

BEGINNING TAP LAP 1

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Essential Question: What do you hear?

Students will begin to explore the many possible sounds that their tapping feet can create. Movement instruction in this LAP will focus on basic tap steps that will be the foundation of the class. Rhythm and clarity of each step will be emphasized. Repetitive exercises and improvisational activities will be used to build skills, coordination, rhythmic awareness and confidence.

LAP Objectives:

- ✓ Understand basic dance room etiquette and proper equipment care
- ✓ Develop a movement learning style
- ✓ Recognize and develop rhythmic awareness and sense of tempo
- ✓ Recognize and name basic tap movements and general dance vocabulary
- ✓ Execute a number of exercises that develop confidence and skills
- ✓ Correctly perform basic tap steps

Formative Assessments:

1. Class Participation (10 points possible each class meeting)
2. Skills Checks - an unannounced skills assessment
3. Vocabulary Activities – worksheets, partner games, improve activities, etc.

Summative Assessments:

Date:

1. **LAP 1 Performance Test** – performed in class

* remember to wear all black or dark colored clothing

* Assessment of memory, technique, rhythm & tempo and performance quality

Open Lab Activities:

Students should use Open Lab time to make-up any missed class, obtain extra instruction and practice movement exercises.

Homework:

1. Practice new steps/ exercises/ routine
2. Study movement vocabulary definitions
3. **Each student must have her own pair of tap shoes by the start of the cycle 2**

LAP 1 Movement Skills

1. *A Capella*- Without music
2. *Ball*- The pad beneath the toes on the bottom of the foot; part of the foot/shoe where the metal toe tap is placed
3. *Ball change*- A transfer of weight to the ball of the free foot then back to the supporting foot
4. *Brush*- Strike the ball of the foot in an outward direction away from the body [1 sound]
5. *Cramroll* – (standard) 4 sounds: R step, L step, R heel, L heel
6. *Dig*- To strike the ball of the foot on the ground, close to the supporting foot, without transferring weight, getting it ready for use
7. *Down Beat*- The strong first beat in a measure of music
8. *Heel Click*- Sound made by lifting the heels on both feet off the floor and clicking them together
9. *Heel Drop*- To raise the heel and drop it on the floor, leaving the ball of the foot on the floor
10. *Improvisation (Improv)* – To create “on the spot” & “on the fly” - without previous preparation
11. *Irish*: shuffle + hop + step (cross in front or behind) [4 sounds]
12. *Hop*- Plié, spring into the air and land on the same foot
13. *Jump*- Plié, spring into the air and land on the opposite foot
14. ***Plié- (French) “to bend”, bending of the knees***
15. *Rhythm*- Pattern of sounds and silences
16. *Shuffle*- To brush the foot striking the ball outward and then spank it back [2 sounds]
17. *Spank*- Backward version of the brush; the action is toward the body [1 sound]
18. *Shim Sham* – Pattern of: shf, step/ shf, step/ shf, ball change/ shf, step
19. *Stamp* – Transfer the weight to the whole foot [1 sound]
20. *Step* – Transfer the weight to the ball of the foot [1 sound]
21. *Stomp* – Strike the floor with the whole foot without transferring weight [1 sound]
22. *Tempo*- The speed at which the step is performed
23. *Toe (tip/dot)*– Lift the entire foot and then strike the tip of the toe back down on the floor
24. *Toe Click*- Sound made by lifting the toes on both feet and clicking them together
25. *Toe (ball) Drop*- (Keep the heel of the foot on the floor) raise the ball and drop it back down