

Learn with Nicky – Salut d'amour – Lesson 5

Top 10 Tips for Performing 🤩

1. Prepare physically with plenty of time. Do not leave things to the last minute, expect everything to be perfect, and then be disappointed. If you're going to record it at 11am, have everything in place and ready by 10:30 so you are then just getting comfy and taking care of where your body and your mind is at
2. Mental state is SO IMPORTANT. Prioritise the full line and the story. Do you have a REALLY clear story in your head? That is going to be more powerful and more important than any details going wrong
3. Your whole demeanour is SOOOOO important. It's almost as important as what you actually play. If you look worried, scared, bored, distracted, annoyed... that's what we will feel when we watch you! If you seem frustrated, we will feel frustrated with you. You have to rise above it and we will rise above it with you
4. The first note matters. Try as hard as you can to be in a fluid state. Don't let tension build up before that first note, and no matter what happens with it – keep looking forward and keep it moving
5. Keep a sense of humour. Things happens to everyone. Do not take anything so seriously that it's detrimental to you
6. Make sure you're warm. Your hands and arms are nice and warm and comfortable
7. Make sure what you're wearing is not distracting and is comfortable
8. Try to feel like you're communicating something to me. Or us. Like you're really TELLING me something!
9. Consider balancing focus and freedom. These are hard things to balance but just think about this for a second
10. The whole presentation matters. Think of your video as a little performance or concert. When you finish playing, acknowledge all of us here! Think about how you stand when you're performing. Make sure your instrument is facing out correctly, and is not at a weird angle. Consider everything about the presentation