Basic Vocal Exercise No. 12 - Script

Basic Exercise 12 is one of my very favorite and most effective exercises.  
  
It’s been used for a very long time in the vocal training community mainly because – it works!

It is the Italian words “Bella Senora” (Lovely Lady) placed on the tones of the 1, 3, 5, 8, 5, 3, 1 degrees of the Major scale individually.   
  
Pictured as well in the example below is the “extended” version of the exercise, combining elements of Advanced Vocal Exercise No. 4 with this one.  
  
Returning to our continued use of the open throat “O” vowel for training, this exercise places the “O” at the very top pitch and gives the singer the opportunity to continue to learn to stabilize the open throat and rich, clear vowel sound at all pitch levels.

I’ll provide you with the vocal demonstration for this exercise myself, then begin playing the accompaniment for you.  
  
I’ll play the guide pitches for the first couple repetitions, then begin playing the accompaniment.  
  
Because this exercise covers a wider range (the octave), like Basic Exercise 7, you’ve move higher in the voice much more quickly.  
  
Don’t over sing – drop out where it becomes uncomfortable, then begin singing again once you get to a comfortable range.

There’s another, similar exercise that uses a different word combination (*They Say They May Remain*), which I’ll make as a part of another Basic Exercise Video.  
  
Have fun!

A black and white image of a musical note

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