

Practice Activities 6

Posture Checklist - Remember to check your posture every time you play!

Instrument on top of your shoulder

Straight wrist on your left hand

Long teeth on your bow hand

1. Practice Foxtrot. Start by doing the exercise we did in class. Count out loud "1, 2, 3, 4!" between each measure. Make sure the long note lasts two whole beats!
2. Then play Foxtrot through as written, without stopping to count out loud
 - a. Remember to use your elbow to cross the strings!
3. Practice Flower Song. You will need to use your first finger to play this piece!
 - a. Keep your wrist straight when you drop your fingers on the strings.
4. Start learning Valse Triste
 - a. Do the same exercise for Valse Triste that we did for Foxtrot. Count the beats out loud between each measure. In this piece, there are only 3 beats in each measure, so you will count "1, 2, 3!"