

Tap 2

Technique Notes

Barre

1. Shuffles

- Ct. &1 R Shuffle.
Ct. &2-8 Repeat seven times.
Ct. &1-8 Turn and reverse.

2. Shuffles Faster

Same as Exercise #1 faster.

3. Shuffle Hop

- Ct. 1&2 R Shuffle hop.
Ct. 3-16 Repeat seven times.
Ct. 1-16 Turn and reverse.

4. Shuffle Hop Toe

- Ct. &1 &2 R Shuffle hop toe.
Ct. &3-16 Repeat seven times.
Ct. &1-16 Turn and reverse.

5. Hold Ballchange or Kick Ballchange

- Ct. 1 Hold with R foot at L knee, or kick R forward.
Ct. &2 Ballchange (RL) with R foot in back on ball, step L in place flat.
(Later use both ball taps).
Ct. 3-16 Repeat seven times.
Ct. 1-16 Turn and reverse.

6. Shuffle Ballchange

- Ct. &1&2 R Shuffle ballchange.
Ct. &3-16 Repeat seven times.
Ct. &1-16 Turn and reverse.

7. Shuffle Ballchange Faster

Same as Exercise #6 faster.

8. Maxie Ford (Shuffle Jump Toe Step)

- Ct. &1 R Shuffle
Ct. &2 Jump on R, toeback L
Ct. 3 Step L next to R
Ct. 4 Hold (raise R foot up in back)
Ct. &5-32 Repeat seven times.
Ct. &1-32 Turn and reverse.

9. 4 Marches and Maxie Ford

(First taught at Barre, then moving across the floor)

- Ct. 1-4 4 Marches (R,L,R,L)

- Ct. 5-8 1 Maxie Ford
Ct. 9-32 Repeat three times.

10. Heel Ballchange Combination

- Ct. 1 Tap R heel to R side
Ct. &2 Ballchange RL
Ct. 3&4 Repeat Heel ballchange
Ct. 5&6 Repeat Heel ballchange
Ct. 7,8 Clap hands twice and with feet together, bounce knees twice.
Ct. 9-32 Repeat three times.
Ct. 1-32 Turn and reverse.

11. Kick Ballchange Combination

(First taught at Barre, then across the floor, then in a square)

- Ct. 1 Kick R forward
Ct. &2 Ballchange RL
Ct. 3&4 Repeat Kick ballchange
Ct. 5&6 Repeat Kick ballchange
Ct. 7,8 Step R, Step L.
Ct. 9-32 Repeat three times.
Ct. 1-32 Turn and reverse.

12. Buffalo

(R foot crossed in front of L shin)

- Ct. 8 Jump forward on R foot
Ct. &a Shuffle L
Ct. 1 Jump back on L foot.
Repeat seven times.
Turn and reverse.

13. Buffalo Faster

Same as exercise #12 faster.

14. Shuffle Step Changing Feet

- Ct. &8,1 Shuffle R, Step R
Ct. &2,3 Shuffle L, Step L
Repeat three times.

15. Irish (Shuffle Hop Step)

- Ct. &8 Shuffle R
Ct. &1 Hop L, Step R
Ct. &2&3 Shuffle L, Hop R, Step L
Repeat three times.

16. Irish Faster

Same as Exercise #15 faster.

17. Flap

(Brush step or Brush down)

(This can also be done as a Brush-Flap)

- Ct. & Brush R forward
Ct. 1 Step down on R ball tap (momentarily shift weight on R)
Ct. 2 Raise R foot immediately to repeat.
Ct. &3-16 Repeat seven times.
Ct. &1-16 Turn and reverse.

18. Flap Faster

Same as Exercise #17 faster.

19. Walking Flaps

(At first it is easier to do "brush-flat", then entirely on ball taps).

- Ct. &1-32 Walking flaps across the floor, changing feet.

20. Flap Heel

- Ct. &1,2 Flap R forward, Heeldrop R
Ct. 3,4 Hold (Raise R foot up to repeat)
Ct. 5-32 Repeat seven times.
Ct. &1-32 Turn and reverse.

21. Walking or Moving Flap Heels

- Ct. &1-32 Flap heels across the floor, changing feet.

22. Front Together, Back Together, Brush Heel Toe

- Ct. 1,2 Step R forward, Step L forward next to R
Ct. 3,4 Step L back, Step L back next to R
Ct. 5 Brush R forward
Ct. 6 Tap R heel forward
Ct. 7 Place tip of R toe crossed in front of L
Ct. 8 Hold
Ct. 9-32 Repeat three times. (R side only)

23. Hop Shuffle Step

- Ct. &a1 Hop L, Shuffle step R
Ct. 2,3 Raise L foot to reverse

Tap 2 Cont'd

- Ct. 4-7 Reverse (Hop Shuffle Step, Raise R)
Repeat three times.

24. Ballchange Turn

- Ct. &1,2 Ballchange RL, Lift R foot at L knee
Ct. 3 1/2 Turn toward Barre
Ct. 4 Step R forward (Lunge)
Ct. &5-8 Reverse
Ct. 9-16 Repeat Ct. &1-8

25. Ballchange Turn Faster

- Ct. 1-4 Ballchange R, L, 1/2 L Turn, Step L forward.
Ct. 5-8 Reverse
Ct. 9-16 Repeat Ct. 1-8

26. Ballchange Turn Fast

- Ct. &1,2 R Ballchange Turn
Ct. &3,4 L Ballchange Turn
Ct. &5-16 Repeat three times.
(Dancers having learned "Ballchange Turn" may incorporate in between all Barre exercises to get them from one side to the other).

Centre Floor

27. Right and Left Exercise

- Ct. 1-4 Tap R forward three times, Step R together
Ct. 5-8 Tap L forward three times, Step L together
Ct. 9-10 Tap R forward, Step R together
Ct. 11-12 Tap L forward, Step L together
Ct. 13-16 Repeat Ct. 9,10,11,12 (Tap Together, Tap Together)
Ct. 1-16 Repeat above combination with Heel Together.
Ct. 1-16 Repeat above combination with Toeback Together.
Ct. 1-16 Repeat above combination with R & L Hand.

28. Side Together Side Dig Exercise

- Ct. 1,2 Step R to R, Step L next to R
Ct. 3,4 Step R to R, Dig L to R
Ct. 5-8 Reverse (L Side Together Side Dig)
Ct. 9-16 Boogie Woogie, Boogie Woogie (Heeldrops RL,RL, or 4 Boogie Walks back)
Ct. 17-32 Reverse (Side Together Side Dig R & L, Boogie Woogie, Boogie Woogie)
(Boogie Walks forward if being used).

29. Cakewalk Kicks

- Ct. 1-4 Step R to R, Kick L across

- front of R
Ct. 5-8 Reverse
Ct. 9-32 Repeat three times.

30. Side Toeback

- Ct. 1,2 Step R to R, Strike tip of L toe crossed back of R
Ct. 3,4 Reverse (L Side Toeback)
Ct. 5-16 Repeat three times.

31. Charleston Step

- Ct. 1,2 Step R to R, Kick L across in front of R
Ct. 3,4 Step L to L, Toeback R across in back of L
Ct. 5-32 Repeat seven times.

32. Waltz Clog Time Step

- Ct. 1-3 Step L to L, R Shuffle Ballchange
Ct. 4-6 Reverse
Ct. 7-24 Repeat three times.

33. Waltz Clog Time Step Faster

- Same as Exercise 32 faster.

34. Step Heel (Walking)

- Ct. 1,2 Step R forward on ball tap, Heeldrop R
Ct. 3,4 Reverse
Ct. 5-32 Repeat seven times.

35. Walks and Claps

- Ct. 1-8 Walk clap RL,RL
Ct. 9-16 8 Fast walks
Ct. 17-32 Repeat Ct. 1-16

36. Heel Step

(Also called "Heel-push, Heel-ball, or Heel-toedrop")

- Ct. 1 Place R heel forward with R toe up
Ct. 2 Drop R ball tap (toedrop)
Ct. 3,4 Reverse Ct. 1,2
Ct. 5-32 Repeat seven times.

37. Flap Ballchange

- Ct. &1&2 Flap R forward, Ballchange LR
Ct. &3&4 Reverse Ct. &1-4
Ct. &5-32 Repeat seven times.

38. Flap Ballchange Faster

- Same as Exercise #11 faster.

39. Sugars

(Also called "Sugarfoot")

- Ct. 1 Step forward on R ball tap, foot turned out
Ct. 2 Hold
Ct. 3 Twist on R and step forward on L ball tap

- Ct. 4 Hold
Ct. 5-32 Repeat seven times.

40. Shuffle Ballchange Exercise

- Ct. &1-6 3 R Shuffle ballchanges
Ct. 7,8 Step R, Clap hands
Ct. &9-16 Reverse Ct. &1-8
Ct. &17-32 Repeat

41. Walking (or Chainé) Turn, Shuffle Hop Toe Combination

- Ct. 1-3 3 Steps walking R,L,R, turning to the R
Ct. 4 Step L next to R
Ct. &5-7 Shuffle R, Hop L, Toeback R, Step R
Ct. 8 Hold
Ct. 9-16 Reverse Ct. 1-8
Ct. 17-32 Repeat

42. Side and Cross Combination

- Ct. 1,2 Step R to R, Hold
Ct. 3,4 Step L across in front of R, Hold
Ct. 5-8 Repeat Ct. 1-4
Ct. 9-12 R Shuffle ballchange
Ct. 13-15 3 Steps R,L,R (Cha Cha Cha)
Ct. 16 Hold
Ct. 17-32 Reverse Ct. 1-16
Ct. 1-32 Repeat

43. Shuffle Step Combination

- Ct. 8&1 R Shuffle Step
Ct. 2&3 L Shuffle Step
Ct. 4&5 R Shuffle Step
Ct. 6,7 March L, March R
Reverse Ct. 8-7
Repeat

44. Front Together Back Together and Buffalo Combination

- Ct. 1,2 Step R forward, Step L forward next to R
Ct. 3,4 Step R back, Step L
Ct. 5-8 Repeat Ct. 1-4
Ct. 9-16 4 Step side digs R,L,R,L
Ct. 17-32 Repeat

45. Shuffle Hop Toe Step and Heel Ballchange Combination

- Ct. &1&2 R Shuffle hop toe
Ct. 3,4 Step R, Clap hands
Ct. &5-8 Reverse Ct. &1-4
Ct. 9-14 3 R Heel Ballchanges
Ct. 15,16 Step R, Step L
Ct. &17-32 Repeat

46. Hop Shuffle Step Combination

- Ct. 8&a1 Hop L, Shuffle Step R
Ct. 2,3 March L, March R
Ct. 4-7 Reverse Ct. 8-3
Ct. 8-15 4 Heel together R,L,R,L
Ct. &16-31 Repeat

47. Essence (Simple Front)

- Ct. 1 Step R to R
 Ct. &2 Step L across front of R, Step R in place
 Ct. 3&4 Reverse Ct. 1&2 (L step front-change)
 Ct. 5&6 Repeat Ct. 1&2 (R step front-change)
 Ct. &7 Ballchange L-R
 Ct. &8 Step L across front of R, Step R in place (front-change)
 Ct. 9-16 Reverse Ct. 1-8
 Ct. 17-32 Repeat

48. Walking Grapevine Right and Left

- Ct. 1,2 Step R to R, Step L across in back of R
 Ct. 3,4 Step R to R, Step L across in front of R
 Ct. 5,6 Step R to R, Step L across in back of R
 Ct. 7,8 Lunge R, Hold
 Ct. 9-16 Reverse Ct. 1-8
 Ct. 17-32 Repeat

49. Pitter-Patter and Side Dig Combination

(May be done moving backward and forward)

- Ct. 1&a2 4 Steps R,L,R,L (on ball taps)
 Ct. 3&a4 Slap front thighs R,L,R,L clap
 Ct. 9 Step R to R (step)
 Ct. 10 Dig L heel across front of R (heel-front)
 Ct. 11-16 Reverse and repeat Ct. 9,10 (step heel-front, step heel-front, step heel-front)
 Ct. 17-32 Repeat

50. Walking or Chainé Turn Clap, Step Heel Front Combination

- Ct. 1-3 3 Steps R,L,R, turning to the R
 Ct. 4 Clap hands
 Ct. 5-8 Reverse Ct. 1-4 (L Walking Turn, Clap)
 Ct. 9, 10 Step R to R, Dig L Heel across in front of R (Step Heel Front)
 Ct. 11,12 Reverse Ct. 9, 10 (L Step

Heel Front)

- Ct. 13-16 Repeat Ct 9-12 (Step Heel Front, Step Heel Front)
 Ct. 17-32 Repeat

51. Irish and Skipping Combination

- Ct. 1-8 4 Shuffle hop steps R,L,R,L
 Ct. 9-16 8 Skips backwards
 Ct. 17-32 Repeat Ct. 1-16 (except skip forward)

52. Front Jumps (Front Trenches)

(Begin with R foot up in front. Jump onto R as L kicks up front)

- Ct. 1-12 12 Front jumps or front trenches
 Ct. 13,14 Jump out, Hold
 Ct. 15 Jump in
 Ct. 16 Jump out

End Grade Two Tap

NOTE: YOU ARE NOW READY FOR GRADE 3 TAP TECHNIQUE. HOWEVER, IT IS SUGGESTED THAT YOUR DANCERS LEARN AT LEAST 2 DANCES WITHIN THIS GRADE BEFORE GOING ON TO THE NEXT GRADE. THERE ARE MANY DANCES IN THIS LEVEL ON TRAINING AIDS. TRAINING AIDS ARE SMALL RECORDS WITH VOCAL INSTRUCTION ON ONE SIDE AND INSTRUMENTAL ON THE OTHER SIDE. THERE ARE NOW A TOTAL OF NINE AL GILBERT TAP GRADES. THEY ARE ALL ALSO ON VIDEO. SEND FOR A CATALOG TO STEPPING TONES LTD, PO BOX 35236, LOS ANGELES, CALIF. 90035.

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