

Tap 1

Technique Notes

Barre

Standing at the barre. L Hand on barre, R Arm in 2nd position or on R hip.

1. Shuffle

A shuffle is a forward brush of the ball tap followed by a back brush of the ball tap. The shuffle is done in 2 counts then held for 2 counts.

Execute 4 right shuffles then turn towards the barre in order to face opposite direction and execute 4 left shuffles.

2. Shuffle Hop

A Hop is a spring into the air, landing on the same foot.

Shuffle is 2 counts.

Hop is 1 count.

Hold 1 count.

4 R Shuffle Hops, turn, 4 L Shuffle Hops. (in future, referred to as "turn & reverse")

3. Shuffle Toeback

Toeback is to strike the tip of the toe straight back and immediately bounce it up to original starting position.

Shuffle is 2 counts.

Toeback is 1 count.

Hold is 1 count.

4 R Shuffle Toebacks, turn & reverse.

4. Shuffle Hop Toe

Shuffle is 2 counts.

Hop is 1 count.

Toeback is 1 count.

4 R Shuffle Hop Toes, turn & reverse.

5. Shuffle Step

The standard definition of the word "step" is to step on one foot, put the weight on that foot, and immediately change feet. For the beginning dancer at the barre, however, I believe in teaching the step motion without changing feet. The "step"

is executed one foot at a time using the working foot (or the one away from the barre). The step is done by raising the knee and leg up before stepping down flat. The dancer should then return to starting position.

Shuffle is 2 counts.

Step is 1 count.

Hold 1 count.

4 R Shuffle Steps, turn & reverse.

6. Shuffle Ballchange

For the beginner it is suggested that Ballchange be merely a step-step (side by side). This is especially true for tiny children. Later you can determine when it becomes "Ball in back and Step in place", and still later it becomes "Ball Ball" when legs are stronger.

Shuffle 2 counts.

Ballchange 2 counts.

4 R Shuffle Ballchanges, turn & reverse.

7. Marches

Can be done in place at the Barre or around the studio. However, it is recommended you do it moving as at this point the dancer (especially the young) needs a change and something to "move". These should be executed with knees high and arms in opposition. Return to Barre.

64 Marches, starting with R foot.

8. Side Together

(At the Barre, R foot ready with R ball at the arch of L foot). Hands on hips or L hand on L hip, and R hand in 2nd position to remind them what side they are moving toward.

Ct. 1 Step R to R side. (moving sideways away from the Barre)
Ct. 2 Step L next to R with feet together, demi-plié.
Ct. 3-8 Repeat 3 times, then stop.
Ct. 9-16 (Get L foot ready) Reverse

moving to the left (sideways toward the Barre).

9. Side Toe Dig

(Toe dig is to touch the ball of one foot next to the arch of the other foot)

Ct. 1 Step R to R (hands on hips)

Ct. 2 Dig L to R.

Ct. 3-4 Reverse Ct. 1,2 (L Side Dig)

Repeat.

10. Side Heel Dig

(Heel dig is to place the bottom of the heel in any direction with no weight. In this exercise cross heel dig in front)

Ct. 1 Step R to R (arms high)

Ct. 2 Heel dig L across front of R

Ct. 3-4 Reverse Ct. 1,2 (L Side Heel Dig)

Repeat.

11. Heel Ballchange Combination

(L hand on Barre, R arm in 2nd position)

Ct. 1 Tap R heel to R side.

Ct. &2 Ballchange R-L (preferably side by side, or ball-step)

Ct. 3&4 Repeat Ct. 1,2 (Heel Ballchange)

Ct. 5&6 Repeat Ct. 1,2 (Heel Ballchange)

Ct. 7,8 Clap hands twice and with feet together bounce knees twice. (Clap Clap)

Ct. 9-32 Repeat 3 times.

Turn and reverse.

12. Hop Step

Ct. 1 Hop on L.

Ct. 2 Step R.

Ct. 3,4 Hold (Lift L foot ready to reverse)

Ct. 5-8 Reverse Ct. 1-4 (Hop R, Step L, Lift R foot)

Repeat.

13. Hop Step - Faster

Ct. 1 Hop L

Ct. 2 Step R

Ct. 3,4 Reverse Ct. 1,2 (Hop R, Step L)

Repeat. (This is now a Skip).

14. Irish

(Irish is any Shuffle Hop Step)

Ct. 1,2 Shuffle R.

Ct. 3 Hop L.

Ct. 4 Step R.

Ct. 5-8 Shuffle L, Hop R, Step L.

Repeat.

15. Shuffle Jump

(Jump means to "change feet")

Ct. 1,2 Shuffle R.

Ct. 3 Jump on R (changing feet)

Ct. 4 Hold.

Ct. 5-8 Shuffle L, Jump L, Hold.

Repeat.

Centre Floor

1. Right and Left Exercises

- Ct. 1-4 Tap R foot forward 4 times.
(Using ball tap)
Ct. 5-8 Repeat Count 1-4.
Ct. 9-12 Repeat Count 1-4.
Ct. 13-16 Step R next to L, and get ready to reverse with L foot.
Ct. 17-32 Reverse Ct. 1-16
Ct. 1-32 Tap R heel to R side 12 times, Step R next to L, and reverse.
Ct. 1-32 Strike tip of R toe straight back 12 times, Step R next to L, and reverse.
Ct. 1-32 Place R hand forward for 12 counts, then down at R side, and reverse (end with a bow and "Thank You")

2. Point Together

(Tap forward and together, both arms straight out front)

- Ct. 1 Point and tap R forward (using ball tap) (Point)
Ct. 2 Step R next to L (Together)
Ct. 3,4 Reverse Ct. 1,2 (Point L Together)
Repeat for 8 measures.

3. Heel Together

(Use Tick-Tock arms)

- Ct. 1 Tap R heel to R side (both arms to R)
Ct. 2 Step R next to L (arms at sides)
Ct. 3,4 Reverse Ct. 1,2 (L Heel Together)
Repeat for 8 measures.

4. Toeback Together

(Arms in 2nd position)

- Ct. 1 Strike tip of R toe straight back.
Ct. 2 Step R next to L.
Ct. 3,4 Reverse Ct. 1,2 (L Toeback Together)
Repeat for 8 measures.

5. Right and Left Hand

- Ct. 1 R hand forward (or any R port de bras)
Ct. 2 R hand down or place on R hip.
Ct. 3,4 Reverse Ct. 1,2 (L Hand)
Repeat for 8 measures.

6. Boogie Woogie

(Heeldrops changing feet).

Begin with R heel raised.

As R heel drops, R forefinger pushes from chest level to full extension down; at same time, L forefinger rises from full extension to chest level.

- Ct. 1,2 Heeldrop R as L heel rises up. (BOOGIE)
Ct. 3,4 Reverse Ct. 1,2 (WOOGIE)
Repeat for 8 measures.

7. Toedrops

(Also called Groovy Toedrops)

Begin with R toe raised.

May use "thumbs up", lowering same arm as foot. (See #6 Boogie Woogie)

- Ct. 1,2 Drop R ball tap as L toe rises up.
Ct. 3,4 Reverse Ct. 1,2 (L Toedrop)
Repeat for 8 measures.

8. Jump Out - Jump In

Stand feet together, knees bent. (Small children begin hands on knees)

- Ct. 1,2 Jump feet apart. (arms in 2nd position)
Ct. 3,4 Jump feet together. (return arms to starting position)
Repeat 3 times.

9. Rocking Heels

Stand feet together, knees bent.

- Ct. 1,2 Rock both heels to the R by raising and lowering them to the R.
Ct. 3,4 Reverse Ct. 1,2 (Rock L)
Repeat 14 more times.

10. Rocking Toes

Same as exercise #9 except use ball taps.

11. Jumps Backward and Forward

- 4 jumps backward, feet together.
4 jumps forward, feet together.

12. Knee Bounces

Begin feet together. Bounce knees down and up 16 times.

13. Walks Forward and Back

- 4 Walks forward stepping R,L,R,L.
4 Walks back stepping R,L,R,L.

14. Shuffle Step

Hands on hips, or in 2nd position or straight out front.

- Ct. 1-3 Shuffle Step R.
Ct. 4 Hold
Ct. 5-8 Shuffle Step L, Hold
Repeat for 8 measures.

15. Shuffle Step - Faster

Same as exercise #14 at a faster tempo.

16. Shuffle Step - Fast

Same as exercise #15 at a faster tempo.

17. Galops

- Ct. 1 Step R to R side.
Ct. &2 Ballchange L-R, moving to the R.
Ct. &3 Ballchange L-R, moving to the R.
Ct. &4 Ballchange L-R, moving to the R.
Ct. 5-8 Reverse Ct. 1-4 (Side Ballchange, Ballchange, Ballchange)
Repeat 3 times.

18. Galops - Faster

Same as exercise #17 at a faster tempo.

19. Balance

(Side Ball-change)

- Ct. 1 Step R to R side.
Ct. 2,3 Ballchange L-R.
Ct. 4-6 Reverse Ct. 1-3 (Side Ballchange)
Repeat for 8 measures.

20. Shuffle Ballchange Cha Cha Cha

(Cha Cha Cha is step, step, step)

- Ct. 1-4 Shuffle R, Ballchange R-L
Ct. 5-7 Step R,L,R (Cha Cha Cha)
Ct. 8 Hold.
Ct. 9-16 Reverse Ct. 1-8 (SHUFFLE, BALLCHANGE, CHA, CHA, CHA)
Repeat.

21. Skips and Sways

- Ct. 1-4 4 skips forward or backward or in place. (R,L,R,L)
Ct. 5-8 Sway R,L,R,L.
Repeat three times.

22. Quarter Turns

- Ct. 1,2 Look to the R
Ct. 3,4 1/4 R turn jump (feet together), facing Stage R.
Ct. 5-7 Bounce knees 3 times.
Ct. 8 Hold.
Ct. 9-16 Repeat but 1/4 turn to face Upstage.
Ct. 17-24 Repeat but 1/4 turn to face Stage L.
Ct. 25-32 Repeat but 1/4 turn to face Downstage.

23. Half Turns and Runs

- Ct. 1,2 Jump 1/2 R turn to face upstage.
Ct. 3,4 Clap hands twice
Ct. 5-8 Repeat to face front (Jump 1/2 R turn, Clap Clap)
Ct. 9-16 8 backward runs
Ct. 17-32 Repeat Ct. 1-16 (except run forward)

24. Flash Trick Step

(Also called Squat thrust or Burpee)

- Ct. 1,2 Jump feet together, both hands on floor in front, knees bent.
(DOWN)
Ct. 3,4 Leave hands on floor, throw both feet straight back, place on toes.
(BACK)
Ct. 5,6 Retract feet in, hands still on floor.
(SCOOT)
Ct. 7,8 Jump up on both feet, arms high.
(JUMP UP)
Ct. 9-32 Repeat three times.

25. Dance

(Four steps, One chorus)

STEP ONE

- Ct. 1-8 4 Marches (R,L,R,L)
Ct. 9-16 4 Point together (R,L,R,L)
Ct. 17-32 Repeat.

STEP TWO

- Ct. 1-8 Jump out, Jump in, twice.
Ct. 9-16 Boogie Woogie, twice.
Ct. 17-32 Repeat.

STEP THREE

- Ct. 1-8 4 Heel together (R,L,R,L)
Ct. 9-16 4 Rocking heels (R,L,R,L)
Ct. 17-32 Repeat.

STEP FOUR

- Ct. 1-8 2 Shuffle steps (R,L)
Ct. 9-16 1 Flash trick step.
Ct. 17-32 Repeat.

End Grade One Tap