

ONLINE TAP CLASS WITH LISA LA TOUCHE



1-2-3-4-5 TIME STEP LESSON

Level Recommendation:

Great for Advanced Beginning and Intermediate Students.

**As always, I believe that even a more advanced student can revisit such an exercise and add some challenges to match their level along the way!

Exercises Description:

I've called this, for our learning sake, 1-2-3-4-5 so you know you are always listening for 5 evenly separated sounds. While the step has 5 *sounds*, note that the *rhythm* is 1 e & a 2. You'll see and hear this in the opening step coming from a riffle, and there are also 5 count riffs to consider with the same feel. This exercise is complex in terms of articulation and great to practice being specific with spelling and clarity. The whole sequence follows progressions on both the right and left side with a specific break exploring different techniques along the way.

TIPS to remember:

***Please also refer to the introduction on the video

- Know exactly which 5 sounds are happening and in the correct order.
- Knee should lift up! Try to avoid the working foot to bend behind the standing leg.
- Make sure toes are always relaxed and you don't curl or grip your toes. That means there is too much tension and this will get in your way as we learn and speed up the exercise
- You will also see a sneak preview of one of the steps we will be covering in the break so pay attention to exactly how you are suggested to manipulate and go through each foot (please see video)

As we are learning together:

We will take our time together to make sure you understand the form and phrasing of the exercise in its entirety on both sides. There is shorter pattern taught at the beginning which will prepare us for the 2nd sequence which offers greater phrase with more a more complex break. Both sequences follow a standard "3 and a break" form. Call and respond with me as you please or just simply follow along with me as we loop repetitions and progress through both sequences. Always pause and rewind if you need more time to process the lessons and make sure you got it. I always keep encouraging everyone to count along with me as you get more comfortable and remember to relax and enjoy! **Special note:** For added fun for practice or for teachers! I love using the song "Spanish Grease" by Willie Bobo. Keep that in mind to practice to *after* the step is clear without music.

Added challenges to try on your own:

- Use a metronome and play with different tempos that best suit you. This is always one of the best ways to know you're truly staying in time.
- Look for accents along the way that I like to play with. Ex. Bringing out the heel drops, or accenting all the 2s and 4s.
- Do this with a friend and create a counterpoint groove to explore alongside the exercises

The possibilities are always endless! Enjoy the FUN! www.lisalatouche.com