

## TAP

Tap - Tapping foot using ankles

Shuffle – front back, stays in place and stays on same foot

Flap – brush step, travels and changes feet

spank – ball of foot hits the floor and goes back

brush – ball of foot brushes the floor and goes forward

hop – stays on same foot

leap – changes from one foot to the other

stamp - weight

stomp - no weight

flap ball change, also practice flap flap flap ball change

shuffle ball change, also practice 3 shuffle ball changes and a step clap

3 ways to do a shim sham –

heel – heel spank step, heel spank step, heel spank ball change heel spank step

shuffle – shuffle step, shuffle step, shuffle ball change shuffle step

stomp – stomp spank step, stomp spank step, stomp spank ball change stomp spank step

Paradiddles – heel spank toe(ball) heel (all on right) heel spank toe heel (all on left)

Double – heel (right) spank (right) toe (right) heel (left) heel spank toe heel all on right

Cramp rolls (rt and left) – toe (right) toe (left) heel (right) heel (left)

Irish – shuffle hop step, shuffle hop step

Double Irish – shuffle hop step, shuffle ball change

Military time step – shuffle hop step step step, shuffle hop step step step, shuffle hop step  
shuffle hop step shuffle hop step step step

Maxi ford – step shuffle leap toe (also practice turning)

Flap ball change shuffle ball change

Flap ball change shuffle hop cross

Flap heel heel spank heel toe heel

Time steps (single, double, triple, buck and heel grind)

Single – shuffle hop STEP flap step

Double – shuffle hop FLAP flap step

Triple – shuffle hop SHUFFLE STEP flap step

Half break – shuffle hop step shuffle step

Full break – shuffle hop step shuffle step shuffle step shuffle ball change

Buck break – stomp spank hop step shuffle step shuffle hop flap ball change

Heel grind – hop shuffle step heel grind spank step

Toe tap time step – shuffle hop toe step flap step shuffle hop toe step flap step

Cramp roll time step – shuffle hop step flap heel (front) heel (back)

Ruby Keeler – shuffle hop hop flap step shuffle hop step flap step

Ann Miller – flap heel heel toe toe heel heel flap toe heel heel spank heel toe 2 times and third one flap heel heel toe toe heel heel click heel step click heel step, step

Bojangles – hop shuffle ball change stomp, spank hop shuffle step shuffle step shuffle step

Single Traveling time step - shuffle step shuffle ball change ball change hop step shuffle step

Double - shuffle step shuffle ball change ball change hop flap shuffle step

Triple - shuffle step shuffle ball change ball change Hop shuffle step shuffle step

Essence – step brush step step, step brush step step,

Traveling Virginia essence - Step brush heel step, step brush heel step

Back essence – spank step step stomp

Double triple – shuffle hop shuffle step shuffle leap cross

Alternating shuffles

Toe stands

Waltz clog – leap shuffle ball change

Across floor:

Flaps and running flaps

Flap heel

Flap ball change

Flap Flap Flap Ball change

Heel drop

Heel drop ball change

Heel drop ball change ball change

Draw backs (start with spank step) spank heel step

Brush hop step (add 3 brush hop steps and a BC)

Spank hop step (add 3 spank hop steps and a BC)

Stamp clap stamp clap

Suzy Q (bombershay)– stomp heel grind twist

Double bombershay - Stomp flap twist

Triple bombershay - Stomp shuffle step twist

Pick ups or pull back (single, double, and alternating)

Flat riffs - toe dig drop foot doesn't leave the ground

Riffs (3-6 count and pendulum) riff - toe scuff step

5 count riff - toe scuff heel heel drop

Cincinnati – spank hop shuffle step

Double Cincinnati - spank heel shuffle heel step

(Make sure hands are always flat behind the back)