LES PERCUSSIONS CORPORELLES

LES PERCUSSIONS CORPORELLES

--------------------------------------------------------------------------------------------------------------------

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

2014

Meffre Laurence

laurencemeffre@orange.fr

tel : 06-88-26-82-22

**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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| SalutHelloBonjour 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 4Tapez surGENOUX Gavec main D | POUM\_\_\_\_\_\_pend |   CLIC \_\_\_\_\_\_\_ dant | PAF\_\_\_\_\_\_les | 4 PAS A GAUCHE | Sur le 4Tapez surGENOUX Davec 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

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| PAFPourun | TAFairejolie |  KAUnjolie | TACa | KAnon | **\*BIS\*** | POUM DJe ma | PAFDres à | POUM G mon  | PAFvoisin |
| EPAULE *D**du voisin*je lui | EPAULE G*du voisin*tap | POUMsur | POUMson | PAFépaule |  |  |  |  |  |

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 | POUM1-2-3-4-5 | 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 |  |  |  |  |  |  |  |  |  |