

Still Tongue, Smooth Sound

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(♩ = 85)

1 2 3 4 1 (4) 1 + 2 + 3 (4)

ee eh ah oh oo ee _____

4 1 + 2 + 3 (4) 1 + 2 + 3 (4) 1 + 2 + 3 (4)

eh _____ ah _____ oh _____

7 1 + 2 + 3 (4) 1 2 3 4 1 (4)

oo _____ ee eh ah oh oo

Purpose: This exercise helps maintain a consistent tongue position across changing vowels and pitches, supporting even tone quality and smooth vowel transitions.

Summary: The exercise begins with the "ee" vowel, which encourages a natural lift in the back of the tongue. That lifted position is carried through each subsequent vowel—"eh," "ah," "oh," and "oo"—without significantly shifting tongue placement. Each vowel is sustained across multiple notes to promote stability through pitch changes. The goal is to minimize tongue movement and maintain clarity and consistency of tone throughout.