

## **Toe Tapping Activity**

Description: Toe Tapping is a balance and leg strengthening activity where the participants tap their toes following a visual prompt to music. The selected music normally carries a 4/4 “swing beat”. For those settings where it may not be suitable for the participants to stand, encourage those seated in their chairs to enjoy the music and to have “happy feet” by lifting their knees and toe tapping to the beat of the music.

Equipment: 1) Projector or television set up to view Toe Tapping PPT’s

2) Exercise: Jive Toe Tapping PPT’s 1- 4

3) Audio/speaker capability to play music with sufficient volume.

### **Instructions**

1. Have the participants take a deep breath before the exercise with a reminder to breathe throughout the activity.
2. Begin by having the participants stand behind their chair utilizing the “piano touch” technique (where the fingers are lightly touching the top of the chair).
3. The participants are reminded to begin the activity by placing their weight on their left leg and to keep the leg slightly flexed as to not “lock” the knee as in keeping the knees “soft”.
4. Emphasize the point that left leg (weight bearing leg) remains still while the right leg moves in the direction of the arrows.
5. Demonstrate the toe tapping action by moving of the foot upward and downward (flexion and extension). Encourage the participants to tap with their toes and not with their whole foot.
6. A series of diagrams consisting of Arrows and X’s are shown for a duration of 30 seconds to allow for equal attention to the leg strengthening component of the activity for each leg.
7. Facilitator: Keep time and advance the PPT slide every 30 seconds, in addition to verbally prompting the participants to change to the other foot.
8. The diagrams are used as prompts for the participants to toe tap to the X’s and to move the leg in direction of the arrows to the beat of the music.
9. Remind the participants not to look at their feet, but to keep looking at the diagrams.
10. Between each diagram another slide is presented that tells the participant to switch legs by shifting their weight to the opposite leg and to toe tap with the other foot.
11. When switching feet, also provide a verbal cue to allow the brain and body to reset.
12. Time approximately 30 seconds per slide.

Song List  
(#s 38-52 are previously used songs)

1. "American Patrol" The Glenn Miller Orchestra, 1942
2. "At the Hop" Danny and the Juniors, 1957
3. "Back Bay Shuffle", Artie Shaw, 1938
4. "Boogie Woogie", Tommy Dorsey and His Orchestra, 1949
5. "Datin' with no Dough", Royal Crown Revue, 1995
6. "Don't Be That Way", Benny Goodman and His Orchestra, 1937
7. "Kansas City", Wilbert Harrison, 1959
8. "Flying Home", Charlie Barnett and His Orchestra, 1939/1946