

CLAP SNAP AND TAP

BY
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IN COOPERATION WITH
GABE DE SANTIS

Designed for Relevant Activities
in Limited Space



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INTRODUCTION

This album has been designed to serve elementary school physical educators and classroom teachers who seek to provide relevant movement activities in congested areas. It is especially practical for the recess and noon hour multitudes when inclement weather prohibits the traditional outdoor involvements.

Very significant in the activity structure is to attempt to excite:

- (1) the sensory-motor mechanisms,
- (2) the cognitive aspects of non-locomotor skill sequencing,
- (3) internalization of rhythmical pulses, and
- (4) small as well as large muscle coordination

Facility and equipment needs are minimal. A record player and standard classroom furniture and space are the only necessities. Four of the five suggested patterns may be performed while seated.

Key action words are: clap, slap, tap, snap, pat, rap, pound, stamp, wave, lasso, hitchhike and thump. Correlation with language arts is a practical teaching strategy.

Instructors and students are encouraged to innovate additional routines and patterns after the structured activities have been learned.

In the narrated portions of this recording, the cue-ins for activity change are often given on the final beat(s) of a measure.

In the guide, we have shown the complete rhythmic count and the information in italics indicates the activity change.

Track 1

HAND JIVE

(Swingin' Gently)

Objectives - Unilateral and Bilateral Arm experiences

Mental sequencing

Awareness and coordination of body parts

Starting Position - Sitting or standing

Helpful Hints and Reminders

The activity pattern begins with a "half-time" tempo. Regular movement speed is incorporated later, on cue.

To synchronize the suggested pattern with the music-without-cues band, part one is done twice, then part two once. This program persists to the ending.

The activity concludes with six repetitions of "catch the fly, slap him into palm, thump him away, and stamp him".

Variations

Teachers should feel free to modify or change the suggested sequence and movements. The creative abilities of children can be stimulated by permitting free exploration of movement possibilities leading to the discovery of a personalized routine. "There IS Another Way".

The activity sequence for Hand Jive is as follows:

PART 1 - CLAP HANDS TWICE

PAT KNEES TWICE

STRIKE FISTS TWICE, ONE ATOP THE OTHER

STRIKE FISTS TWICE AGAIN
THE OTHER ONE ON TOP

POUND FIST INTO THE OPPOSITE PALM
TWICE

POUND THE OTHER FIST INTO THE
OPPOSITE PALM TWICE

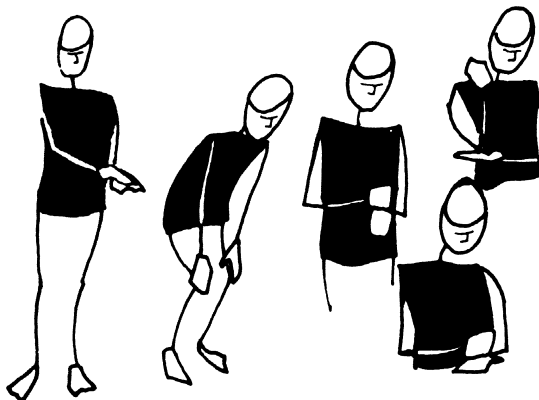
NOW, TOUCH ONE ELBOW TWICE

AND TOUCH THE OTHER ELBOW TWICE

NOW PART 1 SLOWLY WITH MUSIC

READY AND

CLAP	CLAP	<i>KNEES</i>
PAT	PAT	<i>FIST</i>
STRIKE	FIST	<i>CHANGE</i>
STRIKE	FIST	<i>NOW</i>
FIST IN	PALM	<i>AGAIN OTHER</i>
FIST IN	PALM	<i>NOW ELBOW</i>
TOUCH	ELBOW	<i>CHANGE</i>
TOUCH	ELBOW	<i>REPEAT</i>
CLAP	CLAP	<i>KNEES</i>
PAT	PAT	<i>FISTS</i>
STRIKE	FIST	<i>CHANGE</i>
STRIKE	FIST	<i>NOW FIST IN PALM</i>
AGAIN	OTHER	<i>FIST IN PALM</i>
NOW	ELBOW	<i>TOUCH ELBOW</i>
CHANGE	TOUCH	<i>ELBOW FASTER</i>



CLAP	CLAP	PAT	PAT
STRIKE	FIST	STRIKE	FIST
FIST IN	PALM	FIST IN	PALM
ELBOW	TOUCH &	ELBOW	TOUCH

CLAP	CLAP	PAT	PAT
STRIKE	FIST	STRIKE	FIST
FIST IN	PALM	FIST IN	PALM
ELBOW	TOUCH	ELBOW TOUCH	

AND NOW PART TWO

PART 11

CIRCLE AN IMAGINARY LASSO OVERHEAD
FOUR TIMES

REPEAT WITH THE OTHER ARM -- MOVE ONE ARM IN
THE HITCHHIKE PATTERN FOUR TIMES

REPEAT THE HITCHHIKE WITH THE OTHER ARM

NOW, COOL WAVE FOUR TIMES WITH ONE HAND
(ROTATE HAND IN SMALL CIRCLES, WAIST
HIGH PALM FORWARD)

COOL WAVE FOUR TIMES WITH OTHER HAND

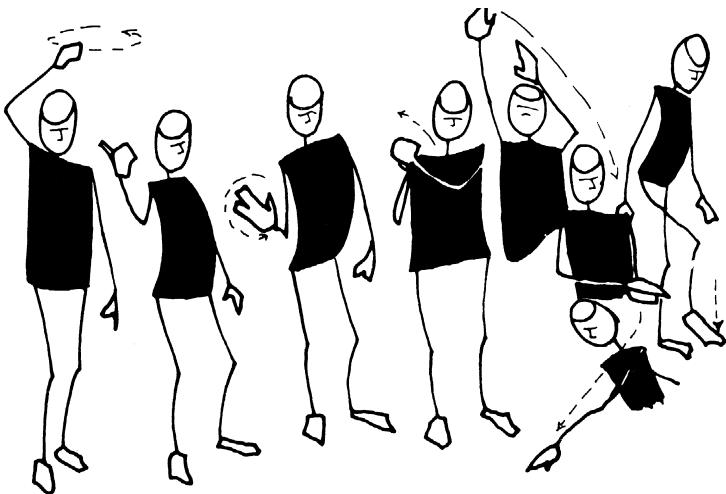
NOW, INTERLOCK FINGERS AND PERFORM THE
VICTORY SIGN
TWO TIMES OVER ONE SHOULDER
NOW, THE VICTORY SIGN TWICE OVER THE
OTHER SHOULDER

FINALLY, REACH HIGH AND CATCH A FLY,

SLAP HIM INTO THE PALM OF THE OTHER HAND

THUMP HIM AWAY AND

STAMP ON HIM WITH ONE FOOT



AND NOW WITH MUSIC, REGULAR SPEED

READY - AND

LASSO	2	3	4	OTHER ARM
LASSO	2	3	4	HITCHHIKE
1	2	3	4	OTHER ARM
1	2	3	4	COOL WAVE
1	2	3	4	OTHER HAND
1	2	3	4	VICTORY SIGN
				TWICE
1	2			

OTHER SHOULDER 3 4

CATCH THE FLY - SLAP HIM - THUMP HIM - STAMP HIM

LASSO	2	3	4	LASSO
1	2	3	4	HITCHHIKE
1	2	3	4	HITCHHIKE
1	2	3	4	COOL WAVE
1	2	3	4	COOL WAVE
1	2	3	4	VICTORY
				SIGN TWICE
1	2			

DO IT AGAIN 3 4

CATCH THE FLY - SLAP HIM - THUMP HIM - STAMP HIM

AND NOW PART 1

CLAP	CLAP	PAT	PAT
POUND	FIST	POUND	FIST
FIST IN	PALM	FIST IN	PALM
ELBOW	TOUCH	ELBOW	TOUCH

CLAP	CLAP	PAT	PAT
POUND	FIST	POUND	FIST
FIST IN	PALM	FIST IN	PALM
ELBOW	TOUCH	ELBOW	TOUCH

NOW PART 11

LASSO	2	3	4	
LASSO	2	3	4	HITCHHIKE
1	2	3	4	HITCHHIKE
1	2	3	4	COOL WAVE
1	2	3	4	COOL WAVE
1	2	3	4	VICTORY SIGN
				TWICE
1	2			

DO IT AGAIN 3 4

CATCH THE FLY - SLAP HIM - THUMP HIM - STAMP HIM

NOW PART 1

NOW PART 1

CLAP	CLAP	PAT	PAT
POUND	FIST	POUND	FIST
FIST IN	PALM	FIST IN	PALM
ELBOW	TOUCH	ELBOW	TOUCH
CLAP	CLAP	PAT	PAT
POUND	FIST	POUND	FIST
FIST IN	PALM	FIST IN	PALM
ELBOW	TOUCH	ELBOW	TOUCH

AND NOW PART 11

AND	LASSO	2	3	4	
	LASSO	2	3	4	HITCHHIKE
	1	2	3	4	HITCHHIKE
	1	2	3	4	COOL WAVE
	1	2	3	4	COOL WAVE
	1	2	3	4	VICTORY
					SIGN TWICE

DO IT AGAIN 3 4

CATCH THE FLY - SLAP HIM - THUMP HIM - STAMP HIM

AND PART 1

CLAP	CLAP	PAT	PAT
POUND	FIST	POUND	FIST
FIST IN	PALM	FIST IN	PALM
ELBOW	TOUCH	ELBOW	TOUCH
CLAP	CLAP	PAT	PAT
POUND	FIST	POUND	FIST
FIST IN	PALM	FIST IN	PALM
ELBOW	TOUCH	ELBOW	TOUCH

AND NOW PART 11

LASSO	2	3	4	
LASSO	2	3	4	HITCHHIKE
	2	3	4	HITCHHIKE
	2	3	4	COOL WAVE
	2	3	4	COOL WAVE

GET READY FOR THE BIG ENDING

VICTORY SIGN	1	2	DO IT AGAIN
	3	4	

CATCH THE FLY - SLAP HIM - OH YOU MISSED HIM

TRY AGAIN NOW

A LITTLE HARDER

A LITTLE SOFTER

DON'T MISS NOW

BEE U TI FUL

UH HUMMMMMMM

Track 2

POUND AND RESOUND

(King of the Road)

Objectives - Mental sequencing
Hand and wrist dexterity

Starting Position - Sitting, palms on desk or table.

Helpful Hints and Reminders

Anticipation of the noise factor (if a problem) and structuring an early strategy for noise pollution can avoid later problems.

The ending features transitions from the forward sequence to reverse to forward etc.

Variations - Substitute teacher or student created actions.

Pound and Resound features desk tapping using palms, wrists, knuckles and the fists. Follow the cues as we structure the patterns.

PALMS FIRST - 8 TIMES

READY AND

PALMS 2 3 4 5 6 7 8 WRISTS
 1 2 3 4 5 6 7 8 KNUCKLES
 1 2 3 4 5 6 7 8 FISTS
 1 2 3 4 5 6 7 8 4 TIMES EACH

PALMS 2 3 4 WRISTS
 1 2 3 4 KNUCKLES
 1 2 3 4 FISTS
 1 2 AND 2 TIMES EACH

PALMS 2
 WRISTS 2
 KNUCKLES 2

FIST REPEAT

PALMS 2
 WRISTS 2
 KNUCKLES 2

ONE TIME EACH

PALM	WRIST	KNUCKLES	FIST
PALM	WRIST	KNUCKLES	FIST
1	2	3	4
1	2	3	4
1	2	3	4

PALM	WRIST	KNUCKLES	FIST
PALM	WRIST	KNUCKLES	FIST

NOW REVERSE FIST 8 TIMES AND

FIST 2 3 4 5 6 7 8 KNUCKLES
 1 2 3 4 5 6 7 8 WRISTS
 1 2 3 4 5 6 7 8 PALMS
 1 2 3 4 5 6 7 8 4 TIMES EACH

FIST 2 3 4 KNUCKLES
 1 2 3 4 WRISTS
 1 2 3 4 PALM
 1 2 2 TIMES EACH

FIST 2
 KNUCKLES 2
 WRISTS 2
 PALM REPEAT
 FIST 2
 KNUCKLES 2

WRISTS 2

ONE TIME EACH

FIST	KNUCKLES	WRIST	PALM
FIST	KNUCKLES	WRIST	PALM
FIST	KNUCKLES	WRIST	PALM
FIST	KNUCKLES	WRIST	PALM (REVERSE)
PALM	WRIST	KNUCKLES	FIST
PALM	WRIST	KNUCKLES	FIST (REVERSE)
FIST	KNUCKLES	WRIST	PALM
FIST	KNUCKLES	WRIST	PALM (REVERSE)
PALM	WRIST	KNUCKLES	FIST (REVERSE)
FIST	KNUCKLES	WRIST	PALM (REVERSE)
PALM	WRIST	KNUCKLES	FIST (REVERSE)



Track 3

WALTZ TEMPO PATTY CAKE

(Bluesette)

Objectives - Initiation into or reinforcement of Waltz Tempo.

Resolution of Mid-line problems

Bilateral experiences

Partner cooperation

Mental sequencing

Starting Position - Standing, facing partner

Helpful Hints and Reminders

Shoulders are touched with arms crossed.

Reversing the original pattern might require dry run practices.

Variations - Alternate forward and reverse patterns for all or part of the music.

Make sets of four with partners facing. (the problem of hand pollution during the patty cake can be solved by the participants)

Structure a line of partners. Each individual could face a new partner after each movement verse.

The Waltz Tempo Patty Cake is a partner activity using a six step sequence. Pat your knees; now touch your shoulders with arms crossed; clap hands once; touch right hand to partner's right hand; touch left hand to partner's left hand; touch both hands to partner's hands.

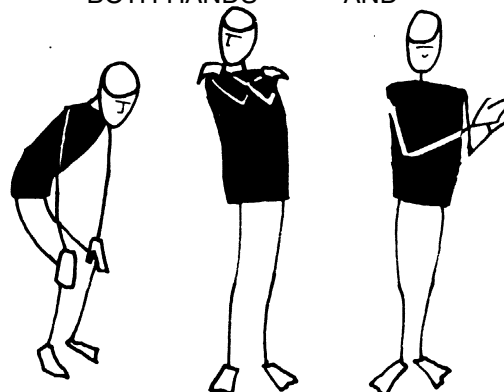
(Music Let's begin by touching each part 6 times with the music.

READY - AND KNEES	2	3	4	5	6	TOUCH
SHOULDERS	2	3	4	5	6	CLAP
HANDS	2	3	4	5	6	RIGHT
HANDS	2	3	4	5	6	LEFT
HANDS	2	3	4	5	6	BOTH
HANDS	2	3	4	5	6	
KNEES	2	3	4	5	6	TOUCH
SHOULDERS	2	3	4	5	6	CLAP
HANDS	2	3	4	5	6	RIGHT
HANDS	2	3	4	5	6	LEFT
HANDS	2	3	4	5	6	BOTH
HANDS	2	3	4	5	6	

NOW THREE TITLES EACH

KNEES	2	3
SHOULDERS	2	3
CLAP	2	3
RIGHT HANDS	-	AND
LEFT HANDS	-	AND
BOTH HANDS	-	AND

KNEES	2	3
SHOULDERS	2	3
CLAP	2	3
RIGHT HANDS	-	AND
LEFT HANDS	-	AND
BOTH HANDS	-	AND



KNEES 2 3
 SHOULDERS 2 3
 CLAP 2 3
 RIGHT 2 3
 LEFT 2 3
 BOTH 2 3

KNEES 2 3
 SHOULDERS 2 3
 CLAP 2 3
 RIGHT 2 3
 LEFT 2 3

NOW EACH PART ONCE

KNEES SHOULDERS CLAP RIGHT LEFT BOTH

KNEES SHOULDERS CLAP RIGHT LEFT BOTH

1 2 3 4 5 6
 1 2 3 4 5 6
 1 2 3 4 5 6
 1 2 3 4 5 6

KNEES SHOULDERS CLAP RIGHT LEFT BOTH

KNEES SHOULDERS CLAP RIGHT LEFT BOTH

1 2 3 4 5 6
 1 2 3 4 5 6
 1 2 3 4 5 6

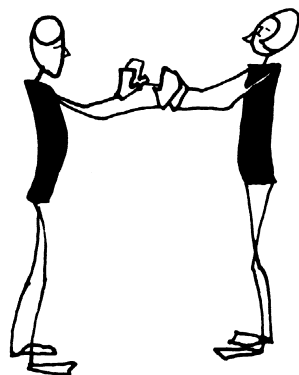
NOW REVERSE BOTH HANDS 6 TIMES

AND BOTH 2 3 4 5 6 LEFT

HANDS 2 3 4 5 6 RIGHT

HANDS 2 3 4 5 6 CLAP

1 2 3 4 5 6 SHOULDERS



1 2 3 4 5 6 KNEES
 1 2 3 4 5 6 BOTH
 1 2 3 4 5 6 LEFT
 HANDS 2 3 4 5 6 RIGHT
 HANDS 2 3 4 5 6 CLAP
 1 2 3 4 5 6 SHOULDERS
 1 2 3 4 5 6 KNEES
 1 2 NOW 3 TIMES EACH

BOTH 2 3
 LEFT 2 3
 RIGHT 2 3
 CLAP 2 3
 SHOULDERS 2 3
 KNEES 2 3

BOTH 2 3
 LEFT 2 3
 RIGHT 2 3
 CLAP 2 3
 SHOULDERS 2 3
 KNEES 2 3

BOTH 2 3
 LEFT 2 3
 RIGHT 2 3
 CLAP 2 3
 SHOULDERS 2 3
 KNEES 2 3

BOTH 2 3
 LEFT 2 3
 RIGHT 2 3
 CLAP 2 3
 SHOULDERS 2 3
 KNEES EACH PART ONCE

BOTH LEFT RIGHT CLAP SHOULDERS KNEES
 BOTH LEFT RIGHT CLAP SHOULDERS KNEES
 BOTH LEFT RIGHT CLAP SHOULDERS KNEES
 BOTH LEFT RIGHT CLAP SHOULDERS REVERSE

KNEES SHOULDERS CLAP RIGHT LEFT BOTH
 KNEES SHOULDERS CLAP RIGHT LEFT REVERSE

BOTH LEFT RIGHT CLAP SHOULDERS KNEES
 BOTH LEFT RIGHT CLAP SHOULDERS STOP

Track 4

MARCHING FINGERS

(Girl from Ipanema)

Objectives - Finger dexterity and strength

Sensory Motor Directionality (ie. activity patterns which require simultaneous but different movements of hands, or feet, or hand foot combinations can perplex the participant This selection provides the opportunity to experience and adjust to such a phenomenon.)

Awareness of diverse rhythmic patterns.

Starting Position - Seated, fingertips on desk or table.

Helpful Hints and Reminders

The structure includes several quick tapping changes. It is suggested that preliminary practice include:

- (1) identification of each rhythm pattern
- (2) dry run practice of each pattern
- (3) dry run practice with uninterrupted transition into the next pattern.

The patterns occur in the following order:

- 1st - individualized finger tapping eight times each, four times each, two times each and finally one time each.
- 2nd - all fingers tap simultaneously sixteen times
- 3rd - roll and seven taps
- 4th - alternate roll and tap (four times) with roll and seven taps
- 5th - basic drum beat
- 6th - shave and a haircut beat
- 7th - big finish (variation of shave and haircut beat)

Variations - Innovate rhythm patterns using feet as well

as hands. Oral sounds can be incorporated.

The desk is a drum, our fingers are drumsticks. We will imitate a quick drum roll by rapidly tapping each finger, starting with the little fingers and ending with the thumbs.

Let's try three rolls on my cue:

READY - AND: ROLL ROLL ROLL

A basic drum beat sounds like this:

ROLL TAP TAP ROLL TAP TAP ROLL ROLL ROLL TAP TAP

The taps are done by striking all fingertips to desk at the same time.

Try the basic drumbeat

READY - AND

ROLL TAP TAP ROLL TAP TAP ROLL ROLL ROLL TAP TAP & ROLL TAP TAP ROLL TAP TAP ROLL ROLL ROLL TAP TAP

The old "Shave and a Haircut" beat will also be a part of this activity

It sounds like this:

ROLL TAP TAP TAP TAP - TAP TAP

Marching fingers begins with each finger tapping alone

Place fingertips of both hands on desk

Prepare to tap thumbs eight times

THUMBS READY - AND

THUMBS	2	3	4	5	6	7	8	FIRST FINGERS
	1	2	3	4	5	6	7	MIDDLE FINGERS
	1	2	3	4	5	6	7	RING FINGERS
	1	2	3	4	5	6	7	LITTLE FINGERS
	1	2	3	4	5	6	7	RING FINGERS
	1	2	3	4	5	6	7	MIDDLE FINGERS
	1	2	3	4	5	6	7	FIRST FINGERS
	1	2	3	4				4 TIMES EACH

THUMBS	2	3	4
FIRST	2	3	4
MIDDLE	2	3	4
RING	2	3	4
LITTLE	2	3	4
RING	2	3	4
MIDDLE	2	3	4
2 TIMES EACH			
THUMB	2		
FIRST	2		
MIDDLE	2		
RING	2		
LITTLE	2		
RING	2		
MIDDLE	2		
1 TIME EACH			

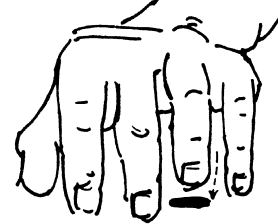
THUMB	FIRST	MIDDLE	RING	LITTLE	RING	MIDDLE	FIRST	
THUMB	FIRST	MIDDLE	RING	LITTLE	RING	MIDDLE	FIRST	
1	2	3	4	5	6	7	8	
1	2	NOW	TAP	ALL	FINGERS	16	TIMES	

TAP	TAP	TAP	TAP	TAP	TAP	TAP	TAP	
TAP	TAP	TAP	TAP	NOW	ROLL	AND	7	TAPS

ROLL	TAP	TAP	TAP	TAP	TAP	TAP	TAP	
ROLL	TAP	TAP	TAP	TAP	TAP	TAP	TAP	
ROLL	TAP	TAP	TAP	TAP	TAP	TAP	TAP	
ROLL	TAP	NOW	ALTERNATE	ROLL	AND	TAP		



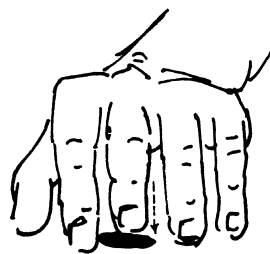
ROLL	TAP	ROLL	TAP	ROLL	AND 7 TAPS			
ROLL	TAP	TAP	TAP	NOW	ALTERNATE		AGAIN	
ROLL	TAP	ROLL	TAP	ROLL	AND	7		



ROLL	TAP	TAP	TAP	ALTERNATE	AGAIN			
ROLL	TAP	ROLL	TAP	ROLL	AND	7		
ROLL	TAP	TAP	TAP	ALTERNATE				
ROLL	TAP	ROLL	TAP	ROLL	AND	7		
ROLL	TAP	TAP	TAP	ALTERNATE				
ROLL	TAP	ROLL	TAP	ROLL	AND	7		
ROLL	TAP	TAP	TAP	AND THE BASIC DRUM BEAT				

ROLL	TAP	TAP	ROLL	TAP	TAP	ROLL	ROLL	ROLL	TAP	TAP
ROLL	TAP	TAP	ROLL	TAP	TAP	ROLL	ROLL	ROLL	TAP	TAP
ROLL	TAP	TAP	ROLL	TAP	TAP	ROLL	ROLL	ROLL	TAP	TAP
ROLL	TAP	TAP	ROLL	TAP	TAP	ROLL	ROLL	ROLL	TAP	TAP

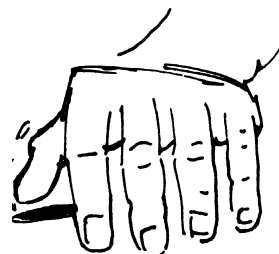
AND THE SHAVE AND HAIRCUT BEAT



ROLL	TAP	TAP	TAP	TAP	TAP	TAP		
ROLL	TAP	TAP	TAP	TAP	TAP	TAP		
ROLL	TAP	TAP	TAP	TAP	AND THE BIG FINISH			



ROLL	TAP	TAP	TAP	TAP	TAP
ROLL	TAP	TAP	TAP	TAP	TAP
ROLL	TAP	TAP	TAP	TAP	TAP
ROLL	TAP	TAP	TAP	TAP	TAP
ROLL	TAP	TAP	TAP	TAP	TAP
ROLL	TAP	TAP	TAP	TAP	TAP



Track 5

HAPPY TAPPY TIPS

(Happy Wanderer)

Objectives - Finger dexterity and strength

Sensory Motor Directionality (i.e. With both hands positioned as per the diagram, the tapping sequence for the right hand-thumb to little finger-is from left to right; the same sequence for the left hand is right to left. This can be frustrating for some children.)

Adjustment to variable rhythms

Starting Position - Sitting finger tips on table or desk.



Helpful Hints and Reminders

During the introduction, interludes and ending all finger tips tap on the after beat.

The final ban include 16 after-beat taps followed by the “shave and a haircut” ending.

Preliminary practice sans the music is suggested.

Variations - Clap the rhythm.

Clap the verses, then combine clapping and foot stamping during the chorus (i.e. clap stamp stamp stamp, clap - stamp stamp stamp etc.)

Substitute student discovered movements or noises.

Number the fingers of each hand from one to five beginning with the thumbs. The finger tips will tap in forward and reverse sequence with the music. During the introduction and interludes all finger tips will tap with an after-beat rhythm.

AND THUMB 2 3 4 5 4 3 2 1 *A LITTLE FASTER*
 1 2 3 4 5 4 3 2 1 *FASTER*
 1234543212345432
 THUMB 234 5 432
 THUMB 234 54321234
 5 432 1 234
 5 4 3 2 1
 TAP TAP TAP TAP TAP TAP TAP AND
 THUMB 1 2 3 4 5 4 3 2 1 *A LITTLE FASTER*
 THUMB 1 2 3 4 5 4 3 2 1 *FASTER*
 123454321234543 and
 THUMB 234 5 432
 THUMB 234 54321234
 5 432 1 234
 5 4 3 2 1
 TAP TAP TAP TAP TAP TAP TAP AND
 THUMB 1 2 3 4 5 4 3 2 1 *A LITTLE FASTER*
 THUMB 1 2 3 4 5 4 3 2 1 *FASTER*
 123454321234543 and
 THUMB 234 5 432
 THUMB 234 54321234
 5 432 1 234
 5 4 3 2 1
 TAP TAP TAP TAP TAP TAP TAP AND
 THUMB 1 2 3 4 5 4 3 2 1 *A LITTLE FASTER*
 THUMB 1 2 3 4 5 4 3 2 1 *FASTER*
 THUMB 23454321234543 and
 THUMB 234 5 432
 THUMB 234 54321234
 5 432 1 234
 WE WILL START TO END
 TAP TAP TAP TAP TAP TAP TAP TAP
 TAP TAP TAP TAP TAP TAP TAP TAP
 TAP TAP TAP TAP TAP TAP

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