

#1 (M3.3) Waltz Warmup - Modal Shifts - Strings of Passion - Deborah Henson-Conant

Ionian Mode (Major Mode)

1

Dorian Mode (*simile fingering & étouffer*)

9

Phrygian Mode

17

Lydian Mode

25

Mixolydian Mode

33

Aeolian Mode (Natural Minor)

41

Lochrian Mode

49

#2 (M3.4) Waltz Warmup - Modal Shifts - Strings of Passion - Deborah Henson-Conant

2

Ionian Mode (Major Mode)

57

Ionian Mode (Major Mode) musical notation for measures 57-64. The right hand (RH) plays a sequence of eighth notes with fingerings: 3 2 1, 1 2 3, 1 1 2 3 2, 1 2 3, 1 1 2 3 2, 1 2 3, 1 1 2, 1. The left hand (LH) plays a steady eighth-note accompaniment. Measure numbers 57, 63, and 64 are indicated.

Dorian Mode *Simile fingering & LH etouffer*

65

Dorian Mode musical notation for measures 65-72. The right hand (RH) continues the sequence with fingerings: 1 2 3, 1 2 3, 1 2 3, 1 2 3, 1 2 3, 1 2 3, 1 2 3, 1. The left hand (LH) continues the accompaniment. Measure numbers 65, 71, and 72 are indicated.

Phrygian Mode

73

Phrygian Mode musical notation for measures 73-80. The right hand (RH) continues the sequence with fingerings: 1 2 3, 1 2 3, 1 2 3, 1 2 3, 1 2 3, 1 2 3, 1 2 3, 1. The left hand (LH) continues the accompaniment. Measure numbers 73, 79, and 80 are indicated.

Lydian Mode

81

Lydian Mode musical notation for measures 81-88. The right hand (RH) continues the sequence with fingerings: 1 2 3, 1 2 3, 1 2 3, 1 2 3, 1 2 3, 1 2 3, 1 2 3, 1. The left hand (LH) continues the accompaniment. Measure numbers 81, 87, and 88 are indicated.

Mixolydian Mode

89

Mixolydian Mode musical notation for measures 89-96. The right hand (RH) continues the sequence with fingerings: 1 2 3, 1 2 3, 1 2 3, 1 2 3, 1 2 3, 1 2 3, 1 2 3, 1. The left hand (LH) continues the accompaniment. Measure numbers 89, 95, and 96 are indicated.

Aeolian Mode (Natural Minor)

97

Aeolian Mode (Natural Minor) musical notation for measures 97-104. The right hand (RH) continues the sequence with fingerings: 1 2 3, 1 2 3, 1 2 3, 1 2 3, 1 2 3, 1 2 3, 1 2 3, 1. The left hand (LH) continues the accompaniment. Measure numbers 97, 103, and 104 are indicated.

Locrian Mode

105

Locrian Mode musical notation for measures 105-112. The right hand (RH) continues the sequence with fingerings: 1 2 3 4, 1 2 3, 1 2 3, 1. The left hand (LH) continues the accompaniment. Measure numbers 105, 111, and 112 are indicated.

#3 (M3.5) Waltz Warmup - Modal Shifts - Strings of Passion - Deborah Henson-Conant

Ionian Mode (Major Mode) *Simile fingering & LH etouffer throughout*

113

Dorian Mode

121

Phrygian Mode

129

Lydian Mode

137

Mixolydian Mode

145

Aeolian Mode (Natural Minor)

153

Locrian Mode

161

#4 (M3.6) - Arpeggiation Warmup - Modal Shifts - Strings of Passion - Deborah Henson-Conant

4

This is just the pattern/shape of the inversions. You should mirror the RH with the LH and then roll these chords, or arpeggiate them any way you want. What's important here is practicing the shapes of the inversions so they feel familiar.

169

Cmaj7 Dm7 Em7 Fmaj7

173

G7 Am7 Bm7(b5)

#5 (M3.7) - Arpeggiation Warmup - Modal Shifts - Strings of Passion

5

This exercise is about understanding a pattern & making it work for YOU - at your level of technical ability - being able to see what it IS and then simplify or embellish based on what will help you achieve greater fluency. What's it's 'about' is:

- Arpeggiated '7th chord inversions' on each scale degree.
- Getting familiar with SHAPES
- Having a sequential exercise so you can focus on doing it rather than counting how many times you've done it
- Creating arpeggiated 'turnarounds' at the top and bottom of an arpeggio
- How will you SIMPLIFY it if your technical ability is currently fairly basic?
- How will you embellish it if you have a higher level of technical complexity and want a challenge?

177

181

Ionian Mode (Major Mode)

186

Dorian Mode

194

Phrygian Mode

202

Lydian Mode

210

Mixolydian Mode

218

Aeolian Mode (Natural Minor)

226

Locrian Mode

234