

# Singing for performance

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Hello! Welcome to another singing class. I hope you are feeling well.

Today we're going to look at something a bit different. I would like to talk about our confidence when we are performing on stage.

I look at having 'nerves' or 'stage fright' as a different thing to a lack of confidence. Some of the best singers in the world suffer from stage anxiety and nervousness in front of crowds. I include myself in this! However, having confidence in your performance is something that you can accomplish before you reach the stage.

So when it comes to the big night, you are already armed with that confidence in your performance. Here are some pointers for how to effectively practice at home to ensure confidence on the night of your performance.

## 1. Memorize

Make sure that you have practiced singing your song a lot. Memorize the lyrics and practice them at least once a day for a few days leading up the gig.

## 2. Emote

What this means is, don't just sing the words you've learnt, try to connect with the emotion in the words. When you are practicing the song, try to convey the emotion and the message in the song and sing it with feeling. You will perform stunningly on the night if you are delivering an authentic performance to your audience and the audience will be enraptured.

You will feel more confident in your performance if you truly believe what you are singing.

### 3. Movement

Don't be scared to move with the music on stage. This doesn't mean you need to have a choreographed routine! But it means, free your hands, sway from side to side if you feel like it, move with the rhythm of the song, don't be afraid to glance at some of your audience members from time to time. Use your body to really perform the song. Practice movement with the song at home before you reach the stage.

### 4. Trust

Once you have done points 1, 2 and 3, you should now approach the stage with trust. Firstly, trust in yourself. Trust that 'you got dis'! You have rehearsed this a lot and it is now in your muscles! Your brain won't allow you to forget the words or the melody. You have this. You must relax and trust yourself.

Secondly, trust your audience. Your audience ARE NOT against you! They came to see you sing because they love you. They will applaud you no matter what and they have your back. So put your trust in them.

Try to have fun. Performing live is all about the collective experience and the joy that we create with music. Get lost in it and don't overthink it.

Happy practicing!