

Vocal Constructions That Work
Compiled by Sharon Babb

Physical

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

Breathing

Deep breathing with stretches
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 (reverse palms to cheeks)
Tongue down and relaxed
Palate lifted
Eye pads and forehead lifted
Smiling countenance
Forward feel to tone
Come and Go With Me—123454321—open more back space on each note move w/o changing vowel

Vocal Warm-ups

1-54321—any vowel
Hm 12171— Low/high/middle ranges
Hm mah on octave and cascade down keeping tone lifted and forward—187654321’
Connect *oh-oooh-oooh-ay-ay-ay-oooh-oooh-oh* 1358 10 8531
Scales: 1, 121, 12321, etc. top down—any vowel
12345, 12345, 123454321 (modulation)—“killer” on *yuh* syllable throughout range, beginning at Eb and descending to Bb—and ascending to Ab++

VOWEL Match:

Mah, may, mee, moh, moo—4-part chords
Dah May Nee Po Too Lah Bay See Doh (on ascending scale in unison or 4-part chords)
16 Vowel exercise
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*

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

Part/Melody Practice:

Tenors: Edelweiss/A
Leads: This Is My Country/Eb
Baris: Silent Night/F
Bass: God Bless America-Eb; Home on the Range--Bb

My Bonnie Lies Over the Ocean—octave leap--Bb
I Love You Truly—breathing/C
Oh, What a Beautiful Morning!—intervals-Eb
On the Street Where You Live—ranges/D
Oh, Canada--Eb