

## **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.