

The Road Trip Warm Up

- Groups of 4 (ideally in mixed up voice parts)
- 2 in the front seat
- 2 in the back seat. Designate a “driver”.
- 2 x resistance bands per car (optional).
- Director narrates.

You're excited as you head off on a road trip. Your pre road trip ritual is to do a body shake, you the shake with your hands as if you are flicking water off your fingers, then arms and then add in all the rest of your body. You jig around the car as you 'shake'.

Now you are all in the car, ready for your road trip.

As you depart your suburb, you lower your window and “YOO-HOO!” to a neighbour. “YOO-HOO!”. They “yoo-hoo” back. “YOO-HOO!”

The car is humming along. You decide to copy the car's gently humming motor and the gear changes MMMMMMM – MMMMMMM – MMMMMMM

Due to a slow HISSING sound, “SSSSSSSS” it appears a tyre has a slow leak (the other 3 passengers are all hissing). The driver gets out and inspects all 4 tyres. He cant find out which tyre is leaking so continues to inspect. The leaking hissy sound continues!

The driver finds the faulty tyre but no-one wants to change the tyre, so the NRMA is called. While you wait for them to arrive, you amuse yourself with a little chant. “NRMANRMA” (12345678) start on B4 and back down again. Down in half notes x 3

The NRMA still have not arrive. You decide to sing “Why are we waiting?” to the melody of Oh Come All Yee Faithful (“Sing choirs of Angels”).

The NRMA finally arrive, change the tyre and the driver goes to start the car, but for some reason it doesn't want to start VVVVV VVVVVV VVVVVV. Nope didn't start, try again. Repeat.

Lucky the NRMA guy/girl is still around and gets the car going.

You Swap Drivers. You're back on the road once again!

The engine is going beautifully, like a race car ZZZZZZZ ZZZZZZZ ZZZZZZZZ with gear changes!

You are flying through the mountains. You come across a race track and decide to go for a lap TRUMPET like racing car sounds with gear changes. Change to a “oo” and “ee”. Hear the gear changes as you come down the hills and back up.

It's been a while and you all need a pit stop. You pull over to the side of the road at a rest stop, get out of the car and do a BIG YAWN STRETCH.

You decide to pair up and have a tug of war (RESISTANCE BANDS – ‘heave hoeing’ (optional)). DO SO DO SO DO (1 – 5 – 8 – 5 – 1). The front seat people do Bottom to top and the back seat people to top to bottom. You check that all in the car are singing “So” in unison. Up in half tones x 3.

You swap drivers and get back in the car.

And to pass the time you decide to play a game. Whoever can sing the most accurate gets a prize. Start of A3. 12345 54321 154535251545321 154535251545678! Everyone claps on 5 (except the driver!). Now remove the clap but silent sing the 3. No clap and silent 1 and 2. Up in half tones x 3

You enjoyed that so much you decide on another game. 112131415161718 8887868584838281

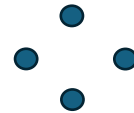
You decide to mix it up. The front seat people sing 2 3 4 5 6 7 etc. The back seat people sing only the 1 and 8's.

You're almost at your destination, a lovely big guest house near the beach. You are so excited you sing your 'almost there' chant "WE ARE ALMOST THERE!" (5 chord change).

As you pull into the front of the guest house, you change your chant to WE ARE WE ARE HERE! As you make your way into the guest house, you notice a tiny baby in bassinet sleeping in the front room so as not to wake her, you take the volume right down. WE ARE WE ARE HERE (super delicate).

The owner shows you through to the back of the guest house where you meet up with other guests in the back yard (it's summer). There is a dance floor!

It's the perfect opportunity for a dance. You suggest this to the crowd but they say "we don't dance" – you are astonished. Of course you can! We'll show you how!!



Your group of four now stand in the shape of a diamond. The person at the front of the diamond is the leader of the dance to start with – and the people behind follow their moves.

Every 8 – 16 bars of music, swap to a new diamond leader by moving in a clockwise direction. (SAFETY DANCE or any fun dance music) Announce "swap" at least 4 times during the song.

You celebrate with a "woo-hoo!"

Lea Baker – MFA Voice

Website: <https://www.raiseyourvoice.net.au/>

Online courses, including 'Better Singing for Choirs'
<https://bettersinging.thinkific.com/pages/home>