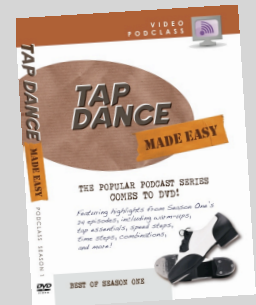


TAP DANCE MADE EASY:

INSTRUCTIONAL DVD SERIES

USER GUIDE - VIDEO PODCLASS: BEST OF SEASON 1 DVD



WARM-UP #3

HEEL SHUFFLE EXERCISE

Heel Shuffle Heel x2 Heel Shuffle Heel Shuffle Heel Shuffle Heel } x3
8 & 1 (2 & 3) 4 & 5 & 6 & 7

Heel Shuffle x7 Heel
8& 1& 2& 3& 4& 5& 6& 7

Because we have so many *heels* in this exercise, I don't recommend this one if you have any kind of knee problems. On a positive note, this warm-up can give your calves a great workout.

This warm-up is also a good exercise in control. We always want to be in control of the step rather than vice versa. One way to help stay in control of this exercise is to make sure you have proper balance throughout. Be sure to keep your weight forward, and in the video clip you will see me recommend that you try to keep all of your weight in the ball of your standing foot. If you get your weight pulled back into your heels it will be nearly impossible to pull this exercise off and stay in rhythm. So, make sure your center of gravity is very much forward with this warm-up. You will notice how much I am tilted forward to demonstrate the balancing technique. After time you will be able to ease up on the leaning forward and stand taller. For now, focus on making correct rhythm while having a solid supporting leg underneath you. Your "landmark" for this step are all those *heels*. The cool thing about this warmup is that for every number (i.e. 5,6,7,8) there is a *heel*. So as long as you put a *heel* on the beat (quarter note beat) then you'll have a great chance of being right-on with this exercise. Another thing you might try if you are having difficulty with this warm-up is to take out the *shuffles* and just do *heels* on every beat.

So, for the modified version, you would do

heel heel heel heel heel heel heel heel
1 2 3 4 5 6 7 8

Then you can add the *shuffles* back in as your balance improves.