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.

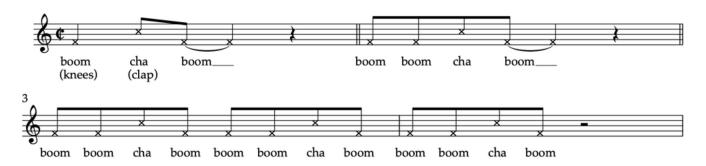
VIDEO LINK:



PRESENTER: Lila Meleisea

Boom Cha Boom

Samoan 10-Step (Excerpt)



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 phisical dexterity, but slower ones require more listening and beat retention.

OTHER RESOURCES

- YouTube tutorial 1
- YouTube tutorial 2