

Tuesday Piano Lessons with Lucy

07.07.20

Hello everyone, I hope you are safe and well.

I'd like us to start today's lesson play through the arpeggios we learnt last week.

Sometimes when playing the piano you may notice your arms, fingers or muscles tensing up. If this happens, we need to change a few things.

First we will try and focus on how to take advantage of the weight of our arms in order to prevent our fingers from over-tensing.

Let's look at the following exercise making sure that you don't stress any muscle but the ones that are directly involved in the finger movement.

You can either try this on the piano lid or any sturdy surface such as a table.

1. Place the of your hand on the edge of the table
2. Spread the fingers
3. Pull your hand a little outside the table
4. Lift finger 1 and 5
5. Drag your arm using only your fingers

For finger strength training:

6. Lift fingers 2 and 4 leaving only finger 3 supporting the weight
7. Transfer the weight from 2 to 3 and then sequentially to all the other fingers one by one

Make sure that you notice yourself transferring the weight from finger to finger without involving any other muscles but the finger ones. Try doing this in slow motion to begin.

This way you shouldn't feel any tension on the joint between the forearm and the upper arm. Check that your elbow is hanging loose. The wrist should be in line with the forearm –never raised nor lowered-. The correct wrist position is the one that helps the fingers to develop grip and also the one that allows the alignment of them with the elbow.

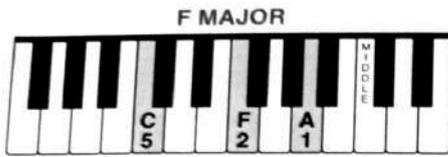
Let's now play When The Saints Go Marching In and I'd like you to use the technique we've just gone through and apply it to this piece. Remember to first play the melody in the Right Hand and chords in the Left, then once you've played this through once switch and play the melody in the Left Hand and chords in the Right.

Next read through these worksheets. You will find answers to last week included.

I hope you have a good week and see you next time!

Lucy

The F Major Chord for Left Hand



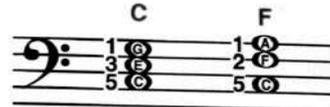
Answers

1

The notes of the F MAJOR CHORD are **F A C**.

When moving from the C MAJOR CHORD to the F MAJOR CHORD, it is easier to play the F chord with the notes in this order: **C F A**. This allows the 5th finger to play C in both chords.

- Practice changing from the C chord to the F chord. The COMMON TONE **C** is played by 5 in both chords.



- Write the chord symbols (C, F or G7) in the boxes.
- Play and count.
- Play and say the chord names.

I'M GONNA LAY MY BURDEN DOWN

This piece begins with an INCOMPLETE MEASURE of only 3 counts. The missing count is found in the LAST MEASURE!

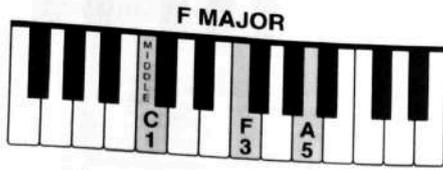
- Write the chord symbol in the box above each chord.
- Play and count. Notice that the last incomplete measure plus the first incomplete measure makes one COMPLETE measure when you make the repeat.
- Play and say the chord names.
- Play and say or sing the words. Spiritual

Rhythmically *mf*

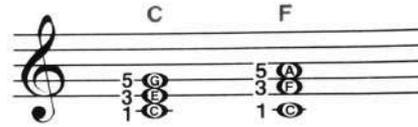
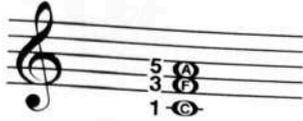
1. The Jor - dan riv - er's deep and wide, But soon I'll see the oth - er
 2. If you get there be - fore I do, Tell all my friends I'm com - in'

side, I'm gon - na lay my bur - den down (my bur - den down!)

The F Major Chord for Right Hand



1. Practice changing from the C chord to the F chord.
The COMMON TONE C is played by 1 in both chords.



2. Write the chord symbols (C, F or G7) in the boxes.
3. Play and count.
4. Play and say the chord names.

WALTZING CHORDS

5. Write the chord symbols in the boxes.
6. Play and count.
7. Play, saying the chord name each time the chord changes.