

Stage Movement with Elisabeth Howard

How Not to Enter the Stage

1. Scared
2. Nonchalant
3. Chip on shoulder
4. Over confident
5. Tired
6. Apologetic

How to Hold the Mic

1. Not in front of face
2. Move head without moving mic
3. Not like a lollipop under chin
4. Not directly in front of face
5. Don't lean over a too low mic stand because someone left the mic stand too low. Don't raise head too high because someone left the mic stand. Too high. Adjust the stand.
6. Hands on mic too low, (it will wobble) too high (you might muffle the sound) do hold mic in center (balanced)
7. Gather too much cord
8. Trip over cord when moving
9. Don't leave stand in front of you
10. How to remove stand - one hand holds mic, other removes stand palm down grab mic and move it behind you.
11. Bring mic to your mouth just as you are ready to sing.
Don't hold the mic in front of your mouth as soon as the intro starts.
12. Make sure mic has fresh battery and is turned on.

How to Walk, How to Hold Mic and When to Move

1. Start with same foot in same direction don't cross one foot over the other. Be careful not to walk with toes inward. Take three steps if on a small stage. Five steps if on a larger stage.
2. Three main spots - strongest is center. Use either hand for the mic if in the center. Use right hand and right foot to walk to right side of stage, left hand and left foot to left side. On either side face corner diagonally, don't remain parallel to audience. Begin and end in center.
3. Move from center to right or left on a new section. I.E. Verse or chorus is a new idea. Walk in the music where you don't sing. Begin and end center.

Audience Contact

1. "You me song" - look directly at one person at a time. Don't shift your attention from one person to another in the middle of a thought. "You know you're the only one for me."
2. You are addressing a group. Include everyone. (even those in the corner who couldn't get a good seat).
3. Reflective - alone to yourself. Use the fourth wall. A song like, "Where is love?"
4. Close your eyes only when you are thinking to yourself. Not through the entire song.

What Do I Do With My Hands? Use a Mirror to Practice

1. How many ways to say "I" or "Me"? Thumbs show one then two thumbs to chest, step back arms open, hands open at chest. Etc.
2. How many ways to say "You" to one person - point one hand, two hands. To a group - point one finger and sweep across audience, two hands welcome. Etc.
3. How many ways to show yes? Wink, thumbs up, head nods eyes wide. Etc.
4. How many ways to say no. Shake head, thumbs down, hands turn down, pointer finger cut across neck. Etc.
5. How many ways to say why. Shrug, hands and arms up, eyes wide open. Etc.
6. How many ways to say love. Hands clasped to chest, hands across chest. Etc.
7. How many ways to say surprised. Hands on cheeks eyes wide. Step back and jerk head. Etc.
8. Ending a song. Dramatic ending - arms up keep eyes open and look up. Etc.

Tips: Wear Appropriate Style for Song Style

1. Wear comfortable shoes. Not brand new.
2. Don't wear a three piece suit for pop.
3. Don't wear jeans for opera.

Find Your Image

1. When you think of any well known artist, you imagine their image, which includes hair, make up and clothing. Experiment with these elements.
2. Important to wear what brings out your best features which includes style and color. If you're not sure, then ask the advice of someone you trust. Ideally, a professional.
3. Good colors on stage include reds, blacks and deep blues.
4. Not great colors are grays, plaids, checks, maroons, purples, lavender, yellow, beige.
5. Makeup should be vibrant. Lips should be bright color. Not light pink for example. Men should wear a base.

Note: ballet is a great foundation for posture and presence. Jazz adds the pizzazz! Acting training helps with telling your story through monologue work. Using a subtext under the lyrics. What are you thinking and feeling? Your body language will naturally reflect what you are feeling. Remember, this is the first time you are saying these words and the first time the audience has heard this story. Your story.

GOOD LUCK! HAVE FUN! AND.....

LET IT SHINE!

Elisabeth Howard

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