



Inspiring Artistry Repertoire Project

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Lynn Worcester Jones presents:

***Le sommeil de l'enfant, Op. 35* by Teresa Carreño**

Process and Practice

Fully present: tips for maintaining focus and engagement over time

- The student can continue to practice a Romantic technique with a flatter spread in the hands for ease in playing in and out of the black keys.
- Have the student practice smooth wrist motions by feeling a lateral, side-to-side motion for even weight transfer of the melodic line in the soprano and the bass.
- Allow your lullaby story to flourish as the piece settles into your fingers, creating vivid imagery for yourself and the listener.

Break it up: useful practice segments; how to connect them and plug them back into the whole

- In 2 to 8 measure phrases, practice with the focus entirely on legato with both fingers and pedaling which will use half-pedal and mostly two pedal changes per bar.
- 1+1 measure addition: In one section at a time, play one measure slowly until perfectly smooth without hesitation, and add one measure to play two measures smoothly. Add one measure at a time until the student is satisfied with the number of fluent measures played in that practice session.
- Experiment with keeping ends of phrases especially sensitive by reserving *rubatos* and extra-expressive playing for 3/4 of the way through a phrase.

Layers and outlines: tips for focusing on how the parts makeup the whole

- The technique here is all about the feeling of playing with four hands instead of two hands. Fingers 123 (one hand) + 45 (another hand) in each hand, making four hands to achieve voicing control. See video for demonstration.
- Practice voices 1 (bass) and 4 (soprano) in short phrases, and eventually the whole piece, to hear it as the listener does.
- In the B section, sing and count the phrases in 2 measure chunks, then phrase it in 8 +8 + 4 measure phrase lengths for the entire B section.
- Practice the tempo changes indicated in the score through conducting-melody singing, harmonic blocking with the melody, and with distinct metronome tempi as needed.

Achieving flow: ideas for finding and maintaining tempo, managing modifications artistically

- Develop tempo choices with a deep understanding of how two different choices change the phrasing and overall effect. Chooses a slower, sleepier tempo (e.g. dotted quarter = 40-42) and one that is more brisk (e.g. dotted quarter = 50-52).

- In difficult spots, take those opportunities to be expressive and take time to create your *rubato*.
- Lead with the melody to create the *rubatos* and expressive changes for sensitive phrasing and voicing.
- Implement half-pedal and use the “tap-hold” verbalization practice (see video).

Make it mine: tips for developing and refining a personal, internal sense of the piece

- Focus on a beautiful, buttery tone production to capture the essence of the lullaby.
- Practice on as many pianos as possible to gain more experience refining the voicing on any instrument.
- Create memory posts, roughly three to four in each main ABA section, and be able to start at the beginning of, and two measures immediately before, each post.

Deep knowing: tips for securing memory

- Practice alternate measure drops. Play one measure and then hear the next measure in your inner ear without playing for an entire phrase, one phrase at a time.
- Practice in phrases from the end of the piece, moving backward toward the beginning. Use meaningful repetitions 5 times in a row perfectly on tricky spots.
- Be able to play the left hand alone, memorized, while singing the melody.

Final stages: tips for ensuring performance readiness, maintaining freshness and spontaneity, and reinforcing an expressive personal connection

- Incorporate mental practice away from the piano with the score to develop a more nuanced interpretation to keep your performance fresh.
- Practice on as many different pianos as possible for voicing and phrasing control.
- Practice performing frequently for friends and family so that each successive performance becomes easier to think about your interpretation.