

Counting Exercise

1. Count out loud, while tapping your toe:
1 2 3 4, 1 2 3 4, 1 2 3 4, etc. etc.
2. Each time you say the number, your foot should hit the floor.
3. Count at different speeds. Try counting faster. Try going slower.
4. If you have a metronome, set it at different speeds and try this exercise.

If your foot and your mouth are not in sync, stop and start over.

As you get better at this, try these things:

- ◆ Say the word "and" as your foot comes up:
1 and 2 and 3 and 4 and 1 and 2 and 3 and 4 and 1...etc.etc.
- ◆ Say the words "and ah" for each beat:
1 and ah 2 and ah 3 and ah 4 and ah...etc. etc.
- ◆ Say "e and ah" for each beat:
1 e and ah 2 e and ah 3 e and ah 4 e and a...etc.etc.