

STRETCH:

- neck/shoulder rolls (posture)
- Body twist (open up ribs)

SOVT:

- Lip trill (1324321)
 - Start at C4, ascend to G5 (1 octave from Cmaj - Cmaj)→ (Breath, forward buzz)
- Lip trill slide (151)
 - Very slidey
 - Start at C4, ascend a little, descend to F3
 - Change to (515) on descent
- v v vahhh 5-5-54321
 - (Phonation, V to get breath moving, articulation)

Alternate

- vee veh vah voh voo (53-42-31-27-1)

RESONATION:

- Weeoooweeoooweee (135686531)
 - Start at A major, descend a couple then ascend to Dmaj at D4
 - Wee, vee, zee→ (resonation, little bit musicianship, articulation, evening out sound in phonation)
- nyae nyae nyae nyae / yah yah yah yah / nyah nyah nyah nyah nyah (5432/5432/54321)
 - Start Dmaj, descending→ (backspace, tongue tension, balancing open space with forward resonance)

Alternate

- Owl hoot: hoo hoooo (53) hoo hoooo (53) hoo hoo hoo hoo (53-2-1)

MUSICIANSHIP:

- Solfege warmup!
 - (also for fun lol)

solfege warmup

(first 2 measures of part 1 has consonant intervals in counterpoint;
first 2 measures of part 2 has dissonant intervals in counterpoint after the major third of course)

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♩ = 90

1
do mi do sol do la do do do do ti la solfa mire do re sol mi

2
do mi do re do do fa do do ti do do remi redo ti la sol la re do

3
dotido mi dotido sol dotido do do ti la solla mila sol fa fa do/sol