

TRY TAP DANCING FOR A CHANGE

A beginning tap dancer at forty-four!

Who would have ever thought it? (FLAPS IN A CIRCLE)
I still laugh and shake my head in disbelief. I have NEVER taken a dance class, except for the occasional gym and aerobics classes. Certainly, I have never seen myself as very coordinated.

Whatever compelled me to take tap dance?

Attending Renee Moe's incredible annual Sterling Dance concerts in Grand Marais, that's what. I saw those little girls, young women, and old ladies up there on stage, tapping their hearts out. (IRISHES)
I felt their joy and inspiration, and saw their creative expression, no matter the shape and size of their bodies.

I said it to myself. Then, I said it to a friend.

"I want to learn to tap dance like that." A year later, she handed me a flyer. Renee was offering an ABSOLUTE beginning tap dance class. Here was my opportunity.
(SHUFFLE STEP/4 each side)

Carpe diem—I borrowed some tap shoes.

The first class was so out of my realm of experience that I almost did not go back. In fact, the first couple of sessions left me wondering if I could ever learn the steps. But each week, I found myself back in class, AND going home to work on the most basic steps. I practice on a piece of plywood strategically placed in my kitchen for easy access. (PADDLE ROLLS)

I keep going, despite being the slowest learner in class.

I feel as if I will be in beginning tap for a LONG time. I once told Renee, "You make it look so easy." She fired back at me, "Chris, I have been tap dancing since I was four." Okay, I finally got it; perhaps I will never look like her.
But that's not the point, anyway.

So, what is the point of tap dancing? (BUFFALOES)

Being uncomfortable and finding new ways. Feeling rhythm in your body. Sharing the joy of dancing with others. Finding the creative of your soul. Releasing the restrictions of your mind. Seeing possibilities in everything you do.

I bought a brand new pair of tap shoes because I know.

I know that I will be tapping for the rest of my life.
(BRENDA BUFFALINO...paddle rolls/toe-heel steps)
Why? Because I am inspired by Renee, by the young women in my class, and by my passion to learn more. I feel a sense of aliveness that thrills me. I find myself tapping my feet everywhere. I see my progress and feel my body finding its own inner rhythms. (IN-OUT TOE-HEEL STEPS)

Tap has changed my world.

It has changed how I see myself and how I perceive the world around me. I have become more flexible in my body, and in my approach to life. I have become comfortable with things outside of my experience. And I have become confident in my learning process and abilities.

Tap—what better way to create a revolution in your life!

(DOUBLE TIME STEPS)