

## **GET READY TO SHINE! PHYSICAL SKILL BUILDING with PURPOSE.**

While it's important to greet each other, have fun, and practice stepping out of your comfort zone, we also have the opportunity at the start of each rehearsal to teach, practice, and hone the skills in the VISUAL COMMUNICATION and EXPRESSION CATEGORIES. Skills like...

Facial Animation      Legato Movement      Thigh-draulics

Physical Expression      Posture/Core Movement      Taking a risk

Characterization      Staying in the moment      Telling a story

Breath Styles      Physically lifting phrase endings

### **Here's the Plan...**

1. Consider songs that resemble a ballad and uptune.
2. Use different styles of music to keep it fun and fresh.
3. Create a routine that incorporates the skills listed above using different rhythms, characters, emotions, movements, and encourage freedom!
4. Consider using the characters and emotions found in your current music.
5. Be sure you are the right person for the job when leading a routine. Use different personalities that best reflect the character.
6. There are no rules, so keep it fun, interesting, and mix it up occasionally with theatre games.
7. Continue this great work during Vocal Skill Building by using a physical skill building team member silently demonstrating the skills practiced from Visual Communication and Expression Categories onto those in the Sound and Music Categories.
8. Work to build your skill set and remember the goal is the marriage of all four categories!

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

- 1. Director.
- 2. Physical Skill Building Team.
- 3. Visual Plan Teachers and Coaches.

### **Character Suggestions to practice Uptunes...**

- 1. Friends Just Wanna Have Fun!
- 2. Flirty, Sexy, Playful.
- 3. Jazzy, Rhythmic, Cool.

### **Character Suggestions to practice Ballads...**

- 1. Love.
- 2. Love Lost.
- 3. Hopeful.