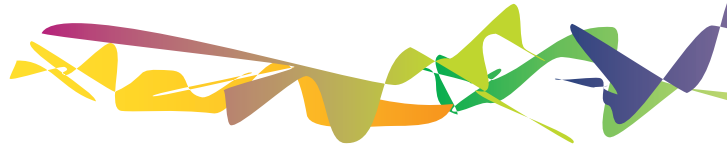


The Tyger warm ups



★10 Hey ho! *Feeling different pulse levels*

Clap/step/travel a steady crotchet/quarter note pulse. At vocal signal 'Hey', change to clapping/moving twice as fast (quaver/eighth note); at vocal signal 'back', return to the crotchet/quarter note pulse; at signal 'Ho', change to clapping/moving twice as slow (minim/half note). Try this accompanied and then, once confident, unaccompanied.

★11 Inner pulse game *To internalise the pulse*

Ask the group to take a walk with the beat of the music. When the music stops, keep the pulse going by moving different parts of the body (un-sounded), standing in place until the music resumes. Add the voice to this exercise using consonant sounds to mark the pulse ('T', 'D', 'B').

Use the backing track from the song you are working on

★12 Numbers up! *To internalise the pulse*

Walk a steady crotchet/quarter note pulse. The leader calls a number and on the next beat the group stop travelling and stretch their bodies in different ways for the number of beats called, and then resuming walking immediately in time and with precision. Try this adding vocal sighs, yawns and long vowel sounds as they stretch.

Use the backing track from the song you are working on

★12W Doubling up! *Poly rhythms / Feeling subdivision*

Step a steady crotchet pulse, then divide it into pairs of quavers with your hands. At signal swap over your hands and feet.

★14 Tyger rhythms *To get the feel of cross-rhythms and rhythmic transformations*

- 2 **49** Ensure you establish a good sense of subdivision/quaver/eighth note pulse in order to feel the change of time signature. It will help to swing the arms with the compound bar, and step and clap the pulse in the simple time bar. Articulate the words and enjoy the change in energy of the rhythms. You can also do this exercise as a two-part canon (starting at *) 2 **50** or in contrary motion/canon (starting at †) 2 **51**.

♩ = 132
C.n.c. 4 *

Ty - ger Ty - ger, burn-ing bright in the fo - rests of the night,
Ty - ger Ty - ger, burn-ing bright in the fo - rests of the night. Ty - ger Ty - ger, burn-ing bright
in the fo - rests of the night, Ty - ger Ty - ger, burn-ing bright in the fo - rests of the night.



★26 Get syncopated *To get the feel and energy of syncopation by anticipation*

2 **58** This rhythm occurs in many of the Singbook songs. Clap the syncopated rhythm against a steady pulse in the feet first before vocalising as a two-part canon (starting at *) 2 **59** or contrary motion exercise (starting at †) 2 **60**. Click fingers on the rest to help feel the full bar.

$\text{♩} = 132$
C.n.c. 2

Black or white, burn-ing bright, be O K, _ day or night,
Black or white, burn-ing bright, be O K, _ day or night. Black or white, burn-ing bright,
be O K, _ day or night, black or white, burn-ing bright, be O K, _ day or night.