**Progression:** A series of chords used that fit the melody. Chords and progressions are based on major and minor scales... Do, Re, Mi, etc.

For example: A song in the Key of G is based on the major G scale. It's notes are:

\[
\begin{array}{cccccccc}
I & ii & iii & IV & V & vi & vii & I \\
G & A & B & C & D & E & F# & G \\
\text{Do} & \text{Re} & \text{Mi} & \text{Fa} & \text{So} & \text{La} & \text{Ti} & \text{Do} \\
\end{array}
\]

We can Sing them with our solfege scale.

In progressions, we usually use Roman numbers. Most popular music uses I, IV, V and vi chords in a progression. Lower case roman numerals mean the chord is minor. (Em in this case)