

## PART 1: BASICS

### 28 exercises

#### First tap exercise

For information about shoes, taps or tap floors, see at the end of this chapter.



A *tap*, also called a *touch*, is a tick with the ball of the foot on the ground. The tap is done with the free foot. So if you are standing on your left foot, you tap the floor with your right foot, with your right knee slightly bent and the ball of your right foot under you. There should be no tension at all and the ankle should be completely relaxed.

Do seven steady taps with your right foot. Pay special attention to making a light and clear sound when you tap.

#### 1 seven taps and a step

bar	count	step	direction	remarks
1	1	tap		stand on your left foot, tap with the right foot
	2	tap		
	3	tap		relax the ankle, the knee and the hips
	4	tap		keep the pelvis stable
2	5	tap		
	6	tap		
	7	tap		
	8	step		change of weight with the step

Do the same with the left foot and repeat the exercise until the sound is fairly good.

A *step* is a transfer of weight from one foot to the other. Before the ball of the foot touches the floor, the knee of the free foot is bent slightly.

In this case we use the step (first onto the ball and then immediately onto the whole foot) to close a series of taps.

## 2 six taps and a step

bar	count	step	direction	comment
1	1	tap		keep the ankle and lower leg relaxed
	2	tap		
	3	tap		
	4	tap		
2	5	tap		change of weight on the standing leg
	6	tap		
	7	step		
	8	rest		

Try to make one flowing sentence of the six *taps* and closing *step*, with a rest at the end of the phrase. Repeat the same phrase with the other foot. Repeat this exercise until you get a decent sound and a fairly musical phrase.

## 3 six taps and a step with two taps per count

bar	count	step	direction	comment
1	1 and	tap-tap		this is really just another way of counting it doesn't need to be really fast
	2 and	tap-tap		
	3 and	tap-tap		change of weight
	4 and	step-rest		

## 4 a variation

bar	count	step	direction	comment
1	1	tap		with the right foot keep the ankle and the hip flexible and relaxed when doing the taps
	2	tap		
	3	step		
	4	rest		
2	5	tap		with the left foot
	6	tap		
	7	step		
	8	rest		
3	1	tap		with the right foot
	2	tap		
	3	tap		
	4	tap		
4	5	tap		the transition to the step should be done fluently
	6	tap		
	7	step		
	8	rest		

repeat this exercise beginning with the left foot

#### 4a this exercise has two movements per count

bar	count	step	direction	remarks
1	1 and	tap-tap	with right	no weight, relax hip, knee and ankle
	2 and	step-rest		
	3 and	tap-tap	with left	
	4 and	step-rest		
2	1 and	tap-tap	with right	
	2 and	tap-tap		
	3 and	tap-tap		
	4 and	step-rest		

repeat starting with the left foot



*brush: a small and crisp light sound  
a forward and back movement*

A *brush* is a *tap* where you move your foot a tiny bit from back to front or from front to back. For a *front brush* you begin with the free under leg bent and then tick the ball of the foot on the floor and then let the lower leg swing a bit forward. The movement comes from the ankle and hip. The sound should be clear and sharp and the knee and hip joints should stay relaxed. This little movement can be made either in front, behind or to the side of the standing foot.

Even though the name *brush* suggests that the ball of the foot should slide along the floor, this is not the idea. The foot moves forwards or backwards and along the way the ball of the foot ticks the floor quickly from the ankle.



*heel brush*



*back brush*

A *back brush* is like the last, but now from front to back. Start with a slightly bent leg and swing the lower leg a little to the back so that the ball of the foot ticks against the floor. This is likewise a movement of the ankle and hip, aiming for a sharp and clear sound, with relaxed knee and hip joints. It is not the idea to scrape along the floor.