

# Same-Foot Substitutions

Practice octave scales in each foot—ascending & descending—alternating between leading with the toe, and leading with the heel. One presses either the heel or toe firmly, *switches to the other half of the foot on the same note*, and then pivots and reaches for the next note with the leading part. The toe is indicated by a  $\wedge$  while the heel is indicated by a  $\cup$ .

**Left Foot: Toe leads**

(A)

**Left Foot: Heel leads**

(B)

*NB: Keep the ankles loose.*

*It may also be helpful to think, "Toe..Toe...etc." (or Heel) as you reach for the next note.*

**Right Foot: Toe leads**

(C)

**Right Foot: Heel leads**

(D)