



**AMERICAN
ACCENT
COACHING**

with Audrey LeCrone

WARMUP



SECTION 1 CLASS 3

**WARMING UP THE TONGUE, JAW, AND LIPS SO
THEY'RE FLEXIBLE AND STRONG ENOUGH TO
DO THE AMERICAN ACCENT**

TONGUE

- 1** Stick tongue out, up, to the right, down, and to the left
- 2** Make tongue shift from long-and-skinny to fat-and-flat
- 3** Open your mouth tall and wide (freeze your cheeks into place with a big smile)
 - Flatten tongue inside the mouth
 - Make sure the tip of the tongue is touching the lower front teeth
 - Breathe here, over your flat tongue!
 - Say "AH"
- 4** Stretch the back of the tongue to the front
 - Start in the flat-tongue position, smiling
 - Glue the tip of the tongue to the lower front teeth
 - Make a big letter C with an exhale
 - Flat — C shape — Flat
 - Try the stretch with sound

JAW

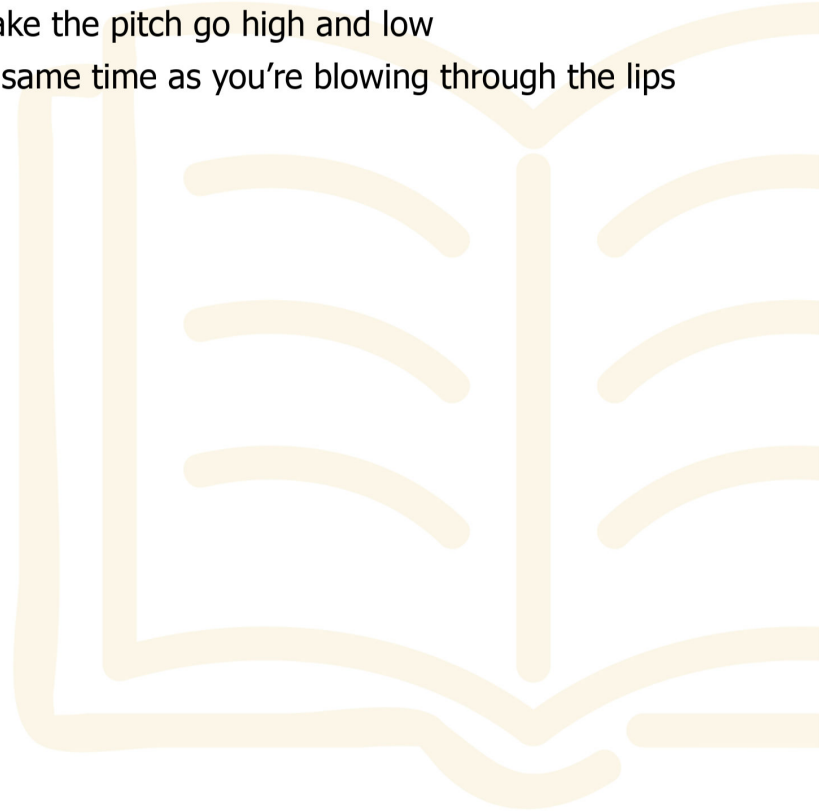
- 1** Push into your jaw muscles and then massage
- 2** Press the heels of your hands into your temples and massage them down the jaw and to the back of the neck
- 3** Grab the jaw with your hands and shake the tension out.



LIPS

- 1** Stretch the lips like you're chewing a cartoon piece of bubblegum
 - You can also stretch your whole face this way to make a BIG face then a little face

- 2** Trill through the lips
 - Use just air to blow the lips apart
 - Add vibrations to the trill
 - Add a siren sound to make the pitch go high and low
 - Massage the jaw at the same time as you're blowing through the lips



HOMEWORK

Practice these exercises every day in the mirror.