

# Whole Step Finger Patterns

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Always work for a **fine and consistent quality of tone** as you play any exercise or music.  
Vary your **Articulation Patterns** and **Dynamic Design**. See page 4 for more Ideas.

♩ = 72 Play faster as you are able.

"Never work for fingers alone..." - A. Marion

Flute

3 3 \*

**Begin by Slurring** or tongue each note for articulation practice.  
It is always an **expressive TONE** study too .

4 3 3

Just a **pinky** movement, including but not moving whole hand.

6 3 3

**Breathe** in tempo as part of the music.

8 3 3

Use your **Metronome** - See **Metronome Motivation!**

10 3 3

Feel the **lightness and sensitivity** of the interval in your **fingers** and your **ear**.

12 3 3

**Even, precise, meticulous movements.**

14 3 3

Remember to keep checking in with your **whole body** for **ease** and **balance**.

16 3 3

\* Next step after sixteenth is to trill 1/2 steps.  
Please see **Precision and Flow**.

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19

Are you listening in detail to how **even, fluid and smooth** each interval is?

22

Release your **eyes from the page** of music.

24

How is the **balance** of your flute in both your **hands** and **balance** of your **sound**?

27

How is the movement **left index finger**? **Up** for middle D and Eb/D#'s!

31

Release tension from your tongue and jaw.

Vary your Articulations!

35

Listen with your 4 Ears - physical, mental, emotional, spiritual.

39

Use the long fingering for Bb and also try your side key and thumb key for practice.

43

Vary your Dynamics!

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47 

How is your Intonation?

Move... Take a step.... Free yourself from habitual movement.

51 

Use a finger breath

Balance your Body - Support your Sound

54 

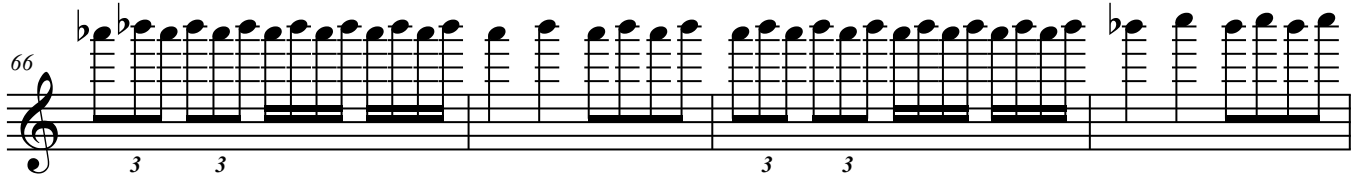
Aim for beauty and elegance

58 

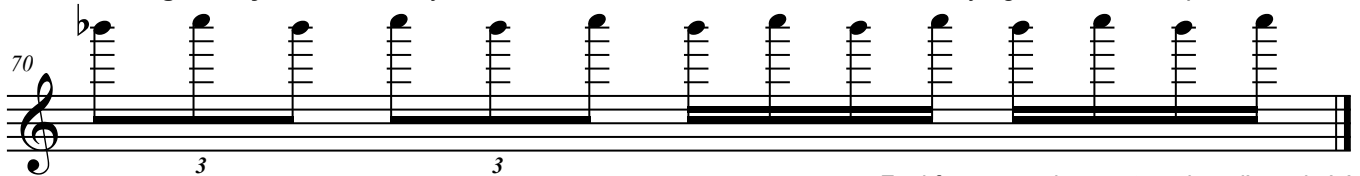
Active Air & Abs!

62 

How is the movement of your left pinky and your right one too?

66 

Sing & Play. Hum an easy low note to become aware of vocal folds staying at ease and open.

70 

Feel free to continue pattern into d's and e's!

## Thought:

Music is a series of sound patterns that are written by the composer and then altered to create an infinite variety of musical expression... How are these patterns used in music? What are you learning?

How can you give them more meaning and connection to the music you are making?

Enjoy playing, learning, exploring and creating these musical patterns on your instrument.

Use your wonderful imagination, ears, heart to open your circle of observation as you practice.