



## Intermediate Tap Choreography

Created by STG Teaching Artist: Rachel McKinney  
This curriculum is tied to an interactive lesson plan:  
<https://www.youtube.com/watch?v=RnezKaRb5Rk>

**Description:** Participants will warm up their bodies and learn tap choreography.

**Goal:** Participants will explore rhythm and syncopation with their bodies.

Grade(s) /Age(s): all ages	Video Length: 30 minutes
Materials: tap shoes/ sneakers, tap board.	Space needs: open space free of obstacles

### WARM UP

Music: "Another Star" – Stevie Wonder  
Warm up the body while learning basic tap steps.

### EXERCISES/ACTIVITIES

Choreography  
Music: "Lake Washington Blv" – Otieno Terry  
Use steps from warm up to learn a short choreography set to a local music artist.

### REFLECTION

Homework – Practice and research well-known tap dancers and choreographers.  
Celebrate yourself for allowing yourself to explore your impulses in a creative way. This can be in form of a self-hug, air high five, or just a smile!  
Keep doing these activities as much as you want. Push yourself outside your comfort zone and remember to ALWAYS HAVE FUN!

## SHARE YOUR FEEDBACK

We appreciate and welcome your feedback! You can share your experience from any of our pre-recorded video sessions with us in this anonymous survey - <https://www.tfaforms.com/4765455>

## SHARE A PHOTO/VIDEO

If you tried any of these activities, please feel free to share a photo or a short video! We'd love to share what people are doing via our socials!

- Instagram @stgpresents
- STG Facebook page - <https://www.facebook.com/stgeducation>

## ABOUT THE TEACHING ARTIST



**Rachel McKinney** (she/her) is a Seattle native and currently a student at Greenriver College. Her passion for dance started at the age of five. She was a member of the young performing company, Totally Tap Kids. Her love for dance grew and she began to study all types of dance from ballet, modern, hip hop, and African but her main focus was rhythm tap. Rachel is currently a tap instructor at Northwest Tap Connection. She has performed at Floripa Tap Festival in Brazil, Cross Cultural Exchange trip in Barbados, Chicago Human Rhythm Project, Kennedy Center in Washington DC, and STG's DANCE This and Global Party. She has also been a member of Youth Tap Ensemble, Color Lines Dance

Ensemble. Over the 17 years of dancing, Rachel has trained under Pamela Yasutake, Shaina Mitchell-Proctor, Alexander Jackson, Dormeshia Sumbry-Edwards, Jason Samuel Smith, Diane Walker, Chloe Arnold, Shakiah Danielson, Dani Long and numerous others. Rachel loves working with young kids and sharing her passion for dance.