

Tap Dancing

What are the benefits of tap dancing?

Tap dancing is a fun style of dance that anyone can learn, regardless of previous dance experience. Tap dancing is beneficial in many ways. Benefits of tap dance include increasing cardiovascular conditioning, strength, flexibility and coordination. Tap builds strength in the legs and feet in addition to increasing flexibility in the hips, knees and ankles. Cognitive abilities are also enhanced, as tap dancers must develop both mental and muscle memory to become proficient at tapping.

Tap dancing also develops a great sense of rhythm and timing. Tap instructors help students focus on music awareness while incorporating tap steps and combinations. Best of all, tap dance is a solo dance style...you don't need a partner to do it, although that's fun, too.

If you are interested in learning tap dancing, you may be wondering what to expect from your first class. Tap dancing is lively and energetic, so be ready to use up some energy. Slip on a pair of tap shoes and get ready to have fun.

Tap Class Structure

A beginner's tap class will focus on learning basic tap steps. If you are fairly coordinated, you should be able to pick up the basics rather quickly. You will be surprised how much you learn during your first few classes. Most tap classes begin with a short warm-up to prepare the feet and ankles. You will probably be asked to perform a few stretches to loosen up your legs.

After a quick warm-up, your teacher will lead you through a series of tap drills. Drills consist of several basic steps. The steps will seem very simple, but you will need to concentrate on making clear and distinct tap sounds. Learning how to tap dance involves training your ears to "hear" extra sounds that should be eliminated.

After several minutes of drills, your teacher will most likely lead the class in a series of tap combinations. The combinations will consist of several basic tap steps connected with simple transitions. Fun, upbeat music will probably accompany the combinations.

The last few minutes of your class will probably involve a cool down of some sort. Your teacher will lead you through a few stretches to loosen the muscles in your legs and ankles. Your feet will most likely be tired, but you will feel like you have learned a great deal in very little time. You will be able to remember many of the basic steps enough to practice at home before your next class.