



# TECHNIQUE SECRETS

These four Technique Secrets are used as daily warm-ups for pieces and exercises in this book. The “secrets” may be learned gradually and are highlighted in gold-colored boxes throughout the pages. For quick and easy use, the Lesson Book also refers to each correlating Technique Book page with this icon: 🍷

**The teacher should demonstrate each “technique secret” as it is introduced.**

## Four Technique Secrets

**Technique** means skill. These technique secrets will help you play pieces more easily.

### 1. The first secret is **ROUND HAND SHAPE**.

#### Hand Cups

- Place your **right hand** over your kneecap.
- Keep that “hand shape” and s-l-o-w-l-y place your hand on the keyboard.
- Now do the same with your **left hand**. Try it hands together!




### 2. The second secret is a **RELAXED WRIST**.

#### Wrist Float-off (on the closed piano lid)

- Set your hands in a rounded hand position.
- Pretend a balloon on a string is slowly pulling your wrist upward. Let your wrist rise in s-l-o-w motion until only the **tip of finger 3** is touching the surface.\*
- Now gently return to a normal playing position.
- **Do 2 “wrist float-offs” with right hand, then left hand.** Try it hands together!



**\*Teacher Note:** The shoulder should not rise, but stay relaxed.

- Which of these ideas remind you of *legato*? (circle two) 

popping corn

a flowing stream

a bumpy road

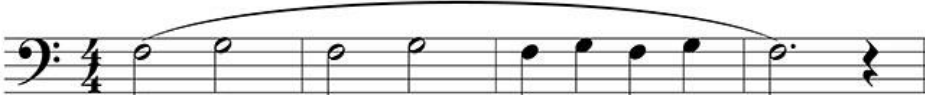
a rolling ball



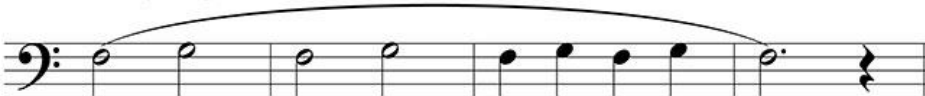
## Sticky Fingers

Legato Steps for L.H.


**Butterscotch Fingers** (Remember to play on the *side tip* of the thumb.)

L.H.   
*mf* 2 1 *p*  
 Play le - ga - to, soft - ly on the keys.

**Cotton Candy Fingers**

L.H.   
*mf* ③ 2 *p*  
 Walk your fin - gers smooth - ly on the keys.

**Caramel Fingers**

L.H.   
*mf* ④ 3 *p*  
 Stick - y fin - gers, play le - ga - to, please.

**Caramel Fingers**   
*p* *mp* *p*



**Technique Secret:**  
**finger independence**

Do *Finger Talk* (R.H., L.H., then H.T.) using this pattern:

**5 - 3 - 5 - 3 - 4 - 2 - 4**

- First play on the closed piano lid.  
Hint: Both hands use the **same fingering**.



## Busy Machine

**Moderately**

1 3 1 2 4 2

Smooth-ly spin the wheels. Oil - ing up the gears.

*mf*

1 3 1 2 4 2

3 5 3 2 4 3

Make the mo - tor purr, lis - ten with your ears!

3 5 3 2 4 3

9 1 3 2 4

Rick - y, tick - y, ting, click - y, clack - y, ping.

*p*

1 3 2 4

13 3 5 2 4

Hear that clat - ter - ing. Time to fix this thing!

3 5 2 4


**Technique Secret:**  
**round hand shape**

 Warm-up with *Hand Cups* (p. 2).

**Rock Climbing**

R.H.

L.H.

- For *forte* chords, play to the bottom of the keys with a relaxed wrist.
- For *piano* chords, play lightly and close to the keys.

**Chord Cakewalk\***

**Steady**

\*A cakewalk is a march-like dance with prancing high steps. A cake was the prize for the best dancers.

Teacher Duet: (Student plays 1 octave higher)

R.H.

L.H.

# A R T I S T R Y M A G I C

With your teacher, look through this piece to find the following:

1. slurs
2. staccatos
3. dynamic marks
4. accent marks

Show your artistry in this final piece!



## Ocean, Ocean

Music by N. Faber  
Words by Crystal Bowman

**Moderately** *1 on —?*

*mp* The o - cean's big, the o - cean's wide, I can - not see the

*1 on —?*

oth - er side. But *growing louder* I can hear the might - y roar of

*mf*

waves up - on the shore. Crash, crash, boom!

*f*

3 4 5 2

① ② ③ ④

⑤ ③ ①

① ⑤

① ③ ⑤