

Adult Cabaret- Fall Class 7, Wednesday, November 12th 2025

Today we will finalize our second songs and work on physicalizing our emotions in our piece! We will also talk through our show and learn our opening mash up.

Fundamentals of Acting we will focus on today/next week:

1. **Given circumstances:** The context your character lives in; all the facts of their life, personal history, relationships, social and physical environment.
2. **Relationship:** Who you are in association to everyone and everything around you and why they matter to you. (Who you are singing to.)
3. **Objective:** What your character wants.
4. **Obstacle:** Anything that gets in the way of what you want- internal or external.
5. **Tactics:** The moment-to-moment actions taken to implement your strategy. (These are verbs)
6. **Lyrics/Text:** all the tangible elements established by the author and composer in the script and the lyrics.
7. **Subtext:** is the underlying message being conveyed by a character through the text. (The hidden meaning in the words)

A few thoughts:

- As we perform, our audience perceives our experience through our vocal phrasing and through our physical behavior. These are often the only aspects of the performance we have control of and how we communicate to them! We are going to focus on these aspects the next two weeks along with thinking of our objective, obstacle, and relationship!
- Performers should understand and be able to recreate the *impulse*, not the result. The result is a valuable experience and should be remembered, but what the performers really need to learn is how to get there!!

First Remember; in my second song...

1. What is my 1-2 sentence spoken transition?
2. Who am I singing to?
3. Where am I singing?
4. What is my objective/obstacle?
5. What is my subtext? What am I really saying??
6. When do I feel the impulse to move?

Physical Scoring The timing and tempo of our movements can tell a story. If you are going to sit down for a particular phrase, does it happen while the new thought is being formed (in the transition, or change, before the lyric), as an expression of the words (during the phrase), or as a result of it (after the phrase)? It makes a difference. These kinds of decisions about movement make up our physical choices or score!

Last week we worked on finding when we felt the impulse to move! Today let's work a bit more on how to move!

A few thoughts...

***Just as musical and vocal choices contribute to our performance, so does movement. Some performers remain perky and cute no matter what happens, and that's not always truthful (although continued perkiness in the face of hardship can be a good choice). Don't be afraid to make big and bold choices!*

***Let's Try our 3 warm up exercises today!!*

Exercise #1: "I've Got to Go"

Using just the line "I've got to go," do the following:

- 1) Sit down in a chair. While seated, say the line.
- 2) Stand up and then say the line.
- 3) Say the line and then sit down.
- 4) Say the line and then stand up.
- 5) Say the line while in the process of sitting down very slowly.
- 6) Say the line while in the process of standing up very slowly.

Questions:

- How did each of these actions convey a slightly different meaning?
- Does putting the movement in a different place change the outcome of the line?

If yes, in what way?

Exercise #2: “3 Statue Poses”

Let’s Talk about the Physical Changes During your piece:

- How does your physical body change from beginning to middle to end?
 - What would your “pose” be at the beginning of the song?
 - The middle?
 - The end?
 - How do you move while engaged in achieving your objective?
- 1) Think of 3 poses you would make that would portray the beginning, middle, and end of your song. (*Also remember if you win your objective*)
 - 2) Think of 3 statements of subtext that go with these poses. (3 things you are “really saying.” Write these down below:
 - i)
 - ii)
 - iii)
 - 3) Saying each statement aloud for the class, hold the physical pose that embodies this subtext for at least 10 seconds. Do this for all 3 statements. (Beginning, middle and end!)

Exercise #3: “Acapella”

- 1) Perform a section of your song using only movement.
 - a) No accompaniment, no singing, no rhythm.
 - b) Still attempt to achieve your objective through your physical actions.
 - c) What did you discover?

For Today’s Run Through:

- 1) Share your story and sing your song.
- 2) Sing your song in its entirety.
 - a) ***If your lyrics repeat think of this repeat as showing you that you haven’t yet achieved your objective and need to work a bit harder! If you had achieved your objective you would not be repeating yourself. Repeating a phrase multiple times is the strongest and simplest indication of how much you need to fight! (Isn’t this exciting??)***
- 3) We will share quick feedback.
- 4) **We will then workshop our songs and sing again!**

Adult Cabaret “Unwrapped” Tentative Outline: (not program info!)

Wednesday, December 3rd, 2025 7:30pm- BEF Recital Hall

*Welcome and introduction by Kaitlin (in between performer Christopher can vamp!)

Opening: *“Once Upon a December/My Favorite Things”*

Emilie

- 1) **“I Can’t Make You Love Me”**
- 2) **“Losing my Mind”**

Joyce

- 1) **“Don’t Think Twice”**
- 2) **“Always Remember Us This Way”**

Amina

- 1) **“100 Easy Ways to Lose a Man”**
- 2) **“The Glamorous Life”**

Finale: Potential repeat of section of Mash Up.

Finale Thank you from Kaitlin. 😊

NEXT WEEK:

- *Will be our first “dress rehearsal” of the entire show!**
- *Both pieces should be memorized and ready to perform!**
- *Please let me know if you need anything before then! ;)**