, say can you see?*
Interval practice: 13531, 14641, 72527, 13531—leave out top notes, middles, bottoms, whole sequence;
“think, men” singing
Kit Kat jingle—Give Me a Break
Hm mah octave—187654321
Connect oh-oo-oo-ay-ay-ay-oo-oo-oh 1358 10 8531
Scales: 1, 121, 12321, etc. top down

VOWEL Match:

Mah, may, mee, moh, moo—unison and four-part exercise
Dah May Nee Po Too Lah Bay See Doh (on ascending chromatic triads)
16 Vowel exercise

Part/Melody Practice:

Tenors: Edelweiss
Leads: This Is My Country
Baris: Silent Night
Bass: God Bless America

My Bonnie Lies Over the Ocean
I Love You Truly
Oh, What a Beautiful Morning!
On the Street Where You Live