

SINGERS IN MOTION

A PRESENTATION FOR THE NEBRASKA MUSIC EDUCATION ASSOCIATION NOV.18, 2021 DR. PENNY DIMMICK



SESSION DESCRIPTION

This session will explore ways to use movement, imagery, and other activities in warm-ups, rehearsals, and performances, to improve choral sound for all ages and settings, and to enhance student engagement, attention, and enjoyment.

I. THE MOVEMENT WHY

- a. Warm-ups & focus: Silence to focus to relaxation techniques and stretches, proper posture & breath management. Activities: Body, Voice, Excerpts from Yoga & Tai Chi *“The success of a good rehearsal begins before the first note is sung. It must start with good mental focus and relaxation. ... Just as a runner stretches before a marathon, singers need to stretch in order to find relaxation in the upper torso.”*(Creating Artistry, p. 14)
- b. Developing musicianship & expression: *“Many choral directors neglect movement training because of time constraints. The choral director who spends time using movement to help singers feel the music finds that the expressive elements come naturally as an outgrowth of the experience. In the long run, less rehearsal time is needed for expression....”*(Creating Artistry, p. 124)
- c. Creating Community: A sense of connection - personally and artistically.
- d. Variety, motivation, kinesthetic intelligence, physical release, transitions, re-focus, positive attitude.
- e. In performance: • 70% of what an audience hears is determined by what they see! • Move the Singer/Move the Audience (Choral Charisma)



II. THE MOVEMENT HOW

- a. Physical warm-ups – predictability (routine) and unpredictability (surprises!). Both are important and both should be a part of every rehearsal!
- b. Games/activities for developing musicianship, expression, and brain stretching. Dalcroze & Feierabend exercises (See resources below!)
- c. Community – the choir that moves together. (Folk dancing, ethnic dancing, etc..)
- d. Brain building – *“Physical activity is cognitive candy.”*(Brain Rules, p. 31)
- e. Video tape your group – ask them to evaluate their performances! *“When humans talk to each other, .when we engage in the process of authentic communication, we humans are amazingly expressive.”*(Choral Charisma, p. 2)

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Dr. Penny Dimmick
Professor & Coordinator of Music Education
Butler University School of Music
Associate Director, Preparatory Division: The Indianapolis Children's Choir
pdimmick@butler.edu