

WARMING UP THE VOICE

- ① HEAD ROLLS
- ② YAWN
- ③ MASSAGE NECK
- ④ WOBBLE JAW
- ⑤ HISS → ZZZ (any pitch)
- ⑥ LIP ROLL (slide downward)
- ⑦ TONGUE ROLL (slide downward)
- ⑧ HUM /mmm/ (slide 5 ↘ 1)
- ⑨ "HOO" /hu/ (slide 5 ↘ 1 or 8 ↘ 1)
- ⑩ "WHI" /hwI/ (slide 5 ↘ 1)
- ⑪ "SIGH" /saI/ (slide 8 ↘ 1)
- ⑫ "beedeebeedee" /bidibidi/ (5432123454321)

(Thanks, Oren Brown!)