

BOOM CHA BOOM

SAMOAN 10-STEP



DESCRIPTION:

This is three parts of a larger ten-part body percussion exercise called "The Samoan 10-Step".

WHY:

Body percussion helps with our brain-body connection, and helps us understand and embody rhythm. This exercise is scalable, and can be really fun to build on each week of a term.

VIDEO LINK:



PRESENTER:

Lila Meleisea

Boom Cha Boom

Samoan 10-Step (Excerpt)

boom (knees) cha (clap) boom___ boom boom cha boom___

3 boom boom cha boom boom boom cha boom boom boom cha boom

EXTENSIONS / IDEAS:

Add a new section each week of your choir term, using Lila's video, or through the links to the right which are slowed down a little.

You could simplify the exercise and have your choir members come up with their own four or eight beat patterns to create your own ten steps together.

Play with tempo - fast tempos require more physical dexterity, but slower ones require more listening and beat retention.

OTHER RESOURCES

- [YouTube tutorial 1](#)
- [YouTube tutorial 2](#)