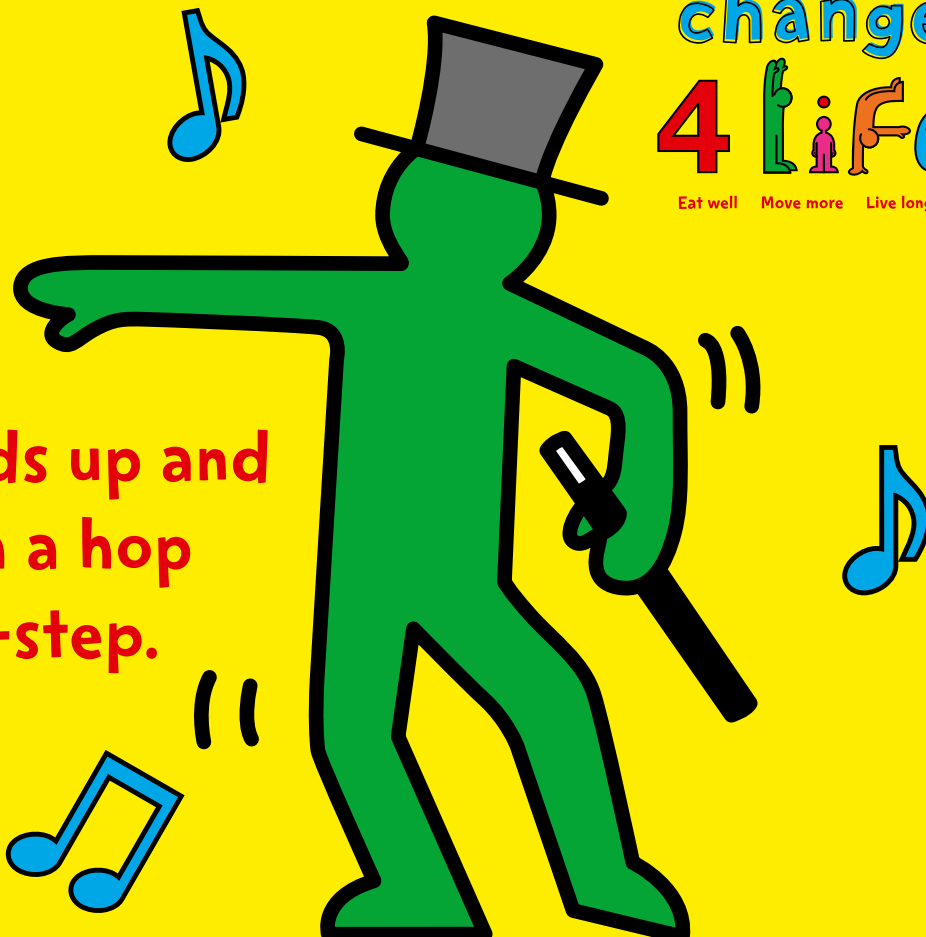


tap



change
4 life
Eat well Move more Live longer

Get the kids up and about with a hop and a heel-step.



An introduction to tap

Tap is a highly entertaining form of dance – because of the tapping sound made by the ball and heel of the shoe, tap dancers make music as well as movement.

A great introduction to tap is to watch some of the classic films like *Singin' In the Rain*, or the recent *Happy Feet*.

Suitable for: Girls and boys of all ages.

Equipment: Children can try tapping and shuffling their feet against a hard floor – they don't need tap shoes. Any shoe which makes a noise against the floor is fine. Boys can dress up with a hat and cane – girls can put on a dress (that isn't too long) which flows as they move.

Music: You need music with a good beat – but anything from jazz to pop music will work well. Remember to keep the music in the background so children can hear the fantastic sounds they're making with their feet!

Space: If the routine features lots of swinging around, the more space you can find the better.

Safety: Make sure the room is clear of objects with sharp edges or things children can trip over. A little warm up is important, before any stretches begin, to avoid the risk of pulling a muscle or feeling sore afterwards. Try a few jumps and shakes of the body, tensing and releasing muscles, in time to the music.



tap dances to try

Here are some basic tap movements which can be combined to form a fun routine:

Step-heel

A step taken with the ball of the foot coming down first, then the heel, making two distinct sounds.

Heel-step

A step taken with the heel of the foot coming down first, then the ball, making two distinct sounds, a step-heel in reverse.

Stamp

The foot is placed upon the floor rapidly, with the heel and the ball of the foot striking the ground simultaneously.

Ball-change

This is a pair of steps, taking a step backwards and then one forwards.

Hop

A jump done on one foot, landing on that same foot.

Spring

Similar to a hop, but landing on the other foot from which you hopped.

Drop

Similar to a spring, but onto a flattened foot, with the knee well bent.

Brush

The leg is swung forwards and/or backwards, then a tap on the ball of the foot striking the floor in a sweeping motion.

