

# TAP DANCE MADE EASY

## INSTRUCTIONAL DVD SERIES

### VOL. 4: CARDIO WORKOUT



## BASIC ROUTINE

Timestamp on video:

**13:52-14:12** *Cramp rolls (fast)*

counts: 8&a1 2 3 4&a5 6 7 etc.

notes: This sequence features multiple *cramp rolls* with a fast tempo. When starting with the right foot, each new *cramp roll* will start with the right foot, and vice versa when starting with the left foot. Keep your knees bent the entire time during this sequence.

**14:12-14:42** *Foundation Step (touch + step)*

counts: 1 2 3 4 5 6 7 8 etc.

notes: This sequence starts a new song in the mix and slightly faster tempo. This is a great time to re-check in with the music and make sure you set the new tempo in your body. This part of the music provides a strong downbeat for you to lock onto.

**14:42-15:12** *Rhythm rolls*

counts: &1 &2 &3 &4 &5 &6 &7 &8 etc.

notes: We typically dance *rhythm rolls* with a swung tempo (i.e. a1 a2 a3 a4 etc.), but as the rhythm of the music in this sequence is straight eighth notes we need our dancing to match it. It's a good example of making a step match the rhythm of the music. Take a listen to the video to hear the straight rhythmic quality of the sounds.