

## **ONLINE TAP CLASS WITH LISA LA TOUCHE**



### **“SWING TIME STEP” LESSON**

#### **Level Recommendation:**

Great for Beginning and more Advanced Beginning Students.

\*\*As always, i believe that even a more intermediate and 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, a Swing Time Step. I like to define it as a time step that has a solid swing groove and feel rhythmically, and of which can be looped in a pattern. You’ll find it may be a sequence you have tried or seen before, and is simply one that I’m using as an example for this exercise. Please do not confuse this as “the time step” as that is a whole other step and can of worms for discussion. Remember none of my terms that I use is ever assumed to be the name I ask everyone to use. It’s just what I’m using for this exercise.

#### **TIPS to remember:**

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

- Relax the leg completely as you slap the toe sound into the floor. This will ad more sound and also ease of transferring your weight.
- Always be sure of where your true center is to avoid unnecessary weight transfers. For ex. Slap transfers weight, the stomp before the brush back does not!
- Count along as you go and remember repetition never gets old! You’ll start really feeling the swing with ease.
- Always make sure you breathe! Tap dancing is the most fun when you feel relaxed and free!

#### **As we are learning together:**

Take the time you need as I explain fully how each step breaks down and then progresses. As we carry on, we will add extensions to the pattern and learn how to transfer everything onto the other side. We are using repetition in 4/4 time which gives you a chance to repeat the sequence back and forth as you learn, OR you can just follow and dance along with me! We’ll have time to count together and start speeding up the sequence as we progress. Remember you can always rewind or fast forward as needed and at the end of the video we’ll have time to simply run the sequence in full.

#### **Added challenges to try on your own:**

- Add your own break and experiment how you’d uniquely like to come in and out of the basic time step
- Start on a different count entirely while continuing to count from count 1
- Clap on the 2 and 4
- Be creative with adding different accents
- 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.

**The possibilities are always endless! Enjoy the FUN! [www.lisalatouche.com](http://www.lisalatouche.com)**