

TAP DANCE MADE EASY:

INSTRUCTIONAL DVD SERIES

USER GUIDE / GLOSSARY - VOL. 1 - BASIC



S. FLAP SHUFFLE HOP EXERCISE

Definition: *Flap Shuffle Hop:* As the name implies, it is a basic grouping of 3 steps to make one unit: *flap*, *shuffle*, and *hop*. 5 sounds. Rhythm = a8&a1 etc, or a1&a2 etc. Heels do not touch the floor.

Exercise: **8 flap shuffle hops** **Rhythm:** a1&a2 a3&a4 a5&a6 a7&a8 etc

Notes: A *flap shuffle hop* is a basic 'word' used often in beginning combinations. Although it is made up of 3 basic units: *flap*, *shuffle*, and *hop*, it's best to think of it as one thing, rather than 3. After you learn it correctly, it will/should feel like one step, rather than 3 separate steps.

The rhythm on this step, like a *buffalo*, is the trickiest part to master. In fact, it has the same exact rhythm as a *buffalo*. 5 sounds, with an emphasis on the last sound, that is, the *hop*. The entire step 'goes toward' the *hop*. You'll want to use your momentum to guide the step towards this final sound. By allowing these 5 sounds to meld, you create the illusion that you are doing one tap step. When you store it in your brain as a grouping, it makes it easier to remember, as well, as you only have to remember one thing, rather than 3.

The desired rhythm is a nice, lilting triplet rhythm. One hint I can offer is the same hint I offer with *buffaloes*. Have your *shuffle* prepared and ready to go AS you are doing the *flap*. Don't do the *flap* and then think, "Uh oh, there's a *shuffle* next."---too late! You've missed your chance at a nice rhythm. You must pull your leg up and get it in the position AS you are executing the *flap*. Another hint is to *leap* onto the *flap* slightly. That will release your opposite leg, allowing you to prepare for the *shuffle*.

The last hint refers to the *hop*. I recommend *hopping* low. You don't need to leave the floor very much to execute a proper *hop*. In fact, you can do a *hop* while making yourself LOWER to the floor. You don't need to rise up at all. You simply need to lift your foot up off the floor and land. If you can do this while bending your knee at the same time as doing the *hop*, you'll be in much better control of the step, rather than the step controlling you. So---keep those *hops* low.