

Lip Rolls On A Scale

- ▶ For our second exercise, we are going to follow a gentle scale, still using the lip roll position. This position will help to relax and loosen everything letting the voice flow to the notes with no pushing or pinching. If you are doing this correctly, you will be surprised to see just how far your range can travel. If you are doing it incorrectly, your voice will break and the lip rolls will stop. If you are having troubles with lip rolls, try tongue trills or simply just humming.
- ▶ Be aware, that although humming seems gentle, you are engaging more muscles than you would with a lip roll, so remember to be gentle with your voice and don't push.
- ▶ ** A note about your "break" "Bridge" or "Passagio"
- ▶ Everyone has it, the annoying part in your voice where you go from a strong powerful chest voice to a light gentle choir or Bee Gee's style sound. Some people actually struggle the other way around and can't get strength in the lower registers. Be patient and gentle with your voice.
- ▶ Don't push or force your voice through your break. Pushing might get you short term results, however in the long term you won't be doing any good. Check out my upcoming courses on working through your bridge.
- ▶ Now listen through the audio and follow along with gentle lip rolls to wake up and warm up your voice in a healthy and effective way.
- ▶ **TIP* If you don't have audio with you and want to warm up, try simply "rolling" along with a song you want to work on or know well. You don't always need scales to warm up your voice. Just remember to always start gently, like any work out.
- ▶ ** Don't push cheeks in hard, use very gentle pressure to lift the cheeks slightly.**

