



It's always easier to grab something that is out of reach if you use a step stool or a ladder! When my students are having a hard time, it helps my teaching when I can think about their struggle to get the step in the same way - they just aren't able to reach the shelf without a step stool - yet!

Working with this point of view can change the ease and confidence with which my students achieve an action or goal; allows them to have a strong foundation for full-body learning; and can turn a frustrated child who is ready to stop trying into an enthusiastic child who is ready to tackle a new concept with energy and perseverance.

So, what can I do to give them the step up they need?



Writing things down helps me, and I use these worksheets as a tool to help myself brainstorm new strategies on days when I'm feeling stuck or when my students need a refresh. Use the blank ones yourself! I included two examples, so you can see some ways I use them, as you build your own.

## ***Step Up Strategy***

***Say It ● See It ● Hear It ● Feel It ● Slow & Silly!***

How can I put a new concept or step through the filters of the five categories above, to help my dancers learn in many ways? Use the worksheet pages to jot ideas for as many categories as you can, to help you create new ways for your dancers to learn!

## ***Backtrack it!***

Work backwards from the new step you want to teach, to find all the smaller components you can review & work on! (Writing it down helps me to break it down, which is why this worksheet is included). :)



Step or Concept: \_\_\_\_\_

Class Age: \_\_\_\_\_

# Step Up Strategy



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**Say It**



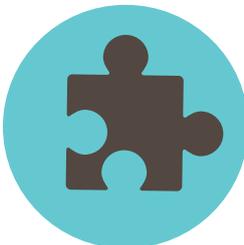
.....

**See It**



.....

**Hear It**



.....

**Feel It**



.....

**Slow & Silly!**



# Backtrack It!



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.....



***other connections***

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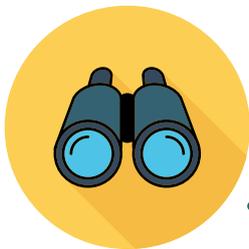
Step or Concept: basic even cramp roll  
Class Age: kindergarten/1st grade

# Step Up Strategy



say up, up down, down, or toe toe heel heel, or  
right left right left, out loud while doing the step

**Say It**



extend arms high high low low (RLRL or LRLR)  
as you do the feet

**See It**



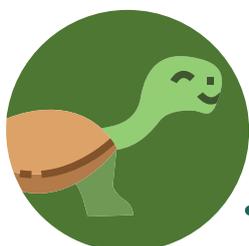
clap the rhythm as you lean RLRL or LRLR

**Hear It**



kneel down and use your "tap dance hands" to  
do the toe-toe-heel-heel pattern (fingertips,  
fingertips, palm, palm)

**Feel It**



use the image of "up the stairs, up the stairs,  
down the stairs, down the stairs"

**Slow & Silly!**



# Backtrack It!



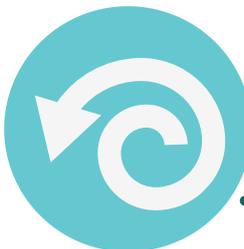
basic even cramp roll



alternating heel drops



marches on balls of feet



practicing right and left



***other connections***





Step or Concept: jazz square  
Class Age: kindergarten/1st grade

# Step Up Strategy



do 4 marches in place, shifting weight, and saying RIGHT, LEFT, RIGHT, LEFT (or opposite!) so they really feel how each step changes feet

**Say It**

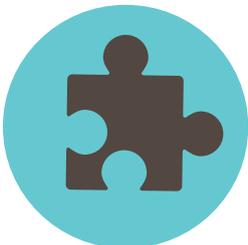


using footprint mats or pages, have the dancers physically step on the footprints to get the pattern

**See It**

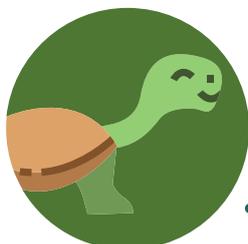


**Hear It**



draw a square in the air with their fingers and trace a square shape on the floor, then explain how each step touches a corner of the square

**Feel It**



step forward, then step cross & freeze! Can you pick up your back foot and balance? Whoaa! Now step back with that one. Yes! Now open with the other foot! We did it!

**Slow & Silly!**



# Backtrack It!



basic jazz square



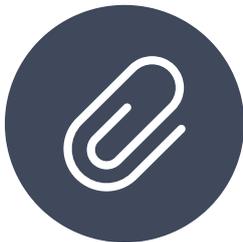
step apart, apart, together, together



criss-cross steps



practicing right and left



***other connections***

