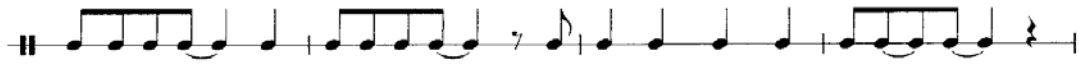


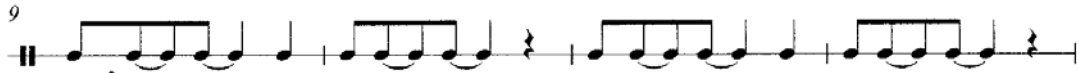
POSTURE RAP



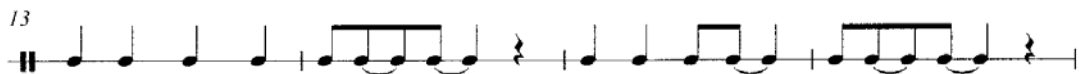
Feet on the floor. - one slightly a head, Re - lax those knees don't lock them dead!



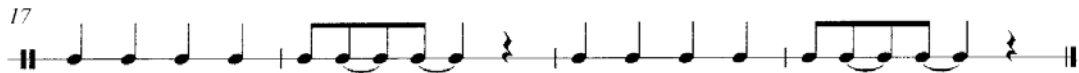
Hips rolled un der_ stretch your spine so tall, Ster num up_ don't let it_ fall!.



Should- ers - should be back and_ down, Head is high, don't weara___ frown!



Keep your hands down at your sides, Let the seam lines be your guide!



This is how you stand to___ sing, If you want your voice to___ ring!