

Playshop Groove Tracks - Warmup with Solos in the Spaces

Clint Goss [clint@goss.com]

This outline facilitates group warmups, including movement, rhythm-in-the-body, and vocal warmups. Switch to Track 2/6 to continue with playing or singing in the spaces between drum beats.

Track 1/5: Warmup: Movement / Vocalization

<u>Time</u>	<u>Activity</u>	<u>Music</u>	<u>BPM</u>
0:00	Stretch Gentle Movement Chi Gong	Waves Pyrenees Chimes Tibet Ensemble / Shruti	----
2:48	Rhythm Movement Walking Chi Gong	Lava Rhythm Bata Drum Rhythm	100 103
3:44	Body/Hands Movement	<i>Shakers added</i> Frame Drum Rhythm	105
4:48	Shakers	<i>Shakers stop</i> Tabla Rhythm	105
5:52	Vocalizations Call and Response ...	<i>Shakers resume</i>	105

Track 2/6: Solo Between Native Drum Beats

<u>Time</u>	<u>Activity</u>	<u>Music</u>	<u>BPM</u>
0:00	Tempo Transition	Tabla Rhythm to Native Drums	105 slowing
0:37	Solos in the Spaces ...	Native Drums with space for solos	98

Playshop Groove Tracks - Warmup with Solos in the Spaces and Vocal Toning

Clint Goss [clint@goss.com]

This outline facilitates group warmups, including movement, rhythm-in-the-body, and vocal warmups. Switch to Track 2/6 to continue with playing or singing in the spaces between drum beats. Switch to Track 3/7 to continue with toning and singing on G and D (track 3) or A and E (track 7).

Track 1/5: Warmup: Movement / Vocalization

<u>Time</u>	<u>Activity</u>	<u>Music</u>	<u>BPM</u>
0:00	Stretch Gentle Movement Chi Gong	Waves Pyrenees Chimes Tibet Ensemble / Shruti	----
2:48	Rhythm Movement Walking Chi Gong	Lava Rhythm Bata Drum Rhythm	100 103
3:44	Body/Hands Movement	<i>Shakers added</i> Frame Drum Rhythm	105
4:48	Shakers	<i>Shakers stop</i> Tabla Rhythm	105
5:52	Vocalizations Call and Response	<i>Shakers resume</i>	105
...	Articulation		

Track 2/6: Solo Between Native Drum Beats

<u>Time</u>	<u>Activity</u>	<u>Music</u>	<u>BPM</u>
0:00	Tempo Transition	Tabla Rhythm to ...	105 slowing
0:37	Solos in the Spaces	Native Drums with space for solos	98
...			

Track 3/7: Vocal Toning

<u>Time</u>	<u>Activity</u>	<u>Music</u>	<u>BPM</u>
0:00	Tempo Transition	Native Drums to ...	98
0:20	Vocal Toning over Drone	Shruti Drone on G&D or A&E	----
...			

Playshop Groove Tracks - Warmup with Vocal Toning

Clint Goss [clint@goss.com]

This outline facilitates group warmups, including movement, rhythm-in-the-body, and vocal warmups. Switch to Track 4/8 to continue with toning and singing on G and D (track 4) or A and E (track 8).

Track 1/5: Warmup: Movement / Vocalization

<u>Time</u>	<u>Activity</u>	<u>Music</u>	<u>BPM</u>
0:00	Stretch Gentle Movement Chi Gong	Waves Pyrenees Chimes Tibet Ensemble / Shruti	----
2:48	Rhythm Movement Walking Chi Gong	Lava Rhythm Bata Drum Rhythm	100 103
3:44	Body/Hands Movement	<i>Shakers added</i> Frame Drum Rhythm	105
4:48	Shakers	<i>Shakers stop</i> Tabla Rhythm	105
5:52	Vocalizations Call and Response ...	<i>Shakers resume</i>	105
	Articulation		

Track 4/8: Vocal Toning

<u>Time</u>	<u>Activity</u>	<u>Music</u>	<u>BPM</u>
0:00	Tempo Transition	Tabla Rhythm to Shruti Drone	105
0:37	Vocal Toning over Drone ...	Shruti Drone on G&D or A&E	----