

Eudaemonia *by Sandra Kluge*

sandrakluge.com | 03/27/2025 - #4

Rediscovering my loop station, my collage process, and empowering olives

Play

In an effort to make my [live solo set up](#) even less gear-heavy, I've been experimenting with a **new approach to looping**, using only tap percussion - no voice, no keys,...and no expectations.

The gear setup consists only of me + tap shoes + board, a contact mic, and my [Boss RC-505 loop station](#) (with its actually not too terrible built-in effects).

Somehow, I had been shying away from a **tap-only setup** - mostly because I was afraid to miss out on the emotional depth that only harmony instruments evoke in me.

However, no other instrument allows me the same kind of freedom that tap percussion does. It's extremely second nature, and the only instrument where I can take my technique as a given.

Plus, and maybe that's just me being a minimalist, but the simpler a setup, and the less moving parts there are, the more enjoyment I feel, because I feel free to comfortably bring it around, and quickly plug in and out.

Anyways, it's been interesting to tune in to the more **micro-level tonality of my instrument**, and I have a loose goal of coming as close to something that feels harmonic/melodic as one can with an unpitched instrument.

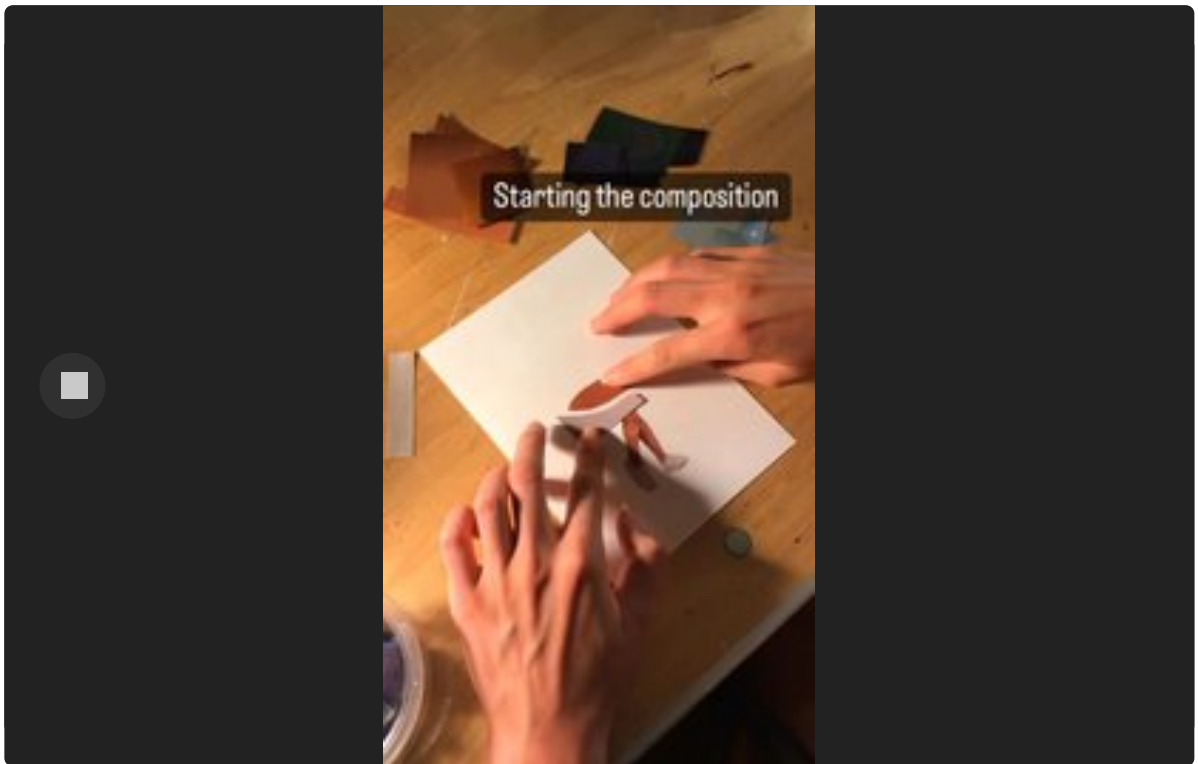
Here's a little peek into what this exploration has been like:

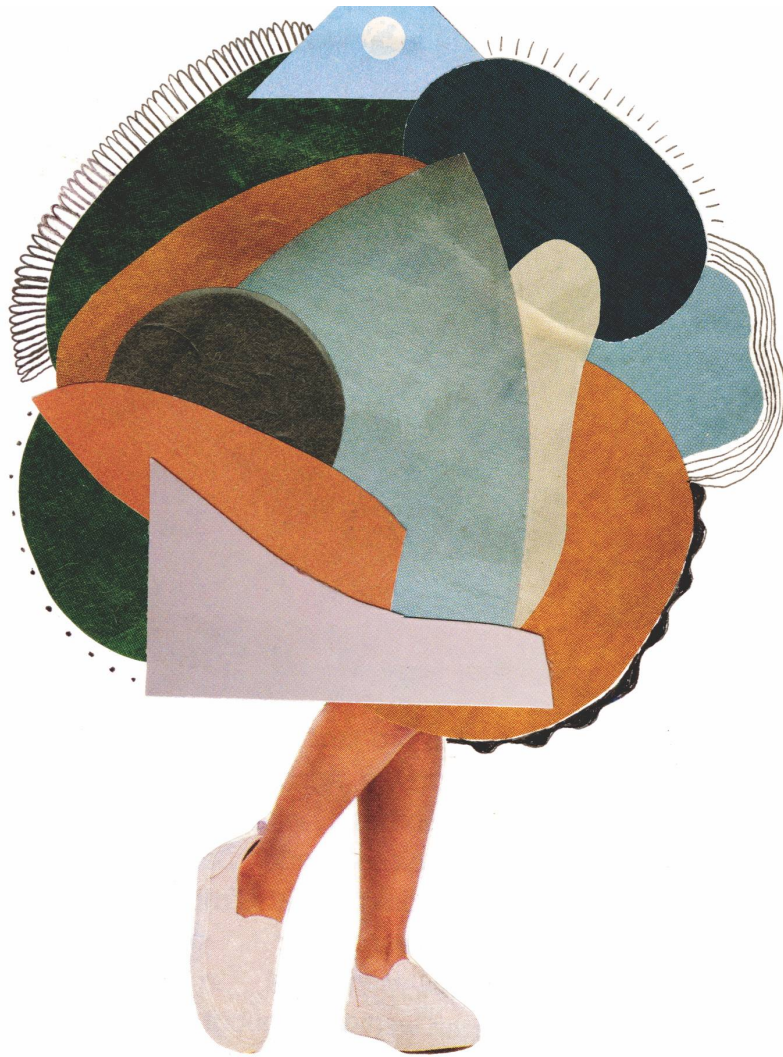




Focus

In a previous newsletter, I shared about my ongoing collage series [Embodied Emotions](#). Here's a little process video, and the finished product of *remedial solitude*. Title should be self-explanatory.





remedial solitude, paper cutouts and ink on paper, 5x7 in, 2022

sc 09|2022

Clarity

Building onto last week's little bit about thought vs action, I want to leave you with a question:

The difference between fruitful thinking and rumination is ___?

What makes my life more colorful this week

Fruits and vegetables with faces are always in my favor. No surprise then that I love British artist [Georgie Mosley's](#) empowering, pep talk-giving produce:



What else

- Episode 2 of my new **YouTube series [The Core Principles of Tap Dance - building efficient technique from the start](#)** is out. This episode covers all things balance, weight shifts, and posture. You can check it out [HERE](#)
- Speaking of tap tutorials: If you're involved in tap and would like to join my separate newsletter, [Tap To Expand](#), subscribe [HERE](#) for free. **Tap To Expand** is a once-a-month collection of free resources I don't share anywhere else - including lesson videos, early access to new courses, subscriber-only offers, and more.
- If you're in NYC, I'd love to see you at the **4th edition of [The Duo Series](#)**: Sat, Apr 5, 7-9pm, at [Commune](#), I will play 2 sets of fully improvised music with the amazing [Hari Nandu](#) on bass.

Eudaemonia is collaborative, so don't be a stranger! Hit reply if:

- What I share makes you feel/think about something.
- You want to share something with me that you think I'd find interesting.
- You want to say hi :)

May you be joyful, healthy, and at ease this week.

~ Sandra

Eudaemonia (ancient Greek) describes a life well lived. It's the lifelong process of realizing our true nature, therefore fulfilling our most virtuous potentials. The eudaemon life is one dedicated to developing the excellences of being human.

In each newsletter, I share 3 things related to 3 qualities I want to embody. It's an effort to be the best and most authentic version of myself, for me, and for the world.



No longer interested? [Unsubscribe](#) here.

Built with Kit