



Warming Up

Follow the You Tube link and have fun warming up with Body Percussion. Watch our for the improvised section. (Improvise means making up the rhythm as you go along.) <https://youtu.be/YjqRFI5LYJg>

Cup Percussion 4: THE CUP SONG 1 (1st half)

Pitch Perfect is a film that used cup percussion to great effect (*When I'm Gone*). Take a look at this sequence (2 bars, or 8 beats). Once you can play this pattern, take a look at the original and try to play along with the song.



CLAP
Clap your hands!

Clap



1



CLAP
Clap your hands!

Clap



2



TAP TABLE
Tap your hand on the table or ground

Tap



3



Tap

&



TAP TABLE
Tap your hand on the table or ground

Tap



4



CLAP
Clap your hands!

Clap



1



CUP UP
Lift the cup up

Up



2



CUP DOWN
Put the cup down

Down



3

(Shh)



4

Follow the link to 'When I'm Gone' played by Anna Kendrick <https://youtu.be/cmSbXsFE3l8?t=75>