

# Power Up - Body Percussion

Holly Harrison

## Activities in this pack:



Information



Activity 1 **Perform**



## Introducing Power Up

The final work in the video, Meet the Orchestra - Percussion, was written to be performed with audience participation, using their bodies as percussion instruments.

Using the video below students can learn the movements to play along with the TSO.

Graphic notation showing the movements is also included on the following pages to help with the learning.





## Learn Power Up

Power Up is a fantastic piece to perform in a big group. Let the team at TSO know if you have a performance coming up and keep an eye out for a TSO performance where you can join in with the live orchestra. You can learn the parts and practice with the orchestra by clicking these links:

[CLICK HERE TO LISTEN TO POWER UP](#)

[CLICK HERE TO LEARN YOUR PART](#)

[CLICK HERE TO PRACTICE WITH THE TSO](#)

[CLICK HERE TO MEET THE COMPOSER](#)



Body Percussion



# Power Up

for Body Percussion & Orchestra

Holly Harrison

Clap Chest Stomach Thighs Hand Action

Lively & Buoyant ♩ = 122

Perc. 1 cue

10 Play *mf*

14

18 **B**

22 **C**

26

30 **D**

34

Body Percussion



2

E

38 push pull push pull

Clap Chest Stomach Thighs

ch ch ch ch

42 push pull push pull

Clap Chest Stomach Thighs

ch ch ch ch ch ch ch ch

zzzzz  
*fp* < *f*

47

F

Clap Chest Stomach Thighs

4

55

G

Clap Chest Stomach Thighs

59

H

Clap Chest Stomach Thighs

63

Clap Chest Stomach Thighs

I

67

push pull

push pull

Clap Chest Stomach Thighs

ch ch ch ch

71

push pull push pull

push pull push pull

Clap Chest Stomach Thighs

ch ch ch ch ch ch ch ch

75

Clap Chest Stomach Thighs

Body Percussion



79 **J** **K** 4

Clap  
Chest  
Stomach  
Thighs

*fp* *f* *fp* *f* *fp* *f*

ZZZZZZ

86 **closed fist**

Clap  
Chest  
Stomach  
Thighs

*p*

90 **L** poco accel. . . . .

Clap  
Chest  
Stomach  
Thighs

*mf*

94 **M**

Clap  
Chest  
Stomach  
Thighs

98 ♩ = 140

Clap  
Chest  
Stomach  
Thighs

102 **N** poco accel. . . . .

Clap  
Chest  
Stomach  
Thighs

106 ♩ = 150

Clap  
Chest  
Stomach  
Thighs

110 **O**

Clap  
Chest  
Stomach  
Thighs

*f* oi!