

Warm-up zum Aufstehen

Arrangement: Eugen Thumm

Allegro (♩ = 120)

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The musical score is written in 4/4 time and consists of six staves, each with a specific physical action and German lyrics. The first staff, 'Sich strecken', features two whole notes on a single line. The second staff, 'Wangen patschen', has six eighth notes. The third staff, 'Hände klatschen', has six eighth notes with hyphens between the first and second, and between the fourth and fifth. The fourth staff, 'Brust patschen', has six eighth notes. The fifth staff, 'Finger schnipsen', has four eighth notes with rests. The sixth staff, 'Tisch patschen', has six eighth notes. The score is divided into two measures by a double bar line.

Sich strecken
Gähn! Gähn!

Wangen patschen
Steh jetzt auf! Steh jetzt auf!

Hände klatschen
Auf - - wa - chen! Auf - - - wa - chen!

Brust patschen
Ja ja ja, ich bin schon wach! Ja ja ja, ich bin schon wach!

Finger schnipsen
Hmmm! Hmmm! Hmmm! Hmmm!

Tisch patschen
Früh - stü - cken! Frü - stü - cken! Mar - me - la - de! Scho - ko - la - de!