

TAP DANCE STUDY GUIDE

Basic Information:

- America is credited with the origins of tap dance in early 1800's (reflected the sounds of the Machine Era in the Industrial Age)
- Influenced by
 - Irish solo step dance
 - English clog dance
 - African dance movements
 - Spanish flamenco dancing
- To be successful in tap, you must master the movement and produce the correct sounds
- Can be performed acapella or to music
- Famous tap dancers and choreographers include... Gregory Hines, Fred Astaire, and Gene Kelley, etc.

Definitions:

- Back essence- brush back (spank), step, step <4 sounds>
- Ball change- weight transfer <2 sounds>
- Brush- to strike the floor utilizing the toe tap <1 sound>
- Buffalo- step, shuffle, leap <4 sounds>
- Chug- slide forward using whole foot <1 sound>
- Cramp roll- toe, toe, heel, heel <4 sounds>
- Dig- heel placement, takes no weight <1 sound>
- Flap- brush, toe that travels forward <2 sounds>
- Irish- shuffle, hop, step turned out <4 sounds>
- Maxie Ford- step, shuffle, leap, tip <5 sounds>
- Scuff- a brush with a heel <1 sound>
- Scuffle- dig, spank <2 sounds>
- Shuffle- brush, brush <2 sounds>
- Spank- brush, toe that travels backwards <2 sounds>
- Stamp- takes weight of whole foot <1 sound>
- Step/Knock- takes weight on toe tap < 1 sound>
- Stomp- takes no weight <1 sound>
- Syncopation- an unexpected rhythm including stresses and rests

Important Elements

- Ankle flexibility
- Tempo influences difficulty when tempo increases, movements become smaller and level of difficulty increases
- Requires knowledge of weight placement

Fitness Across the Curriculum:

- Cardiovascular Endurance...the ability of the heart, blood vessels, and lungs to supply oxygen to the working muscles for an extended period of time
- Cardio Activities have 4 shared characteristics...
 - large muscle groups
 - rhythmic
 - continuous
 - aerobic
- Benefits of Cardio...
 - stronger, more efficient heart
 - lower heart rate
 - lower blood pressure
 - lower cholesterol
 - better body composition
- F.I.T.
 - Frequency (how often)- 3-5 times per week
 - Intensity (how hard)- 60-85% of heart rate range
 - Time (how long)- 20-60 minutes
 - *** There should be a gradual progression of FIT as fitness level improves!