

Fruit Cocktail

Choirs often struggle to feel the true pulse of a triplet. They tend to rush. So this warm-up is designed to get us in the triplet groove because the 'pine' of pineapple is a long syllable. It has a sunny, happy feel. And who doesn't like cocktails?

The recorded version repeats three times and modules to B major and then C major. If you're not using the recording, pitch it wherever works for your singers.

The musical score is written in 4/4 time with a key signature of two flats (Bb and Eb). It consists of four staves of music. Each staff begins with a treble clef and a key signature of two flats. Above the notes, chords are indicated: Bb, F7, Bb, Eb7, Bb, F7, and Bb. Triplet markings (a '3' over a bracket) are placed over the notes in measures 2, 4, 6, 8, 10, and 12. The lyrics are written below the notes, with hyphens indicating syllables that span across notes. The lyrics are: 'Grape-fruit, pine-ap-ple, grape-fruit, pine-ap-ple, grape-fruit, pine-ap-ple, grape-fruit.' (repeated three times). The final measure of each staff contains the syllable 'Ba-'. The piece ends with a double bar line at the end of the fourth staff.

1 Grape-fruit, pine-ap-ple, grape-fruit, pine-ap-ple, grape-fruit, pine-ap-ple, grape-fruit.

5 Grape-fruit, pine-ap-ple, grape-fruit, pine-ap-ple, grape-fruit, pine-ap-ple, grape-fruit. Ba-

9 na - na, ba - na - na, grape-fruit, pine-ap-ple, grape-fruit. Ba-

13 na - na, ba - na - na, grape-fruit, pine-ap-ple, grape-fruit.