

ONLINE TAP CLASS WITH LISA LA TOUCHE



“PADDLE N’ ROLL” 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:

In this exercise we will be using what is called the Paddle n’ Roll. I like first sharing the paddle n’ roll starting in the sequence of Heel drop, Heel dig, Brush back, and ball of the foot step. This is a step that can be done in so many ways, but here in this exercise we are working on a basic rudiment in 4/4 time including two different breaks to explore as we change sides. This exercise is great to practice sixteenth note clarity and general feel and execution of the paddle n’ roll with ease.

TIPS to remember: ***Please also refer to the introduction on the video

- Keep weight on your heels. Your weight more at the back of your center (like mildly sitting in a chair) which means your hips are over your heels and you’ll feel your quads engaged.
- Engage your calf muscle to execute a deeper sound in your heel drops
- Watch for how much pressure you put on the heel dig in front of you. Ideally you don’t want this to overpower the sound of the heel drop before
- When going from the heel dig to the brush back, think of having the knee hinging upward and relaxing your ankle
- Later we will use a flicking like shuffle. Make sure your leg is relaxed so you can use more of a snap back of the leg to execute the sound. You’ll find this is easier if you use the inside of your tap closer to the big toe

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. Call and respond with me as you please or just simply follow along with me as we loop repetitions in real time. Always pause and rewind if you need more time to process the lessons and make sure you got it. There are two different breaks that we will learn on each side which gives this exercise some extra time to learn, and also a longer sequence to sit in the groove with. I always keep encouraging everyone to count along with me as you get more comfortable and remember to relax and enjoy!

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.
- Be creative with adding different accents
- Since this is whole exercise done on both sides with both breaks takes up 32 bars, it’s a great opportunity to sing the melody of one of your favorite 32 bar jazz standards.
- 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