

Your *Singspired* Lesson

MORE EMOTION - ABDOMEN - POWER

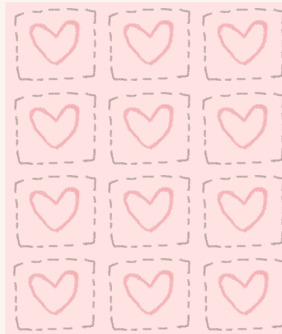
EXERCISE

SUMMARY

TICK
EACH
TIME
YOU SING
OR LISTEN

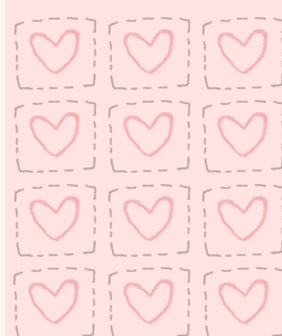
VOCALISING
WITHOUT
WORDS

Think about your voice as an instrument
- it's not all about words



DIFFERENT
VOCALISATIONS

Try a sigh, a yawn, a woh! Try different emotions:- surprise, suspicion, curiosity, ecstasy, thrill, fear. Notice that more emotion = more abdominal involvement - your tummy muscles engage!



MORE TUMMY =
MORE SUPPORT

Try those noises again concentrating on your abdominal engagement - begin each sound from the tummy not the throat!



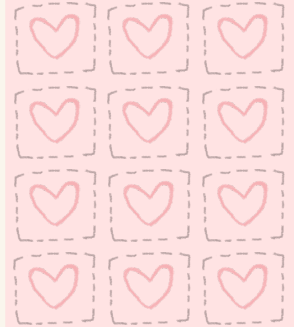
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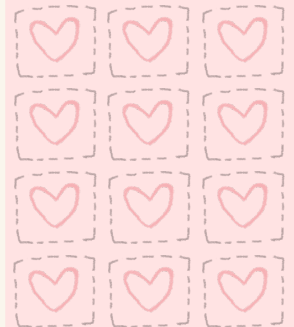
TAKE AWAY WORDS TO FOCUS ON SUPPORT

If you're singing a song and want more support, take away the words, do a surprise woh with all the emotion, sing the melody to that woh (no words), try to bring back to words but with the 'woh' feeling



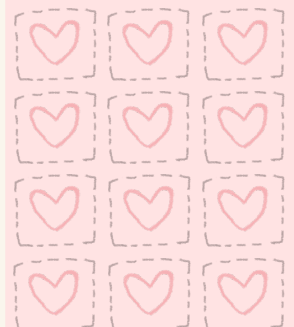
SIGH INTO HEAD VOICE

How high can you start your 'ah' - it might be in your 'head voice' - 'head register' is at the high pitched end of your range, it might sound and feel different to your 'speaking' or 'chest' register.



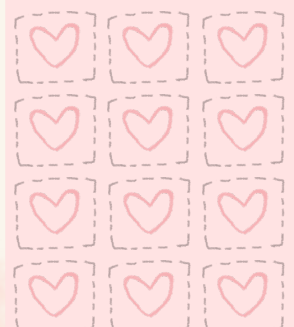
SIGHING INTO SINGING

Start by thinking of a sigh then sing 'ah baby' trying lots of different emotions and feelings - keep the tummy involved



TRY IT WITH 'OOH'

Now do the same with 'ooh baby' change the amount of breath you allow out, from sigh to hoot! Remember you're the boss of your voice!



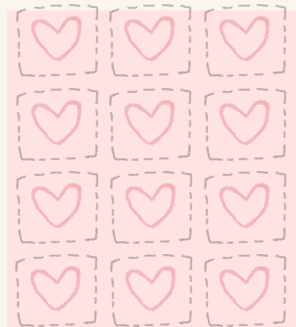
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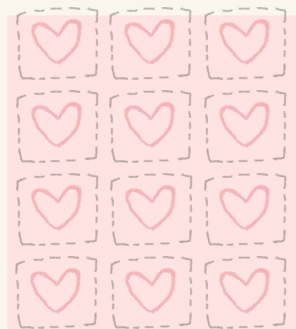
'Ah like Kate
Bush or Maxwell'

This Woman's Work by Kate Bush
Check these out:- Maxwell live:-
[https://youtu.be/-JYxc5ftEzg?
si=dXLBCcOVFOZHJLoP](https://youtu.be/-JYxc5ftEzg?si=dXLBCcOVFOZHJLoP)
Kate Bush
[https://youtu.be/VEMal2eJx88?
si=OMahZ877nPuD-ra1](https://youtu.be/VEMal2eJx88?si=OMahZ877nPuD-ra1)



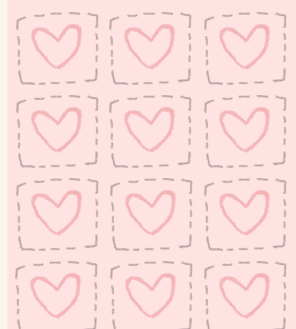
Using videos to
help

If you're working on your technique
it's always best to watch singers'
live performances so that you can
see their technique at work! When
we mime we don't always sing!



Sing along with
Maxwell

Sing the 'aha' line. Vary from
'shrieking' to 'sighing'. Remember to
start the sound from your tummy
muscles.



FIGHT OR
FLIGHT

Tummy muscles are engaged when
we're in 'fight or flight' mode! Try
an 'ow' sound in chest and head
voices.



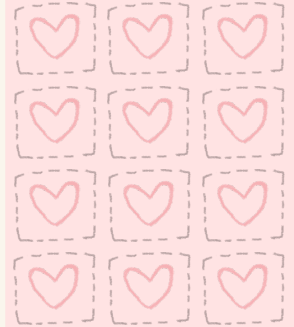
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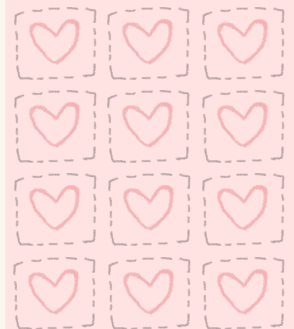
BEEGEES & WITCHES

Turn your 'ow' into an á sound.
Now try in your 'shrieking' sound.
Now make it 'há' and you're close to
the beegees singing 'ha ha ha ha
Staying Alive' or a wicked witch's
laugh! Have fun!



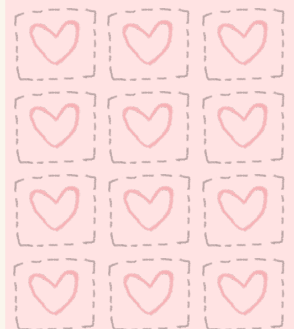
STAYING ALIVE

Check this out and SING ALONG!:-
[https://youtu.be/BepGuHBm6Po?
si=g85YlnbLfLAAK1Us](https://youtu.be/BepGuHBm6Po?si=g85YlnbLfLAAK1Us)



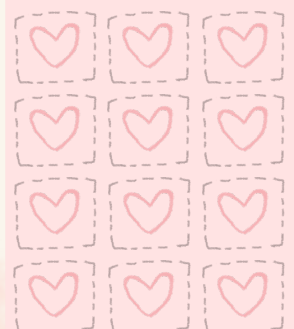
Say 'YEAH'

In your SPEAKING voice try Lulu's
intro to her hit 'SHOUT':-
[https://youtu.be/raZugKuw_Es?
si=swKksfpUoobK5oI6](https://youtu.be/raZugKuw_Es?si=swKksfpUoobK5oI6)
Try it over & over!



RADIO STATIC VOCAL RELAXER

If your larynx feels a bit tired or
tight you can relax it by making the
sound of radio static! It gives them
a little massage!



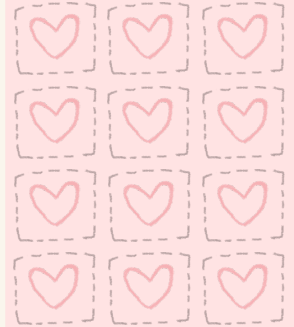
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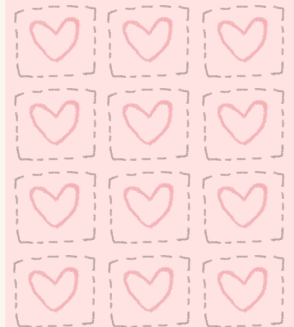
TIGHTNESS IN
LARYNX IS A
MESSAGE
FROM YOUR
LARYNX

If your larynx feels tight your larynx might be trying to tell you that it's taking too much strain and you need to engage your tummy muscles more!



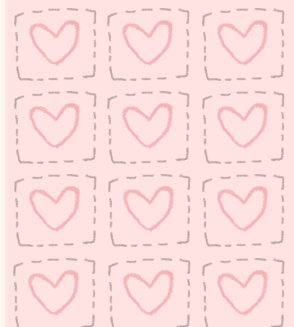
'Woh' into 'Stay
With Me'

Check this out and SING ALONG with the bridge section - make sure it's a really good 'woh' shape and use your tummy!:-
<https://youtu.be/BepGuHBm6Po?si=g85YlnbLfLAAK1Us>



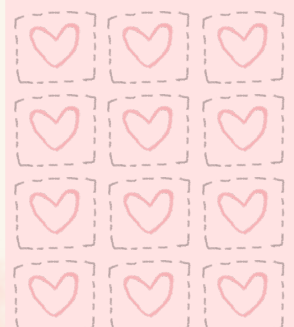
'Woh' with
Alicia Keys

In your SPEAKING voice try Alicia Keys 'I fall' section from 'Falling' with tons of tummy!:-
https://youtu.be/raZugKuw_Es?si=swKksfpUoobK5oI6



'Mmm' Tasty
tummy note

Try sliding down to 'mm' as you imagine sinking into a lovely bath! Feel the vibrations in your face!



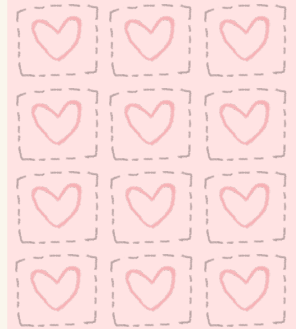
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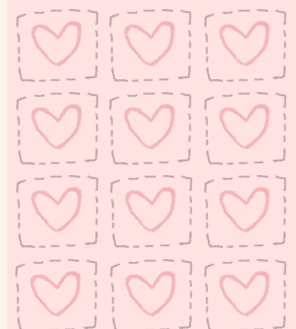
USE YOUR EARS

Your ears are your best tool! You need to impress yourself so remember the sounds you make that feel and sound good to you! Repeat them!



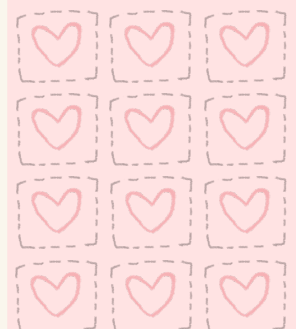
'Too' from 'Woo'

Check this out and SING ALONG with the Aha - make sure it's a really good 'two' shape and use your tummy!:-
<https://youtu.be/3meKlaJL3qo?si=bCTOYF7KCeNmjLhL>



RECORD YOURSELF

Recording yourself is a great way to improve your voice - don't be judgemental, be scientific! Is your technique working for you? Can you engage more support from your abdomen? Can you make your vowel shape better?



REMEMBER

SINGING IS YOUR HUMAN RIGHT!
Sing loud and sing proud!

