

# Alfred's **Premier Piano Express**

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## **All-In-One Accelerated Course**

*Lesson ■ Theory ■ Technique ■ Performance*

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## Foreword

*Premier Piano Express* is designed for students who need a faster-paced approach to piano study. Based on the concepts and music from *Premier Piano Course*, this All-in-One Accelerated Course integrates Lesson, Theory, Technique, and Performance pages. This comprehensive course is organized into skills-based units that feature clear explanations of important musical concepts, written worksheets to provide review and strengthen understanding, as well as optional duet accompaniments to create fulfilling musical experiences.

The non-position reading approach helps students recognize important “landmark” notes instead of relying on fixed hand positions. Intervals are introduced sequentially and reinforced creatively. Rhythms are read in multiple-note patterns rather than as single notes, and playing with a steady pulse is emphasized.

Included with the book is a CD-ROM that contains MP3 files of audio performances on acoustic piano and orchestrated accompaniments for selected pieces in the book. Pieces with recordings are identified in the book with a speaker icon (  ). There are four versions of each piece on the CD-ROM:

1. A digitally orchestrated accompaniment **with** piano.
2. A digitally orchestrated accompaniment **without** piano.
3. A **practice tempo** performed on acoustic piano.
4. A **performance tempo** performed on acoustic piano.

The TNT 2 Custom Mix Software allows the user to change tempos in these audio files. In addition, the CD-ROM contains General MIDI files that can be downloaded.

These recordings add musical interest, and motivate students in the lesson and during practice. For students who do not have a CD-ROM drive, these files can be downloaded at [alfred.com/premierpianoexpress](http://alfred.com/premierpianoexpress).

The authors of *Premier Piano Express* send our best wishes as you begin this exciting musical journey!

All music was composed or arranged by  
Dennis Alexander and Martha Mier.



### CD-ROM Instructions:

When you insert the disc into your computer, navigate to **Computer** or **My Computer**, right-click on the disc drive icon, and select **Open** or **Explore**. (Mac users can simply double-click the disc icon that appears on the desktop.) The MP3s can be dragged to your desktop and then transferred to your smartphone or iPod, or burned to an audio disc.

Alternatively, to install the TNT 2 software, double-click on the installer file—please note that installation may take up to 15 minutes. Once it is installed, you will be able to slow down or speed up each MP3, loop playback, and select specific sections for practicing.

### TNT 2 System Requirements:

#### Windows

10, 8, 7, Vista, XP  
QuickTime 7.6.7 or higher  
1.8 GHz processor or faster  
350 MB hard drive space, 2 GB RAM minimum  
CD or DVD drive for installation  
Speakers or headphones  
Internet access required for updates

#### Macintosh

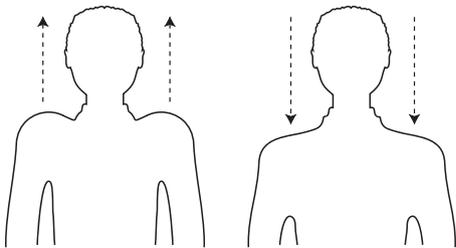
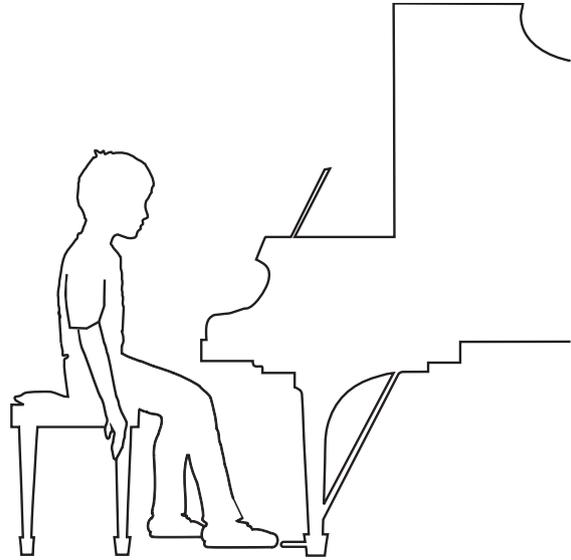
OS X 10.4 or higher (Intel only)  
QuickTime 7.6.7 or higher  
350 MB hard drive space, 2 GB RAM minimum  
CD or DVD drive for installation  
Speakers or headphones  
Internet access for updates

Windows is a registered trademark or trademark of Microsoft Corporation in the United States and/or other countries. iPod, Macintosh, OS X and QuickTime are trademarks of Apple Inc.

## UNIT 1 Keyboard Basics

### How to Sit at the Piano

- Sit tall, with relaxed shoulders on the front half of the bench, and lean slightly forward.
- Place your feet flat on the floor, right foot slightly forward.
- Let your relaxed upper arms hang loosely from your shoulders, straight down.

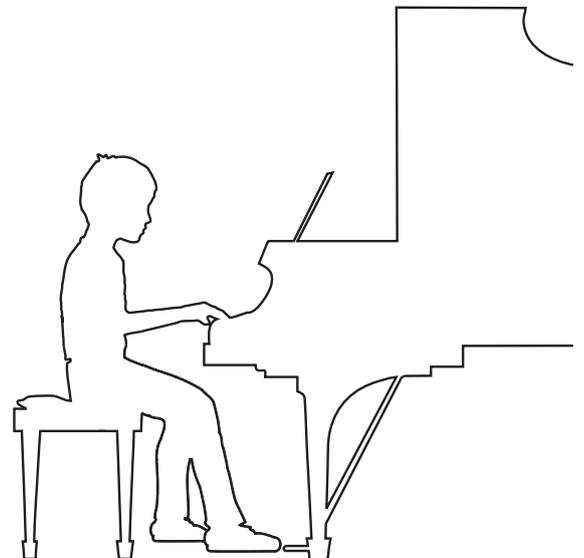


#### Relaxed Shoulders

Raise your shoulders up toward your ears as you take a deep breath. Relax, breathe out, and let your shoulders fall back down into a natural position before playing.

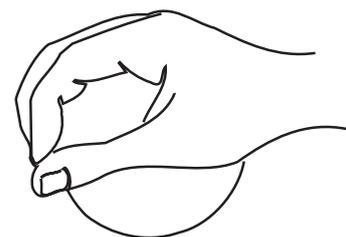
### Good Arm Position

When your hands are on the keys, your elbows and arms are level with the keyboard.



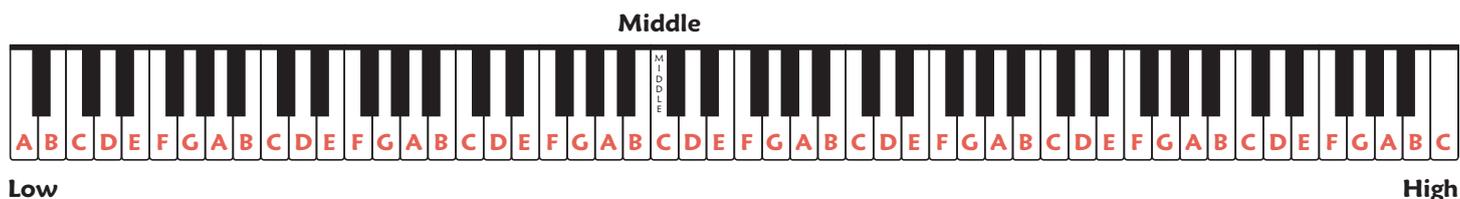
### Good Hand Position

Your hands are slightly curved and relaxed. Each hand is shaped like it is gently holding a bubble.



## UNIT 2 The Music Alphabet

The white keys on the piano are named using the first 7 letters of the alphabet. These names repeat over and over.



Name and play every white key on the keyboard, beginning at the low end and moving up. Use *LH 3* for keys below Middle C and use *RH 3* for Middle C and above.

### Keyboard Anchor: D

**D** is easy to find. It is the white-key anchor between the two black keys.

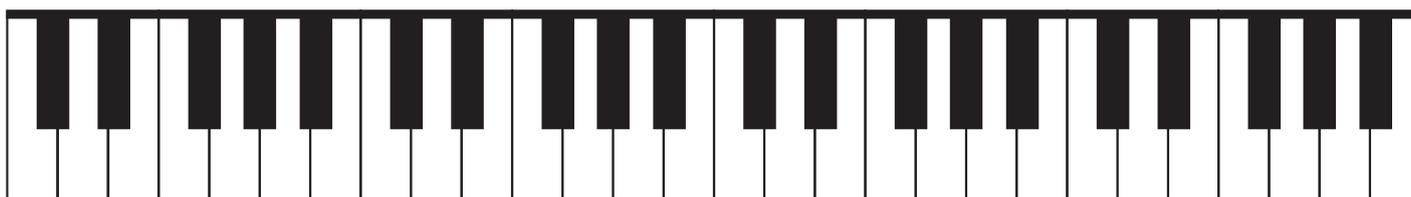


### C and E

**C** and **E** are also easy to find. They are outside the two black keys.



1. Begin in the middle of the keyboard and:
  - play all the D's going *higher* with RH 2.
  - play all the D's going *lower* with LH 2.
2. Begin in the middle of the keyboard and:
  - play all the C's going *higher* with RH 3.
  - play all the E's going *lower* with LH 3.
3. On the keyboard:
  - write a **D** on all the D's.
  - write a **C** on all the C's.
  - write an **E** on all the E's.



**Worksheet Rhythms and Time Signatures**

**Rhythm 8**

Tap and count aloud.



Count: 1 - 2 3      1 - 2 - 3

1. Draw a dotted half note in each blank measure.  
Write the counts below each rhythm. Then tap and count aloud.



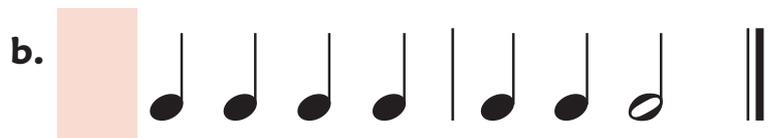
2. Write the counts below each rhythm. Tap each rhythm with the correct hand. Count aloud.

**Rhythm 7**

**Rhythm 8**

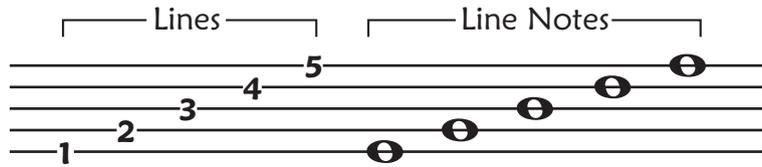


3. Write the correct time signature ( $\frac{3}{4}$  or  $\frac{4}{4}$ ) for each rhythm pattern.

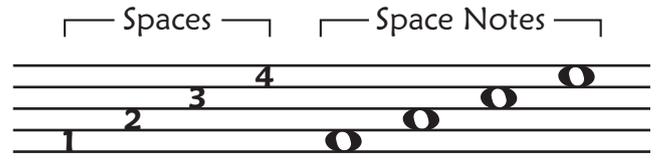


# UNIT 3 The Staff

Music is written on the 5 lines and 4 spaces of the **staff**.



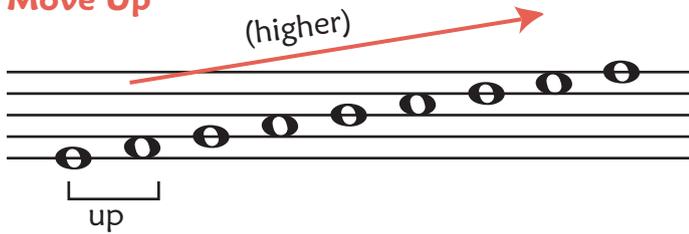
**Line notes** have a line passing through the middle of the notehead.



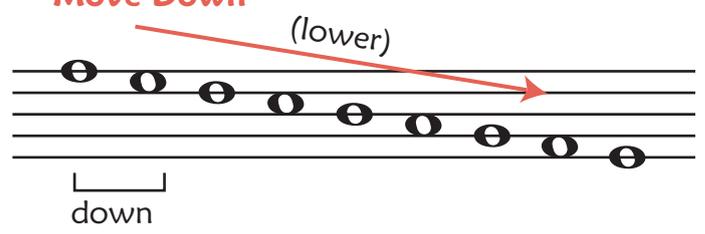
**Space notes** are in the spaces between the lines.

Notes on the staff can move *up*, move *down*, or *repeat*.

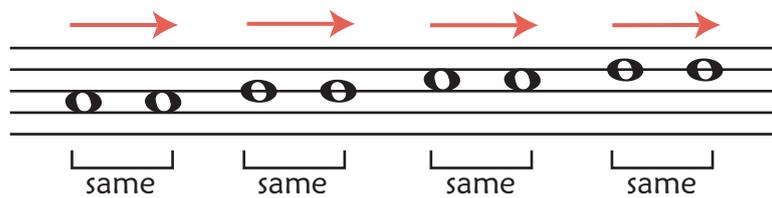
### Move Up



### Move Down



### Repeat



## Bass Clef

A **bass clef** on the staff usually shows notes *below* Middle C.



## Treble Clef

A **treble clef** on the staff usually shows notes *above* Middle C.





A **fermata** over or under a note means to hold the note longer than its rhythmic value.

## When the Saints Go Marching In 46

**March-like**

*f* Oh, when the saints go march - ing in,

*p*  $\frac{1}{2}$   $\frac{1}{3}$

4

oh, when the saints go march - ing in,

$\frac{1}{3}$  2

Duet: Student plays one octave higher.

**March-like**

*mf*  $\frac{5}{3}$   $\frac{2}{1}$   $\frac{5}{3}$

4

1 4 5 1 3 5