

5 TIPS FOR BEGINNER TAP STUDENTS

1. TAP LEGS

This may sound crazy, but don't forget your right foot from your left. Tap dance helps to improve coordination and when learning it's always good to try steps on one foot and then the other.

2. THE SHIFT

With tap dance and movement, shifting your weight from side to side is important. Try standing with your feet shoulder width apart and shifting from side to side and don't forget to soften your knees.

3. DANCER + MUSICIAN

Tap students get the best of both worlds. You are both dancer by creating movement and musician by creating sounds with your feet.

4. LOOSIE LOOSIE

Relax your ankles, it will help you make the sounds

5. BREATHE, YES BREATHE

No need to be nervous so don't tense up your muscles. It's cool, you got this. Just relax, breathe, and have fun.

