

Non-Locomotor Steady Beat Options

Allowing students to move to the steady beat is a must in music education. It is helpful to remember to change it up so that it is always new and exciting for the students.

- Arms swinging like running
- Flip hands palm up/palm down
- Sway arms above head or below waist
- Tap one hand on the top of the other hand
- Bend joints
- Karate chop
- Tap toes together while sitting on floor
- Tap body parts
- Alternate tapping two body parts
 - shoulder / above head
 - shoulder / waist
 - etc

BODY PARTS

- toes
- ankles
- knees
- hips
- stomach
- back
- shoulder
- nose
- ears
- head
- cheek
- nose

STANDING

- Rock hips
- Twisting at waist, hands on hip
- Tap toe
- Bend knees