



Level A1.4

ViolinPractice Method Warm Ups

BASIC MOVES C	BOW ARM B
<u>Feet-Hips-Shoulders</u>	<u>Bow at Middle on Shoulder</u>
Feet together, make a "V", take a step Check balance Finger Taps Sing Arms Air Violin Head-Shoulders-Hips-Knees-Feet	Bow on shoulder – square position Tap fingers on bow (1, 2&3, 4) Turn over; check round thumb Repeat
LEFT HAND D	BOW ARM C
<u>"I Like Ice Cream"</u>	<u>Bow Games</u>
Violin Posture Drill I Like Ice Cream Rest Position; swing arms; Posture Drill Tap & Swing (over High Dot) 5x to left of G; swing arm; 5x over strings Repeat Strum & Swing Left hand to Right Shoulder Hand over High Dot: Head up/down, left/right Wiggle out!	Bunny Ears Bow at middle on shoulder – tap fingers Bow Games: Windshield Wipers Stir the Soup Salt & Pepper Unicorn Pinocchio Rocket Ship Up Like a Rocket