

Play along and fade out

Use any opportunity you have for improving your sense of pulse. Try singing along to a recording of a piece or song you know well. Turn down the volume for a few seconds and keep singing. See if you are still in time when you turn the volume back up again.

Here are a few examples on the accompanying CD for you to try. Listen to the tune all the way though first and then try the fade-out track. Follow the music, keep singing or whistling along and see if you are still in time when the CD fades back in. Remember to try to keep a sense of the beat going:

Happy Birthday. Track 4: complete tune. Track 5: fade-out



How did you do? If you were spot on, well done! If not, have another go.

Now try the next one which is a bit longer.

She'll Be Coming Round the Mountain. Track 6: complete tune. Track 7: fade-out



Did you speed up or slow down? If so, by how much? Have another go and try to adjust to make yourself more accurate. Remember to keep the tune going in your head.

Ode To Joy from Beethoven Symphony No 9. Track 8: complete tune. Track 9: fade-out

