

Teaching Progressions – Stomp, Hop, Stamp Forward - continued

- Location** Moving along the diagonal from upstage to the opposite downstage corners.
- Movement** Count 1 – Stomp the right foot, Count “and” - hop on the left leg, Count 2 – step on the right foot. Repeat with the 2nd leg. Continue to alternate across the floor.
- Order** Introduce after students are comfortable with the 4 count version of the exercise.
- After the students are comfortable working on the diagonal, have the students practice the pattern travelling forward along a circular pathway.

Teaching Progressions – Stomp, Hop, Step Forward

- Location** Moving upstage to downstage.
- Movement** Count 1 – Stomp the right foot, Count 2 – Hop on the left leg, Count 3 – Step on the right foot (ensure a complete weight transfer from the left foot to the right foot), Count 4 – hold balance standing on the right foot. Repeat the sequence on the other leg. Continue to alternate legs across the floor.
- Order** Introduce this pattern when students are comfortable with Stamp, Hop, Stamp 4 count travelling forward.
- Once students are comfortable with the footwork, change the direction of travel from the upstage corner, along the diagonal to the opposite downstage corner.
- Once travelling on the diagonal is comfortable, have students practice the pattern travelling forward along a circular pathway.
- Use music that is up tempo / fairly quick to aid the students in maintaining their balance. It is important that the students remain on the balls of their feet during the hop and step. The heel doesn't have to be lifted into a full relevé, just enough to keep the heel off of the floor.

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- Order** Introduce after students are comfortable with the 4 count version of the exercise. After the students are comfortable working on the diagonal, have the students practice the pattern travelling forward along a circular pathway.