

Eight technical effects observed on singers who move while singing:

1. activation of an energetic management of breath
2. improved singing posture
3. refined tone quality
4. improved tone projection
5. improved intonation (singing in tune)
6. internalized rhythm and tempo
7. ability to modify musical articulation, diction attacks, releases and timbre
8. refined phrasing.

These eight effects are the primary ingredients for excellent singing.