**Conducting Tips and Tricks**

**Tempos**

90 bpm

* Roar – Katy Perry
* Fireflies – Owl City
* Demons – Imagine Dragons

**Source:** <https://jog.fm/popular-workout-songs?bpm=90>

120 bpm

* Tik Tok – Ke$ha
* Dynamite – Taio Cruz
* Stars and Stripes Forever - John Philip Sousa

**Source:**<https://jog.fm/workout-songs/at/120/bpm.120?order=desc&sort=popularity>

144 bpm

* Toxic – Britney Spears
* We Built This City – Starship
* Fly on the Wall – Miley Cyrus

**Source:**  [https://jog.fm/workout-songs/at/144/bpm](http://www.jog.fm/workout-songs/at/144/bpm)

**Tips**

* Grab a friend to work the metronome while you’re conducting. Have them cut out the met periodically and see if you can stay in tempo when they bring it back in.
* Practice speeding up and slowing down the tempo while you’re conducting in order to make tempo transitions smoother.
* Don’t get so caught up in keeping the tempo that you lose the connection with the ensemble; it is often a game of give and take, you just have to learn how to work with each other.

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**Overall Goal**

* Your goal is to convey the emotion and tempos of the piece without speaking. This means that you have do work extra hard to have the correct body language, facial expressions, and hand gestures to successfully get your points across.

**The Basics**

* Your fingers shouldn’t be spread out when conducting because it make it harder for your ensemble to read. Think of your hands as mittens; in your gloves they should look like one white oval when conducting.
* While at first conducting can feel like an arm workout, it should come more naturally after practice. Don’t overexert yourself while conducting because you think “that’s just how it is.” It should look and feel effortless when you become more comfortable with it.
* Most of the movement when conducting should come from your wrists and elbows rather than your shoulders. Too much shoulder movement is unnecessary and can cause unwanted stress on your upper body. (no fun)
* Don’t lock your knees! Just like when marching, locking your knees can cause you stress and cause you to pass out. I often keep my feet a little less than shoulder width apart to keep myself from locking my knees.
* Having a wider stance can cause you to sway from left to right while conducting; DON’T! It makes your posture as conductor look unstable and honestly a bit unprofessional.

**Dramatic Effect**

* Make your pattern bigger when slowing the tempo, especially when coming up on an impact moment.
* Widen your stance during an impact moment.
* When conducting a part of the music where there is mainly just percussion being used as a metronome, very crisp and precise conducting is the way to go. You should look almost mechanical during these few measures because you aren’t doing anything music-wise.
* Cues
  + Don’t overdo them, but they can be useful when wanting to give attention to certain parts of the ensemble.
  + Cues don’t mean anything unless you combine it with eye-contact; look in the direction of those you are cuing.