**PHYSICAL SKILL BUILDING or WARM UPS WITH PURPOSE!**

**While it’s important to greet each other and have fun, step out of your comfort zone and build stamina, we also have a wonderful opportunity at the start of each rehearsal to teach, practice, and hone the skills in the SHOWMANSHIP and EXPRESSION Categories. Skills like…**

Facial Animation Legato Movement Thigh-draulics

Physical Expression Core Movement Physical lifting of phrase endings

Characterization Staying in the moment Telling a story

Breath Styles Posture Taking a risk

**Here’s the Plan…**

* Consider songs that resemble a ballad and uptune.
* Use different styles of music to keep it fun and fresh.
* Create a routine to practice different rhythms, characters, emotions, movements, and encourage freedom!
* Use the characters and emotions found in your current music.
* Be sure you are the right person for the job when leading a routine.
* Mix it up with theatre games to practice character and animation.
* Continue this great work during Vocal Skill Building by layering the skills practiced in Showmanship and Expression Categories onto those in the Sound and Music Categories.
* Always strive to practice the goal…the marriage of all four categories.

**Remember that who the chorus looks at most, is who they will most look like!**

1. Directors.

2. Physical Skill Building Team.

3. Visual Plan Teachers, Coaches.

**Character Suggestions to practice Uptunes…**

1. Girls Just Wanna Have Fun!

 2. Flirty, Sexy Girl.

 3. Jazzy, Rhythmic, Cool.

**Character Suggestions to practice Ballads…**

1. Love.

 2. Love Lost.

 3. Hopeful.

Class: Get Ready to Shine…Preparing for a Great Rehearsal! Script: Lynne Smith, Certified International Faculty