

# Expression



• Beginner • Advanced • Specialist

1 2 3 4 5 sounds to practice. Use this vocal music sheet to guide you along this exercise, as you listen carefully to the example in bold and repeat following the key in light grey.

KEEP  
IT ON  
Empowering people with Parkinson

Bial

## MUSICAL INTRO

1	<b>U I U I U I U I U I U I U I U I U I U I</b>	<b>1</b> U I U I U I U I U I U I U I U I U I U I	U I U I U I U I U I U I U I U I U I U I U I
2	<b>U I U I U I U I U I U I U I U I U I U I</b>	<b>2</b> U I U I U I U I U I U I U I U I U I U I	U I U I U I U I U I U I U I U I U I U I U I
3	<b>U I U I U I U I U I U I U I U I U I U I</b>	<b>3</b> U I U I U I U I U I U I U I U I U I U I	U I U I U I U I U I U I U I U I U I U I U I
4	<b>L U L U L U L U L U L U L U L U L U L U L U</b>	<b>4</b> L U L U L U L U L U L U L U L U L U L U L U	L U L U L U L U L U L U L U L U L U L U L U L U
5	<b>L U L U L U L U L U L U L U L U L U L U L U</b>	<b>5</b> L U L U L U L U L U L U L U L U L U L U L U	L U L U L U L U L U L U L U L U L U L U L U L U
6	<b>L U L U L U L U L U L U L U L U L U L U L U</b>	<b>6</b> L U L U L U L U L U L U L U L U L U L U L U	L U L U L U L U L U L U L U L U L U L U L U L U
7	<b>L U R U R U R U R U R U R U R U R U R U</b>	<b>7</b> L U R U R U R U R U R U R U R U R U R U R U	L U R U R U R U R U R U R U R U R U R U R U R U
8	<b>L U R U R U R U R U R U R U R U R U R U</b>	<b>8</b> L U R U R U R U R U R U R U R U R U R U R U	L U R U R U R U R U R U R U R U R U R U R U R U
9	<b>L U R U R U R U R U R U R U R U R U R U</b>	<b>9</b> L U R U R U R U R U R U R U R U R U R U R U	L U R U R U R U R U R U R U R U R U R U R U R U
10	<b>L A L A L A L A L A L A L A L A L A L A</b>	<b>10</b> L A L A L A L A L A L A L A L A L A L A L A	L A L A L A L A L A L A L A L A L A L A L A L A
11	<b>L A L A L A L A L A L A L A L A L A L A</b>	<b>11</b> L A L A L A L A L A L A L A L A L A L A L A	L A L A L A L A L A L A L A L A L A L A L A L A
12	<b>L A L A L A L A L A L A L A L A L A L A</b>	<b>12</b> L A L A L A L A L A L A L A L A L A L A L A	L A L A L A L A L A L A L A L A L A L A L A L A
13	<b>L A R A R A R A R A R A R A R A R A R A</b>	<b>13</b> L A R A R A R A R A R A R A R A R A R A R A	L A R A R A R A R A R A R A R A R A R A R A R A
14	<b>L A R A R A R A R A R A R A R A R A R A R A</b>	<b>14</b> L A R A R A R A R A R A R A R A R A R A R A R A	L A R A R A R A R A R A R A R A R A R A R A R A R A
15	<b>L A R A R A R A R A R A R A R A R A R A R A</b>	<b>15</b> L A R A R A R A R A R A R A R A R A R A R A R A	L A R A R A R A R A R A R A R A R A R A R A R A R A
16	<b>L U R U R U R U L A R A R A R A L A R A</b>	<b>16</b> L U R U R U R U L A R A R A R A L A R A R A L A R A	L U R U R U R U L A R A R A R A L A R A R A L A R A
17	<b>L U R U R U R U L A R A R A R A L A R A</b>	<b>17</b> L U R U R U R U L A R A R A R A L A R A R A L A R A	L U R U R U R U L A R A R A R A L A R A R A L A R A
18	<b>L U R U R U R U L A R A R A R A L A R A</b>	<b>18</b> L U R U R U R U L A R A R A R A L A R A R A L A R A	L U R U R U R U L A R A R A R A L A R A R A L A R A