

SHAKE YOUR GROOVE THING: SHOW 'EM HOW WE DO IT!

Exploring the Who, What, When, Where, How and Why of movement and performance in the barbershop style.

WHO

- We are Sweet Adelines; amateur performers.
- We perform in the barbershop style; musical performers.
- We perform in units (at least 4 people).
- We perform a cappella.
- We are "judged" on showmanship.

WHEN

- Incorporate the performance and movement elements once the musical product is solid.
- Ultimate goal is to integrate the visual and music elements - ALWAYS!
- Incorporate during rehearsals as well as during performance.

WHY

- Music is a form of communication. Performance and movement can bring an element of authenticity and believability to this communication.
- The voice does not exist independent of the face and the body. The singer-actor uses her voice, face & body to project and communicate the thoughts and feelings of a character.
- The instrument for singing is also the same instrument for dance.
- To enhance the musical experience of the performer and the audience.
- Ideally the movement will be incorporated to enhance the music; not wanting movement for movement's sake.
- Movement and performance impacts the music.

WHAT

- We are talking about showmanship! For our organization, the focus is on selling the song, and effective showmanship occurs when what the listener hears is reinforced by what she sees.
- For effective showmanship, ideally we incorporate:
 - Variety
 - Energy
 - Authenticity
- To be effective, ideally our performance will be unified.
- When designing choreography or infusing physical expression into our performance, consider the elements of movement.

- 1) Body "What is the body doing?"
- 2) Space "Where is the body moving?"
- 3) Time "How does the body move in relation to time?"
- 4) Dynamics "How is the body moving?"
- 5) Relationship "With whom is the body moving?"

HOW

- Acknowledge that there may be some "fear" creeping in that affects our full immersion in the music and inhibits our free movement and performance.
- Explore the "blocks", and once identified, it will be easier to encourage moving past those obstacles.
- Create experiences designed to increase individual performer self-confidence by taking risks and doing this in a team environment.
- Let the music compel you to move.
- Be aware of your body during performance.
- Unify the approach of physical movement by initiating from "the core".
- Trust yourself, your director, your musical team, and your chorus members.

Let your body sing!

"It's a live performance, so be alive"