**Musicality & Movement with Lee**

Presented by Lee Gwozdz
Alleluia Conference, Baylor University

**FUN Opening Warm-ups**
- Preparing Your Instrument – the Singing Voice
- Head Voice Exercise: *A Wristicha*
  Thumbs Up, Wrists Together, Elbows In, Chest Up, Pooch the Lips, Rear Out

**RHYTHM GAMES for Perception & Cognition**

**Tempo Game #1 - MODERATE TEMPO**
- Passing the Ball (Moderate Tempo)
- Passing the Ball (Variation #1: STOP & GO)
- Passing the Ball (Variation #2: CHANGING DIRECTION ON STICK CUE)

**Tempo Game #2 - FAST TEMPO**
- Passing the Ball (Fast Tempo - CLOSER CIRCLE)

**Tempo Game #3 - SLOW TEMPO**
- Passing the Ball (Slow Tempo LARGER CIRCLE more space between each other)
- Passing the Ball (Slow Tempo LARGER CIRCLE change of direction)

**FUN Class Closures**
- Head & Shoulders BABY!!
- 8 – beat pattern warm-ups (Thalia) (Ula, Ula)

**Bibliography**

2. Feel It – Robert Abrahmson – Warner Bros. 2 CDs & Book

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