

Vocal exercises

Unlocking the Middle Voice
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1 Finding your chest voice (Iced Tea)

Use a firm speaking tone throughout this exercise. Notice what happens to your voice as the pitches ascend. If it feels tight and strained, use more air and less pressure in the sound. Keep this exercise below your chest voice break.



2 Finding your chest voice another way

This exercise has more consonants to sing through mimicking lyrics in an actual song. This exercise allows you to repeat the first pitch in chest voice.



3 Finding your head voice (Lemonade)

Start in a light and "hooty" register. As you descend, keep the sound light. Avoid adding pressure or weight to the sound. Add a consonant to each note. Try "nu" or "du" or "vu."



4 Finding a head-dominant mix (Lemonade and Iced Tea)

Begin with a light, head voice sound on the first note. As you descend, gradually add weight to each pitch. Eventually the final note will be in chest voice.



5 Finding a chest-dominant mix (Iced Tea and Lemonade)

Sing the first note in a chest voice register. As you ascend, gradually lighten the sound. Use the consonants to help you voice the pitch.

Num- num- num num- num- num nu - - - m num- num- num
May- may- may may- may- may ma - - - y may- may- may

6 Finding a chest-dominant mix another way

Connect the words in a legato way. Start in chest voice and gradually lighten the sound as you ascend in pitch. Keep connecting from chest into your mix to encourage your muscles to work together to make the transition smooth.

Oh, I know
Oh, we know

7 Mixing from the chest

Slide from one pitch to another. Start with a heavier sound on the first note then gradually get lighter as your pitch ascends. You can also reverse this exercise and start higher in head voice and gradually add weight as you descend.

He - - - y
Ma - - - y