LES PERCUSSIONS CORPORELLES

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STAGE PEDAGOGIQUE ANIME PAR LAURENCE MEFFRE Chanteuse professionnelle. Professeur de chant, Formée à la Pédagogie Richard Cross

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**TA** CUISSE DROITE

**KA** CUISSE GAUCHE

**POUM** POITRINE

**CLIC** SNAP / DOIGT

**PAF** TAPER DANS LES MAINS

**CUISSES** TAPER SUR LES DEUX CUISSES

**PA** TAPER DANS L’INTERIEUR DE LA MAIN

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 4 /4 | CUISSES | PAF | CLIC D | CLIC G | PAF | CUISSE | CLIC D | CLIC G |  |
| 3/4 | TA | CLIC G | CLIC D | KA | CLIC D | CLIC G |  |  |  |
| 5/4 | TA | KA | CLAP | CLIC D | CLIC G |  |  |  |  |
| 6/8 | CUISSES | POUM | P MAIN | PAF | POUM | CUISSES  EXT | CUISSES |  |  |
| 7/4 | TA | KA | PAF | POUM | POUM | CLIC D | CLIC G |  |  |
| 9/4 | TA | KA | PAF | POUM | POUM | TA | KA | CLIC D | CLIC G |

EXERCICES A FAIRE DROIT

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| TA | KA | CLIC D | CLIC G | **\*BIS\*** | POUM | POUM | PAF | PIED D | PIED G |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| PAF | POUM | POUM | **\*BIS\*** | TA | KA | FESSE D | FESSE G | PIED D | PIED G |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| PIED D | PAF | PIED D | PAF |  | PIED D | PAF | PAF | PIED G | PAF PAF |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| PIED D | CLIC D | CLIC G | PIED G | POUM | POUM |

ASSIS OU DROIT

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| G POUM | CLIC D | CLIC G | D POUM | CLIC G | CLIC D |

A 2,4,6,8 OU EN DOUBLE RONDE

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Salut  Hello  Bonjour à mon voisin | TA  ***SA*** | KA  ***LU*** | PAF  ***HE*** | PAF  ***LO*** | BONJOUR  ***A***  ***MON*** | OUVRE PIED D  ***VOI*** | FERME PIED G  ***SIN*** |

DEPLACEMENT

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 4 PAS A  DROITE | Sur le 4  Tapez sur  GENOUX  G  avec main  D | POUM  \_\_\_\_\_\_  pend | CLIC  \_\_\_\_\_\_\_ dant | PAF  \_\_\_\_\_\_  les | 4 PAS A GAUCHE | Sur le 4  Tapez sur  GENOUX  D  avec main  G |

LE JAZZ ET LA JAVA

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 6/8 | CUISSES  ***quand*** | POUM  **le jazz** | P MAIN  ***est*** | PAF  ***quand*** | POUM  ***Le jazz*** | CUISSES  EXT  ***est*** | CUISSES  ***la*** |
| 4/4 | CUISSES | PAF | CLIC D | CLIC G |

CANON

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| PAF  Pour  un | TA  Faire  jolie | KA  Un  jolie | TA  Ca | KA  non | **\*BIS\*** | POUM D  Je ma | PAF  Dres à | POUM G mon | PAF  voisin |
| EPAULE  *D*  *du voisin*  je lui | EPAULE  G  *du voisin*  tap | POUM  sur | POUM  son | PAF  épaule |  |  |  |  |  |

MAWOUANE mawouané pou lélé kinéwoua kipoula mawouané

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| PAF  ***ma*** | POUM  ***woua*** | POUM  ***né*** | PAF  ***pou*** | POUM  ***lé*** | POUM  ***lé*** |  |  |  |  |
| TA  ***ki*** | KA  ***né*** | TA  ***woua*** | KA  ***ki*** | POUM  ***pou*** | POUM  ***la*** | PAF  ***ma*** | \_\_\_\_\_\_\_\_  POUM  ***Woua*** | \_\_\_\_\_\_\_\_  POUM  ***né*** | \_\_\_\_\_\_\_\_  PAF  **X2** |
|  | VENTRE  **\*4\*** | POUM | POUM | CLAP | POUM | POUM | CLAP |  |  |

MEDLEY PERCU

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| CUISSES | PAF | TA | KA | PAF | KA | TA | PAF | TA | KA |
| PAF | PAF | PAF | CUISSE | CUISSES | CUISSES | POUM | PA | POUM | PA |
| CLIC | PAF |  |  |  |  |  |  |  |  |
| TA | KA | POUM | CLIC | PAF | POUM | CLIC | PAF | POUM  \*4\* **STOP** | POUM |
| CLIC | PAF | POUM | CLIC | PAF | **\* 4 FOIS\*** | POUM | TA | KA | TA |
| KA | TA | KA | TA | KA | TA | KA | POUM |  |  |
| TA | KA | POUM  1-2-3-4-5 | CLIC | PAF | CLIC | **\*5 FOIS\*** |  |  |  |
| PAF | PAF | CLIC | PAF | PAF | CLIC | PAF | PAF | POUM |  |
| TA | KA | POUM | POUM | CLIC | TA | KA | POUM | **\*BIS\*** |  |
| TA | KA | POUM | POUM | CLIC | **\*3**  **FOIS\*** | TA | KA | POUM |  |
| 2EM TOURNE | Sans arrêt !! |  |  |  |  |  |  |  |  |
| 1 ER TOURNE |  |  |  |  |  |  |  |  |  |