

TAP SYLLABUS

GRADE 1:

TERMS:

STEP
STAMP
TAP
TOE TAP
HEEL TAP
TOE DIG
HEEL DIG
BALL DIG
JUMP
HEEL TOE WALKS
BRUSH - FORWARD/BACKWARDS
SHUFFLE
SHUFFLE STEP
SHUFFLE B.C
SHUFFLE STAMP

EXCERCISES

1. STEP HEEL TAP - STEP TOE TAP:

START IN PAR WITH ARMS DOWN
INTRO: HANDS ON THE HIPS 5-8

STEP ON R - HEEL TAP L FRONT
REPEAT TO L THEN R THEN L

REPEAT ALL WITH TOE TAPS BACK

REPEAT ALL

2. STEP BALL DIG - STEP HEEL DIG

START IN PAR WITH ARMS DOWN
INTRO: HANDS ON THE HIPS 5-8

STEP TO SIDE ON R - BALL DIG WITH L
REPEAT TO L THEN R THEN L

REPEAT ALL WITH HEEL DIGS

REPEAT ALL

3. SHUFFLE STEP - SHUFFLE STAMP

START IN PAR WITH ARMS DOWN
INTRO: HANDS ON THE HIPS 5-8

SHUFFLE WITH R FOOT 1-2//STEP ONTO R FOOT 3//HOLD 4

REPEAT WITH L FOOT 5-8

REPEAT WITH SHUFFLE STAMP R THEN L 1-8

REPEAT ALL

4. TAPS, TOES AND WALKS

START IN PAR WITH ARMS DOWN
INTRO: HANDS ON THE HIPS 5-8

2 BALL TAPS WITH R FOOT 1-2//2 HEEL TAPS 3-4//2 TOE BACK TAPS 5-6//BALL DIG 7 HOLD 8
3 HEEL TOE WALKS FORWARDS WITH R THEN L THEN L 1-6//STAMP L FOOT INTO PAR

REPEAT ALL WITH L FOOT

REPEAT ALL

5. SHIM SHAM SHIMMY

START IN PAR WITH ARMS DOWN

INTRO: HANDS ON THE HIPS 5-8

SHUFFLE WITH R FOOT 1-2//STEP R 3//HOLD 4//REPEAT WITH L FOOT 5-8
SHUFFLE WITH R FOOT 1-2//BALL CHANGE R-L 3-4//SHUFFLE WITH R FOOT 5-6//STEP 7//HOLD 8

REPEAT TO L

REPEAT ALL

6. JUMPS, CLAPS AND TOE TAPS

START IN PAR WITH ARMS DOWN

INTRO: HANDS ON THE HIPS 5-8

JUMP IN PAR 1HOLD 2//CLAP 3 HOLD 4//JUMP TO 2ND THEN PAR 5-6//CLAP X2 7-8

REPEAT

STAMP R FOOT FORWARDS WITH TAP R TOE IN THEN OUT 1-4

REPEAT WITH L FOOT

TWIST DOWN X4 IN PAR PLIE WITH FREESTYLE ARMS//COME BACK UP IN 4 TWISTS TO STRAIGHT KNEES FINISHING IN PAR

REPEAT ALL

RHYTHM SECTION: CLAP A RHYTHM - TAP A RHYTHM

SHORT DANCE - 16 COUNTS OF ANY OF THE ABOVE MOVEMENTS

BOW: STEP TOGETHER TO R TO PARALLEL WITH HANDS BEHIND THE BACK, BOW AND COME UP//REPEAT TO L

GRADE 2:

TERMS:

STEP
STAMP
TAP
TOE TAP
HEEL TAP
TOE DIG
HEEL DIG
BALL DIG
JUMP
HEEL TOE WALKS
BRUSH - FORWARD/BACKWARDS
SHUFFLE
SHUFFLE STEP
SHUFFLE B.C
SHUFFLE STAMP

STOMP
LEAP/SPRING
HOP
SHUFFLE TOE BACK
HEEL CLICK
HEEL DROP- SINGLE/DOUBLE
FLAP
FLAP B.C.

EXCERCISES

1. STEP HEEL - STEP TOE TAP - STEP DIG:

START IN PAR WITH ARMS DOWN
INTRO: HANDS ON THE HIPS 5-8

STEP ON R - HEEL TAP L FRONT
REPEAT TO L THEN R THEN L

REPEAT ALL WITH TOE TAPS BACK

STEP TO SIDE ON R - BALL DIG WITH L
REPEAT TO L THEN R THEN L

REPEAT ALL WITH HEEL DIGS

2. SHUFFLE STEP - SHUFFLE STAMP - SHUFFLE TOE - SHUFFLE STOMP

START IN PAR WITH ARMS DOWN
INTRO: HANDS ON THE HIPS 5-8

SHUFFLE WITH R FOOT 1-2//STEP ONTO R FOOT 3//HOLD 4
REPEAT WITH L FOOT 5-8
REPEAT WITH SHUFFLE STAMP R THEN L 1-8
SHUFFLE WITH R FOOT 1-2//TOE BACK 3//HOLD 4//REPEAT 5-8
SHUFFLE R FOOT 1-2//STOMP R FOOT 3//HOLD 4//STAMP R-L-R 5-6-7//HOLD 8

REPEAT ALL STARTING WITH L FOOT

3. IRISHES

START IN PAR WITH ARMS DOWN
INTRO: HANDS ON THE HIPS 5-8

SHUFFLE SLIGHTLY SIDEWAYS WITH R FOOT 1-2//HOP ON L 3//STEP FORWARDS ON R 4
REPEAT ALL WITH L THEN R FOOT 5-8//1-4
STAMP L-R-L WITH ARMS TO OFFERING 5-6-7//HOLD 8
REPEAT ALL STARTING WITH L FOOT

REPEAT ALL

4. FLAPS AND BLOCK

START IN PAR WITH ARMS DOWN
INTRO: HANDS ON THE HIPS 5-8

BRUSH FORWARDS 1//STEP FORWARDS 2//REPEAT WITH L FOOT 3-4
3 FLAPS FORWARDS WITH R-L-R +5+6+7//SPRING INTO BLOCK 8

REPEAT ALL STARTING WITH L FOOT

5. FLAP BALL CHANGE

START IN PAR WITH ARMS DOWN
INTRO: HANDS ON THE HIPS 5-8

BRUSH FORWARDS 1//STEP FORWARDS 2//BALL CHANGE L-R 3-4
REPEAT WITH L FOOT 5-8
REPEAT DOUBLE SPEED R-L-R-L FORWARDS +1+2+3+4+5+6+7+8

REPEAT ALL

6. HEEL CLICKS AND DROPS

START IN PAR WITH ARMS DOWN
INTRO: HANDS ON THE HIPS 5-8

HEEL CLICK X2 1-2//HEEL DROP R THEN L 3-4
REPEAT ALL TWICE MORE 5-8//1-4
HEEL DROP R-L-R-L 5-8

REPEAT ALL

7. SPRING SHUFFLE (BEGINNER MAXI FORD)

START IN PAR WITH ARMS DOWN
INTRO: HANDS ON THE HIPS 5-8

SPRING ONTO R FOOT 1//SHUFFLE L FOOT SIDE 2-3//STAMP L FOOT INTO PAR 4
REPEAT TWICE MORE 5-8//1-4
TWIST IN BLOCK TO R-L-R 5-6-7//STRETCH UP TO PAR AND HANDS ON HIPS 8

REPEAT ALL

REPEAT ALL TO L AS A SEPERATE

SHORT DANCE - 16 COUNTS OF ANY OF THE ABOVE MOVEMENTS

BOW: STEP TOGETHER TO R TO PARALLEL WITH HANDS BEHIND THE BACK, BOW AND COME UP//REPEAT TO L

GRADE 3:

TERMS:

STEP
STAMP
TAP
TOE TAP
HEEL TAP
TOE DIG
HEEL DIG
BALL DIG
JUMP
HEEL TOE WALKS
BRUSH - FORWARD/BACKWARDS
SHUFFLE
SHUFFLE STEP
SHUFFLE B.C
SHUFFLE STAMP

STOMP
LEAP/SPRING
HOP
SHUFFLE TOE BACK
HEEL CLICK
HEEL DROP- SINGLE/DOUBLE
FLAP
FLAP B.C.

SHUFFLE HEEL TOE BACK
CHUG
HITCH
SCUFF
GRAPEVINE
FLAP HEEL
4 BEAT CRAMP ROLL - IN PARALLEL OR 2ND
SUGARS
MAXIE FORD

EXCERCISES

1. SHUFFLE BALL CHANGE:

START IN PAR WITH ARMS DOWN
INTRO: HANDS ON THE HIPS 5-8 AND POP TOE UP TO A R BALL DIG

SHUFFLE R FRONT 1-2//BALL CHANGE R-L 3-4//REPEAT 5-8
SHUFFLE R SIDE 1-2//BALL CHANGE R-L 3-4//REPEAT 5-8
SHUFFLE R FRONT 1-2//BALL CHANGE R-L 3-4//REPEAT 5-8
4 FAST SHUFFLES FRONT +1+2+3+4//STAMP R-L-R 5-6-7//L BALL DIG 8

REPEAT ALL STARTING WTH L FOOT

2. FLAPS:

START IN PAR WITH ARMS DOWN
INTRO: HANDS ON THE HIPS 5-8 AND POP TOE UP TO A R BALL DIG

FLAP FORWARDS +1 HOLD 2//REPEAT TWICE MORE +3-6//BALL CHANGE R-L
REPEAT ALL WITH R FOOT SIDE
FLAP FORWARDS +1 HOLD 2//REPEAT TWICE MORE +3-6//BALL CHANGE R-L
2 FLAPS SIDE +1-4//STAMP R-L-R 5-6-7//L BALL DIG 8

REPEAT ALL STARTING WITH L FOOT

3. SHUFFLE TOE BACK SHUFFLE HEEL TOE BACK

START IN PAR WITH ARMS DOWN
INTRO: HANDS ON THE HIPS 5-8 AND POP TOE UP TO A R BALL DIG

SHUFFLE R SIDE +1//TOE BACK 2//SHUFFLE R SIDE +3//L HEEL BEAT +//TOE BACK 4
SHUFFLE R SIDE +5//TOE BACK 6//STAMP R FOOT 7//L BALL DIG 8

REPEAT ALL L

REPEAT ALL

4. FLAPS & FLAP HEELS:

START IN PAR WITH ARMS DOWN
INTRO: HANDS OUT TO TAP HANDS 5-8

FLAP HEEL WITH R FORWARDS +1-2//REPEAT WITH L +3-4//4 FLAPS FORWARDS +5-8
FLAP HEEL WITH R FORWARDS +1-2//REPEAT WITH L +3-4//2 FAST FLAP HEELS FORWARDS +A5+A6//STAMP IN PAR 7//HOLD 8

REPEAT ALL L

5. GRAPEVINE, SUGARS & CHUGS:

START IN PAR WITH ARMS DOWN
INTRO: HANDS OUT TO TAP HANDS 5-8

TRAVELLING TO THE R - SIDE BACK SIDE FRONT SIDE BACK SIDE 1-7//CLAP 8

REPEAT ALL L

SUGAR R-L-R-L 1-4//DOUBLE CHUG FORWARDS AND HITCH BACK TO R-F THEN L-F WITH PUSHING HANDS 5-8

REPEAT TO R

REPEAT ALL

6. SCUFFS AND CRAMP ROLLS

START IN PAR WITH ARMS DOWN
INTRO: HANDS OUT TO TAP HANDS 5-8

STEP ON R THEN L 1-2//HEEL DROP R-L 3-4//HEEL DROP R-L-R-L 5-8
REPEAT CRAMP ROLL 1-4//SCUFF R FOOT IN A ROND 5//L HEEL BEAT 6//STAMP R 7//CLAP 8

REPEAT ALL STARTING ON L FOOT

REPEAT ALL

7. MAXIE FORDS

START IN PAR WITH ARMS DOWN
INTRO: HANDS OUT TO TAP HANDS 5-8

SPRING ONTO R FOOT 1//SHUFFLE L FOOT SIDE +2//SPRING ONTO L +//TOE BACK WITH R 3//LUNGE R 4

REPEAT ALL STARTING ON L FOOT 5-8

REPEAT ALL STARTING ON R FOOT 1-4

TWIST DOWN IN PAR PLIE TO L-R-L 5-6-7//STRETCH UP TO PAR 8

REPEAT ALL L

SHORT DANCE - 24 COUNTS OF ANY OF THE ABOVE MOVEMENTS

BOW: STEP TOGETHER TO R TO PARALLEL WITH HANDS BEHIND THE BACK, BOW AND COME UP//REPEAT TO L

GRADE 4:

TERMS:

STEP

STAMP
TAP
TOE TAP
HEEL TAP
TOE DIG
HEEL DIG
BALL DIG
JUMP
HEEL TOE WALKS
BRUSH - FORWARD/BACKWARDS
SHUFFLE
SHUFFLE STEP
SHUFFLE B.C
SHUFFLE STAMP

STOMP
LEAP/SPRING
HOP
SHUFFLE TOE BACK
HEEL CLICK
HEEL DROP- SINGLE/DOUBLE
FLAP
FLAP B.C.

SHUFFLE HEEL TOE BACK
CHUG
HITCH
SCUFF
GRAPEVINE
FLAP HEEL
4 BEAT CRAMP ROLL - IN PARALLEL OR 2ND
SUGARS
MAXIE FORD

TOE DROP - SINGLE/DOUBLE
TOE CLICK
HEEL WALKS
DOUBLE SHUFFLE
RUNNING FLAPS
FLAP HEEL TOE
SCUFFLE
PARADIDDLE
5 BEAT CRAMP ROLL/FLAP CRAMP - FORWARDS OR BACKWARDS/IN PARALLEL OR 2ND
FLAP SHUFFLE HOP

EXCERCISES

1. SHUFFLE BALL CHANGE:

START IN PAR WITH ARMS DOWN

INTRO: HANDS ON THE HIPS 5-8 AND POP TOE UP TO A R BALL DIG

SHUFFLE R FRONT X3 +1-3//BALL CHANGE R-L +4//REPEAT 5-8

REPEAT SIDE

SHUFFLE R FRONT X3 +1-3//BALL CHANGE R-L +4//REPEAT 5-8

4 FAST SHUFFLES SIDE +1+2+3+4//STAMP R-L-R 5-6-7//L BALL DIG 8

REPEAT ALL STARTING WTH L FOOT

2. FLAPS:

START IN PAR WITH ARMS DOWN

INTRO: HANDS ON THE HIPS 5-8 AND POP TOE UP TO A R BALL DIG

3 FLAPS FORWARDS +1-3//BALL CHANGE R-L +4

REPEAT ALL WITH R FOOT SIDE +5-8

3 FLAPS FORWARDS +1-3//BALL CHANGE R-L +4

STAMP R-L-R 5-6-7//L BALL DIG 8

REPEAT ALL STARTING WITH L FOOT

3. DOUBLE SHUFFLE TOE BACK SHUFFLE HEEL TOE BACK

START IN PAR WITH ARMS DOWN

INTRO: HANDS ON THE HIPS 5-8 AND POP TOE UP TO A R BALL DIG

DOUBLE SHUFFLE R FRONT X3 +1-3//STEP R FOOT +/-L BALL DIG 4

REPEAT ALL TO L +5-8

REPEAT ALL WITH SHUFFLES SIDE

REPEAT ALL

4. FLAP HEELS, FLAP HEEL TOE & FLAP SHUFFLE HOP:

START IN PAR WITH ARMS DOWN

INTRO: HANDS OUT TO TAP HANDS 5-8

FLAP HEEL WITH R FORWARDS +1-2//REPEAT WITH L +3-4//FLAP HEEL TOE BACK R THEN L +5-8

FLAP HEEL WITH R FORWARDS +1-2//REPEAT WITH L +3-4//FLAP SHUFFLE HOP R THEN L +5+A6, +7+A8

FLAP HEEL WITH R FORWARDS +1-2//REPEAT WITH L +3-4//FLAP HEEL TOE BACK R THEN L +5-8

FLAP SHUFFLE HOP R THEN L +1+A2, +3+A4//2 FAST FLAPS R-L +5+6//STAMP R 7//HOLD 8

REPEAT ALL STARTING WITH L FOOT

5. PARADIDDLES:

START IN PAR WITH ARMS DOWN

INTRO: HANDS ON THE HIPS 5-8

SLOW PARADIDDLE WITH R FOOT 1-4//REPEAT WITH L FOOT 5-8

PARADIDDLE IN 2 COUNTS WITH R FOOT 1+2+//REPEAT WITH L THEN R FOOT 3+4+5+6+//STAMP L FRONT 7//HOLD 8

REPEAT ALL STARTING WITH L FOOT

REPEAT ALL

6. HEEL CLICKS AND DROPS

START IN PAR WITH ARMS DOWN

INTRO: HANDS ON THE HIPS 5-8

TOE CLICK X2 1-2//TOE DROP R THEN L 3-4

REPEAT ALL TWICE MORE 5-8//1-4

TOE DROP R-L-R-L 5-8

7. SCUFFLES & HEEL BEATS

START IN PAR WITH ARMS DOWN

INTRO: HANDS ON THE HIPS 5-8

SCUFFLE WITH R FOOT 1-2//REPEAT 2 MORE TIMES 3-6//STEP ON R 7//R HEEL DROP

REPEAT WITH L

SCUFFLE STEP HEEL WITH R 1-4//REPEAT WITH L 5-8

2 FASTER SCUFFLE STEP HEELS R-L 1-4//HEEL DROP R-L-R 5-6-7//HOLD 8

REPEAT ALL STARTING ON L FOOT

REPEAT ALL

8. 4 & 5 BEAT CRAMP ROLLS

START IN PAR WITH ARMS DOWN

INTRO: HANDS ON THE HIPS 5-8

4 BEAT CRAMP ROLL +1+2//REPEAT +3+4//5-BEAT CRAMP ROLL FORWARDS +5+A6, +7+A8

4 BEAT CRAMP ROLL +1+2//REPEAT +3+4//5-BEAT CRAMP ROLL BACKWARDS +5+A6//2 FAST 4 BEAT CRAMP ROLLS +7+8

REPEAT ALL STARTING WITH L FOOT

COMBOS:

SPRING SHUFFLE - 33113

FLAP HEEL TOE HEEL

PARADIDDLE COMBO33113

SHORT DANCE - 24 COUNTS OF ANY OF THE ABOVE MOVEMENTS

BOW: STEP TOGETHER TO R TO PARALLEL WITH HANDS BEHIND THE BACK, BOW AND COME UP//REPEAT TO L

GRADE 5:

TERMS:

STEP
STAMP
TAP
TOE TAP
HEEL TAP
TOE DIG
HEEL DIG
BALL DIG
JUMP
HEEL TOE WALKS
BRUSH - FORWARD/BACKWARDS
SHUFFLE
SHUFFLE STEP
SHUFFLE B.C
SHUFFLE STAMP

STOMP
LEAP/SPRING
HOP
SHUFFLE TOE BACK
HEEL CLICK
HEEL DROP- SINGLE/DOUBLE
FLAP
FLAP B.C.

SHUFFLE HEEL TOE BACK
CHUG
HITCH
SCUFF
GRAPEVINE
FLAP HEEL
4 BEAT CRAMP ROLL - IN PARALLEL OR 2ND
SUGARS
MAXIE FORD

TOE DROP - SINGLE/DOUBLE
TOE CLICK
DOUBLE SHUFFLE
FLAP HEEL TOE
SCUFFLE
PARADIDDLE
5 BEAT CRAMP ROLL/FLAP CRAMP - FORWARDS OR BACKWARDS/IN PARALLEL OR 2ND
FLAP SHUFFLE HOP

SYNCOATED GRAPEVINE
FLAP DOUBLE HEEL (MOVING FORWARDS WITH BACK THEN FRONT HEEL)
FLAP DOUBLE HEEL OUT AND IN SIDEWAYS (LEADING HEEL FIRST)
BACK FLAP HEEL
RUNNING FLAPS
SLAP
RIFF -2 BEAT / RIFF - 3 BEAT / RIFF - 4 BEAT/RIFF - 5 BEAT
SCUFF CRAMP ROLL IN PARALLEL OR 2ND
DRAWBACK
DOUBLE PICK UP
ESSENCE - SINGLE/DOUBLE/TRIPLE

EXCERCISES

1. SHUFFLE BALL CHANGE:

START IN PAR WITH ARMS DOWN
INTRO: HANDS ON THE HIPS 5-8 AND POP TOE UP TO A R BALL DIG

SHUFFLE R FRONT X4 +1-4//REPEAT SIDE +5-8
SHUFFLE R FRONT X2 +1-2//REPEAT SIDE +3-4
STAMP R-L-R 5-7//L BALL DIG 8

REPEAT ALL STARTING WITH L FOOT

REPEAT ALL

2. SLAPS:

START IN PAR WITH ARMS DOWN

INTRO: HANDS ON THE HIPS 5-8 AND POP TOE UP TO A R BALL DIG

3 SLAPS FORWARDS +1-3//BALL CHANGE R-L +4

REPEAT ALL WITH R FOOT SIDE +5-8

3 SLAPS FORWARDS +1-3//BALL CHANGE R-L +4

STAMP R-L-R 5-6-7//L BALL DIG 8

REPEAT ALL STARTING WITH L FOOT

3. BACK FLAPS & BACK FLAP HEELS:

START IN PAR WITH ARMS DOWN

INTRO: HANDS OUT TO TAP HANDS 5-8

BACK FLAP +1//HOLD 2//REPEAT WITH L +3-4

2 FASTER BACK FLAPS +5+6//DOUBLE CHUG FORWARDS 7//HITCH 8

REPEAT WITH BACK FLAP HEELS

REPEAT ALL

4. SYNCHOPATED GRAPEVINE & ESSENCES:

START IN PAR WITH ARMS DOWN

INTRO: HANDS OUT TO TAP HANDS 5-8

TRAVELLING TO THE R - SIDE BACK SIDE FRONT 1-2+3// REPEAT// STAMP R 7//CLAP 8

REPEAT ALL L

SINGLE ESSENCE TO THE R 1+A2//REPEAT L 3+A4//REPEAT WITH DOUBLE ESSENCES

TRAVELLING TO THE R - SIDE BACK SIDE FRONT 1-2+3// REPEAT// STAMP R 7//CLAP 8

REPEAT ALL L

DOUBLE ESSENCE TO THE R 1+A2//REPEAT L 3+A4//REPEAT WITH TRIPLE ESSENCES

5. FLAP HEEL TOE, FLAP SHUFFLE HOP, FLAP DOUBLE HEEL & RUNNING FLAPS:

START IN PAR WITH ARMS DOWN

INTRO: HANDS OUT TO TAP HANDS 5-8

FLAP DOUBLE HEEL WITH R FORWARDS +1-2//REPEAT WITH L +3-4//FLAP HEEL TOE BACK R THEN L +5-8

FLAP SHUFFLE HOP R THEN L +1+A2, +3+A4//4 RUNNING FLAPS +5-8

FLAP DOUBLE HEEL WITH R FORWARDS +1-2//REPEAT WITH L +3-4//FLAP HEEL TOE BACK R THEN L +5-8

FLAP SHUFFLE HOP R THEN L +1+A2, +3+A4//2 RUNNING FLAPS +5-6//5 BEAT CRAMP ROLL FORWARDS WITH R FOOT

REPEAT ALL STARTING WITH L FOOT

6. DRAWBACKS AND DOUBLE PICK UPS:

START IN PAR WITH ARMS DOWN

INTRO: HANDS OUT TO TAP HANDS 5-8

BACK BRUSH R +//L HEEL 1//STEP R 2//REPEAT STARTING L +3-4

DOUBLE CHUG FORWARDS 5//DOUBLE PICK UP +6//REPEAT 7+8

4 FASTER DRAWBACKS +A1-4

DOUBLE CHUG FORWARDS 5//DOUBLE PICK UP +6//REPEAT 7+8

REPEAT ALL

7. FLAP DOUBLE HEELS AND CRAMP ROLLS:

START IN PAR WITH ARMS DOWN

INTRO: HANDS OUT TO TAP HANDS 5-8

FLAP R SIDE +1//R THEN L HEEL DROP +2//FLAP R IN TO PAR +3//L THEN R HEEL DROP
REPEAT ALL TO L +5-8
REPEAT ALL TO R +1-4
SCUFF R CRAMP ROLL STARTING WITH R FOOT +5+A6//5-BEAT CRAMP ROLL FORWARDS +7//5-BEAT CRAMP ROLL BACKWARDS +8

REPEAT ALL STARTING WITH L FOOT

8. RIFFS:

START IN PAR WITH ARMS DOWN
INTRO: HANDS OUT TO TAP HANDS 5-8

2 BEAT RIFF WITH R FOOT +1//HOLD 2//3-BEAT RIFF +A3// STEP ON R FOOT 4
REPEAT ALL STARTING WITH L FOOT

4 BEAT RIFF WITH R FOOT +1+2//REPEAT WITH L FOOT +3+4
5 BEAT RIFF WITH R FOOT +5+A6//REPEAT WITH L FOOT +7+A8

REPEAT ALL

COMBOS:

TIME STEPS - SINGLE/DOUBLE/TRIPLE/BREAK
DRAWBACK
STEP BRUSH B.C. BRUSH B.C. (DOUBLE R AND L//SINGLE R AND L//MAXIE FORD X2//LUNGE)

TURNS:

CHAINES ON HEELS
FLAP HEEL
FLAP BALL CHANGE

SHORT DANCE - 24 COUNTS OF ANY OF THE ABOVE MOVEMENTS

BOW: STEP TOGETHER TO R TO PARALLEL WITH HANDS BEHIND THE BACK, BOW AND COME UP//REPEAT TO L

GRADE 6:

TERMS:

STEP
STAMP
TAP
TOE TAP
HEEL TAP
TOE DIG
HEEL DIG
BALL DIG
JUMP
HEEL TOE WALKS
BRUSH - FORWARD/BACKWARDS
SHUFFLE
SHUFFLE STEP
SHUFFLE B.C
SHUFFLE STAMP

STOMP
LEAP/SPRING
HOP
SHUFFLE TOE BACK
HEEL CLICK
HEEL DROP- SINGLE/DOUBLE
FLAP
FLAP B.C.

SHUFFLE HEEL TOE BACK
CHUG
HITCH
SCUFF
GRAPEVINE
FLAP HEEL
4 BEAT CRAMP ROLL - IN PARALLEL OR 2ND
SUGARS
MAXIE FORD

TOE DROP - SINGLE/DOUBLE
TOE CLICK
DOUBLE SHUFFLE
FLAP HEEL TOE
SCUFFLE
PARADIDDLE
5 BEAT CRAMP ROLL/FLAP CRAMP - FORWARDS OR BACKWARDS/IN PARALLEL OR 2ND
FLAP SHUFFLE HOP

SYNCOATED GRAPEVINE
FLAP DOUBLE HEEL (MOVING FORWARDS WITH BACK THEN FRONT HEEL)
FLAP DOUBLE HEEL OUT AND IN SIDEWAYS (LEADING HEEL FIRST)
BACK FLAP HEEL
RUNNING FLAPS
SLAP
RIFF -2 BEAT / RIFF - 3 BEAT / RIFF - 4 BEAT/RIFF - 5 BEAT
SCUFF CRAMP ROLL IN PARALLEL OR 2ND
DRAWBACK
DOUBLE PICK UP
ESSENCE - SINGLE/DOUBLE/TRIPLE

LUNGE
SLIDE
DRAW
TRENCH
TRENCH CRAMP
DOUBLE PICK UP CRAMP
PICK UP
SHUFFLE PICK UP CHANGE
JUMP CRAMP
RIFFLE
PULLBACK
BUFFALO - SINGLE/DOUBLE/TRIPLE
DOUBLE WING
MAXIE FORD WITH PICK-UP
TOE STANDS
HOP CRAMP
LEAP/SPRING CRAMP

EXERCISES

1. SHUFFLES:

START IN PAR WITH ARMS DOWN
INTRO: HANDS ON THE HIPS 5-8 AND POP TOE UP TO A R BALL DIG

SHUFFLE R FRONT X4 +1-4//REPEAT SIDE +5-8
SHUFFLE R BACK EN FONDU X4 +1-4//2 SHUFFLES SIDE +5-6//STAMP R 7//L BALL DIG 8

REPEAT ALL STARTING WITH L FOOT

REPEAT ALL

2. FLAPS:

START IN PAR WITH ARMS DOWN
INTRO: HANDS ON THE HIPS 5-8 AND POP TOE UP TO A R BALL DIG

FLAP R FRONT X4 +1-4//REPEAT SIDE +5-8
FLAP R BACK EN FONDU X4 +1-4//2 FLAPS SIDE +5-6//STAMP R 7//L BALL DIG 8

REPEAT ALL STARTING WITH L FOOT

REPEAT ALL

3. MAXIE FORDS WITH PICK UPS & SHUFFLE PICK UP CHANGE:

START IN PAR WITH ARMS DOWN
HANDS OUT TO TAP HANDS 5-8

MAXIE FORD 1+2+3//MAXIE FORD WITH PICK UP 4+5+6//STAMP R 7//CLAP 8
REPEAT STARTING WITH L FOOT

SPRING ONTO R 1//SHUFFLE PICK UP CHANGE WITH L +2+3//SHUFFLE PICK UP CHANGE WITH R +4+5//SRING ONTO L//STAMP R 7//CLAP 8
REPEAT STARTING WITH L FOOT

4. SLIDES, DRAWS, TRENCH, TRENCH CRAMP

START IN PAR WITH ARMS DOWN

INTRO: HANDS ON THE HIPS 5-8 AND POP TOE UP TO A R BALL DIG

SLIDE R FOOT OUT 1//DRAW 2//R RETIRE +//TRENCH TO L 3//DRAW IN TO L DIG 4
REPEAT ALL STARTING WITH L FOOT

REPEAT ALL WITH TRENCH CRAMPS

TRENCH TO L +1//TRENCH TO R +2//TRENCH CRAMP TO L +A3//TRENCH CRAMP TO R+A4
TRENCH TO L THEN R +5+6//BALL CHANGE//5 BEAT CRAMP ROLL FORWARDS
REPEAT ALL OF THIS SECTION

5. SINGLE & DOUBLE PICK UPS & PULLBACKS:

START IN PAR WITH ARMS DOWN

INTRO: HANDS OUT TO TAP HANDS 5-8

DOUBLE CHUG FORWARDS 1//DOUBLE PICK UP +2//REPEAT 3+4
SPRING ONTO R 5//SINGLE PICK-UP R 6//SPRING ONTO L 7//SINGLE PICK-UP ON L 8
JUMP CRAMP FORWARDS 1//DOUBLE PICK UP +2//REPEAT 3+4
BALL CHANGE R-L IN 2ND +5//PULLBACK +6//REPEAT 7+8

REPEAT ALL WITH SPRING CRAMPS OR HOP CRAMPS

6. RIFFLES & HEEL BEATS

START IN PAR WITH ARMS DOWN

INTRO: HANDS ON THE HIPS 5-8

RIFFLE WITH R FOOT +1//REPEAT 2 MORE TIMES +2+3//STEP ON R +//R HEEL DROP 4
REPEAT WITH L +5-8
RIFFLE STEP HEEL WITH R +1+2//REPEAT WITH L +3+4
3 SCUFFLE STEP HEELS R-L +5+6+7//STEP ON R+//HEEL DROP 8

REPEAT ALL STARTING ON L FOOT

REPEAT ALL

7. BUFFALOS

START IN PAR WITH ARMS DOWN

INTRO: HANDS OUT TO TAP HANDS 5-8

SINGLE BUFFALO TO R 1+A2//REPEAT 3+A4//DOUBLE BUFFALO X2 +5-8
TRIPLE BUFFALO X2 +A1+A2 +A3+A4//MAXIE FORD WITH PICK UP 5+6+7//LUNGE TO R 8

REPEAT ALL STARTING WITH L FOOT

8. TOE STANDS AND DOUBLE WINGS:

START IN PAR WITH ARMS DOWN

INTRO: HANDS OUT TO TAP HANDS 5-8

STAND UP ON TOP OF R-L TOE 1-2//STEP R-L 3-4//REPEAT 5-8
TOE STAND 1+A2//REPEAT 3+A4//BALL CHANGE R-L +5//TOE STAND X2 ++A6//STAMP R 8
REPEAT ALL STARTING L

SCRAPE BRUSH IN R THEN L 1-4//REPEAT 5-8
BALL CHANGE +1//DOUBLE WING X2 +2//REPEAT +3+4//DOUBLE WING X2 +5+6//BALL CHANGE R-L +7//LUNGE TO R 8

COMBOS:

ESSENCE COMBO (SINGLE//DOUBLE//TRIPLE)

MAXIE FORD WITH PICK UPS

SHUFFLE PICK UP CHANGE COMBO (4 RUN X2)//WITH TOES//WITH CRAMP TOES)

BUFFALO - SINGLE//DOUBLE//TRIPLE COMBO 112233

TURNS:

MAXIE FORDS

FLAP HEEL TOE HEEL

SHORT DANCE - 32 COUNTS OF ANY OF THE ABOVE MOVEMENTS

BOW: STEP TOGETHER TO R TO PARALLEL WITH HANDS BEHIND THE BACK, BOW AND COME UP//REPEAT TO L

GRADE 7:

TERMS:

STEP

STAMP

TAP

TOE TAP

HEEL TAP

TOE DIG

HEEL DIG

BALL DIG

JUMP

HEEL TOE WALKS

BRUSH - FORWARD/BACKWARDS

SHUFFLE

SHUFFLE STEP

SHUFFLE B.C

SHUFFLE STAMP

STOMP

LEAP/SPRING

HOP

SHUFFLE TOE BACK

HEEL CLICK

HEEL DROP- SINGLE/DOUBLE

FLAP

FLAP B.C.

SHUFFLE HEEL TOE BACK

CHUG

HITCH

SCUFF

GRAPEVINE

FLAP HEEL

4 BEAT CRAMP ROLL - IN PARALLEL OR 2ND

SUGARS

MAXIE FORD

TOE DROP - SINGLE/DOUBLE

TOE CLICK

DOUBLE SHUFFLE

FLAP HEEL TOE

SCUFFLE

PARADIDDLE

5 BEAT CRAMP ROLL/FLAP CRAMP - FORWARDS OR BACKWARDS/IN PARALLEL OR 2ND

FLAP SHUFFLE HOP

SYNCOPATED GRAPEVINE

FLAP DOUBLE HEEL (MOVING FORWARDS WITH BACK THEN FRONT HEEL)

FLAP DOUBLE HEEL OUT AND IN SIDEWAYS (LEADING HEEL FIRST)

BACK FLAP HEEL

RUNNING FLAPS

SLAP

RIFF -2 BEAT / RIFF - 3 BEAT / RIFF - 4 BEAT/RIFF - 5 BEAT

SCUFF CRAMP ROLL IN PARALLEL OR 2ND

DRAWBACK

DOUBLE PICK UP

ESSENCE - SINGLE/DOUBLE/TRIPLE

LUNGE

SLIDE

DRAW

TRENCH

TRENCH CRAMP

DOUBLE PICK UP CRAMP

PICK UP

SHUFFLE PICK UP CHANGE

JUMP CRAMP

RIFFLE
PULLBACK
BUFFALO - SINGLE/DOUBLE/TRIPLE
DOUBLE WING
MAXIE FORD WITH PICK-UP
TOE STANDS
HOP CRAMP
LEAP/SPRING CRAMP

NERVE TAPS
SHIGEEBOPS
PICK UP CHANGE
PICK UP CRAMP
PULLBACKS OPEN THEN CROSS
DOUBLE WING CRAMP
SINGLE WING
SINGLE WING CHANGE TOE
SINGLE WING CRAMP
SINGLE WING CHANGE CRAMP
SHUFFLE PICK UP
SHUFFLE PICK UP CHANGE CRAMP
SHUFFLE PICK UP CHANGE TOE
SHUFFLE PICK UP CHANGE CRAMP TOE
TOE STAND CRAMP

EXERCISES

1. SHUFFLES:

START IN PAR WITH ARMS DOWN

INTRO: HANDS ON THE HIPS 5-8 AND POP TOE UP TO A R BALL DIG

SHUFFLE R FRONT WITH HEEL BEAT X4 +1-4//REPEAT SIDE +5-8

SHUFFLE R BACK EN FONDU WITH HEEL BEAT X4 +1-4//2 SHUFFLES SIDE WITH HEEL BEAT +5-6//STAMP R 7//L BALL DIG 8

REPEAT ALL STARTING WITH L FOOT

REPEAT ALL

2. FLAPS:

START IN PAR WITH ARMS DOWN

INTRO: HANDS ON THE HIPS 5-8 AND POP TOE UP TO A R BALL DIG

FLAP HEEL R FRONT X4 +1-4//REPEAT SIDE +5-8

FLAP HEEL R BACK EN FONDU X4 +1-4//2 FLAP HEELS SIDE +5-6//STAMP R 7//L BALL DIG 8

REPEAT ALL STARTING WITH L FOOT

REPEAT ALL

3. SHUFFLE PICK UPS, SHUFFLE PICK UP CHANGE, SHUFFLE PICK UP CHANGE TOE, SHUFFLE PICK UP CHANGE TOE CRAMP:

START IN PAR WITH ARMS DOWN

HANDS OUT TO TAP HANDS 5-8

SHUFFLE PICK UP CHANGE R +1+2//REPEAT L +3+4//REPEAT WITH TOE BACK +5-8

SHUFFLE PICK UP CHANGE TOE BACK CRAMP +1++2//REPEAT WITH L +3++4//SHUFFLE R, PICK UP ON L X2 +5-8

SHUFFLE PICK UP CHANGE R 1++A2//REPEAT L +3+A4//REPEAT WITH TOE BACK +5-8

SHUFFLE PICK UP CHANGE TOE BACK CRAMP +1++A2//REPEAT WITH L +3++A4//SHUFFLE R, PICK UP ON L +5-6//LUNGE TO R 7//CLAP 8

REPEAT ALL STARTING ON L FOOT

4. NERVE TAPS:

START IN PAR WITH ARMS DOWN

HANDS OUT TO TAP HANDS AND POP TOE UP TO A R BALL DIG 5-8

12 NERVE TAPS +1-6//BALL CHANGE R-L +7//R BALL DIG 8

REPEAT

6 NERVE TAPS WITH R +1-3//BALL CHANGE R-L +4//REPEAT +5-8

2 NERVE TAPS WITH R +1//BALL CHANGE R-L +2//REPEAT +3-4////STAMP R FOWARDS 5-6//GET READY WITH L BALL DIG 7-8

REPEAT ALL TO L

REPEAT ALL

5. PICK UPS & PICK UP CHANGES:

START IN PAR WITH ARMS DOWN

HANDS OUT TO TAP HANDS AND POP TOE UP TO A R BALL DIG 5-8

PICK UP CHANGE FROM L TO R +1//REPEAT 3 MORE TIMES +2-4//PICK UP CHANGE CRAMP X4 5-8

PICK UP CHANGE FROM L TO R +1//REPEAT 3 MORE TIMES +2-4//BALL CHANGE R-L +5//PULL BACK OPEN ++A6// PULL BACK CROSS ++A7//PULL BACK OPEN ++A8

REPEAT ALL

6. SHIGEEBOPS:

START IN PAR WITH ARMS DOWN

HANDS OUT TO FREESTYLE HANDS 5-8

SHIGEEBOP ON R (5 BEAT RIFF ONTO R HEEL AND L TOE BACK) +1//REPEAT TO L +2//SHIGEEBOP +3//L TOE BACK +//STAMP L 4

SHIGEEBOP ON R +5//L TOE BACK +//SHIGEEBOP ON L +6//L TOE BACK +//HOLD 7//STAMP R 8

REPEAT ALL STARTING L

7. SINGLE & DOUBLE WINGS & WITH CRAMPS:

START IN PAR WITH ARMS DOWN

HANDS OUT TO FREESTYLE HANDS 5-8

BALL CHANGE R-L +1//DOUBLE WING +2//BALL CHANGE DOUBLE WING CRAMP +3-4

SINGLE WING ONTO R +5//SINGLE WING CHANGE ONTO L +6//REPEAT WITH CRAMPS +7+8

REPEAT ALL WITH SINGLE WING TOE

8. TOE STANDS & TOE STAND CRAMPS:

START IN PAR WITH ARMS DOWN

HANDS OUT TO FREESTYLE HANDS 5-8

BALL CHANGE TOE STAND +1-2//REPEAT WITH TOE STAND HEEL DROP R THEN L +3-4//TOE STAND X2 +5+6//TOE STAND CRAMP X2 +7+8

REPEAT ALL 3 MORE TIMES

COMBOS:

SHUFFLE PICK UP CHANGE COMBO

SHUFFLE DRAWBACK COMBO

URNS COMBO - 16 COUNT USING ANY OF THESE TURNS:

CHAINES ON HEELS

FLAP HEEL

FLAP BALL CHANGE

MAXIE FORDS

MAXIE FORD

FLAP HEEL TOE HEEL

SHORT DANCE - 32 COUNTS OF ANY OF THE ABOVE MOVEMENTS

BOW: STEP TOGETHER TO R TO PARALLEL WITH HANDS BEHIND THE BACK, BOW AND COME UP//REPEAT TO L

GRADE 8:

TERMS:

STEP

STAMP

TAP

TOE TAP
HEEL TAP
TOE DIG
HEEL DIG
BALL DIG
JUMP
HEEL TOE WALKS
BRUSH - FORWARD/BACKWARDS
SHUFFLE
SHUFFLE STEP
SHUFFLE B.C
SHUFFLE STAMP

STOMP
LEAP/SPRING
HOP
SHUFFLE TOE BACK
HEEL CLICK
HEEL DROP- SINGLE/DOUBLE
FLAP
FLAP B.C.

SHUFFLE HEEL TOE BACK
CHUG
HITCH
SCUFF
GRAPEVINE
FLAP HEEL
4 BEAT CRAMP ROLL - IN PARALLEL OR 2ND
SUGARS
MAXIE FORD

TOE DROP - SINGLE/DOUBLE
TOE CLICK
DOUBLE SHUFFLE
FLAP HEEL TOE
SCUFFLE
PARADIDDLE
5 BEAT CRAMP ROLL/FLAP CRAMP - FORWARDS OR BACKWARDS/IN PARALLEL OR 2ND
FLAP SHUFFLE HOP

SYNCOATED GRAPEVINE
FLAP DOUBLE HEEL (MOVING FORWARDS WITH BACK THEN FRONT HEEL)
FLAP DOUBLE HEEL OUT AND IN SIDEWAYS (LEADING HEEL FIRST)
BACK FLAP HEEL
RUNNING FLAPS
SLAP
RIFF - 2 BEAT / RIFF - 3 BEAT / RIFF - 4 BEAT/RIFF - 5 BEAT
SCUFF CRAMP ROLL IN PARALLEL OR 2ND
DRAWBACK
DOUBLE PICK UP
ESSENCE - SINGLE/DOUBLE/TRIPLE

LUNGE
SLIDE
DRAW
TRENCH
TRENCH CRAMP
DOUBLE PICK UP CRAMP
PICK UP
SHUFFLE PICK UP CHANGE
JUMP CRAMP
RIFFLE
PULLBACK
BUFFALO - SINGLE/DOUBLE/TRIPLE
DOUBLE WING
MAXIE FORD WITH PICK-UP
TOE STANDS
HOP CRAMP
LEAP/SPRING CRAMP

NERVE TAPS
SHIGEEBOPS
PICK UP CHANGE

PICK UP CRAMP
DRAWBACK OPEN AND CROSS
DOUBLE WING CRAMP
SINGLE WING
SINGLE WING CHANGE TOE
SINGLE WING CRAMP
SINGLE WING CHANGE CRAMP
SHUFFLE PICK UP
SHUFFLE PICK UP CHANGE CRAMP
SHUFFLE PICK UP CHANGE TOE
SHUFFLE PICK UP CHANGE CRAMP TOE
TOE STAND CRAMP

STEP OVER THE TOE
JUMP OVER THE LOG
NERVE TAP TURNS
SINGLE WING TOE CRAMP
TOE STANDS ON TOES
TOE STANDS OFF TOES
TOE TURN
PENDULUM WING
WING WITH RENVERSER
DOUBLE WING OFF TOES
DOUBLE WING OFF TOES TURNING
RIPPLES - FLAP PICK UP CHANGE
RIPPLE TOE
RIIPPLE CRAMP
RIPPLE CRAMP TOE

EXCERCISES

1. SHUFFLES:

START IN PAR WITH ARMS DOWN

INTRO: HANDS ON THE HIPS 5-8 AND POP TOE UP TO A R BALL DIG

SHUFFLE R FRONT WITH HEEL BEAT TOE BACK X4 +1-4//REPEAT SIDE +5-8

SHUFFLE R BACK EN FONDU WITH HEAL BEAT TOE BACK X4 +1-4//2 SHUFFLES SIDE WITH HEEL BEAT TOE BACK +5-6//STAMP R 7//L BALL DIG 8

REPEAT ALL STARTING WITH L FOOT

REPEAT ALL

2. FLAPS:

START IN PAR WITH ARMS DOWN

INTRO: HANDS ON THE HIPS 5-8 AND POP TOE UP TO A R BALL DIG

FLAP DOUBLE HEEL R FRONT X4 +1-4//REPEAT SIDE +5-8

FLAP DOUBLE HEEL R BACK EN FONDU X4 +1-4//2 FLAP DOUBLE HEELS SIDE +5-6//STAMP R 7//L BALL DIG 8

REPEAT ALL STARTING WITH L FOOT

REPEAT ALL

3. SHUFFLE PICK UPS, SHUFFLE PICK UP CHANGE, SHUFFLE PICK UP CHANGE TOE, SHUFFLE PICK UP CHANGE TOE CRAMP:

START IN PAR WITH ARMS DOWN

HANDS OUT TO TAP HANDS 5-8

SHUFFLE PICK UP CHANGE R 1++A2//REPEAT L +3+A4//REPEAT WITH TOE BACK +5-8

SHUFFLE PICK UP CHANGE TOE BACK CRAMP +1++A2//REPEAT WITH L +3++A4//SHUFFLE R, PICK UP ON L X2 +5-8

SHUFFLE PICK UP CHANGE R 1++A2//REPEAT L +3+A4//REPEAT WITH TOE BACK +5-8

SHUFFLE PICK UP CHANGE TOE BACK CRAMP +1++A2//REPEAT WITH L +3++A4//SHUFFLE R, PICK UP ON L +5-6//LUNGE TO R 7//CLAP 8

REPEAT ALL STARTING ON L FOOT

4. NERVE TAPS WITH TURNS:

START IN PAR WITH ARMS DOWN

R TOE DIG WITH TAP HANDS UP 5-6// BALL CHANGE R-L INTO PREP FOR TURNS +7//HOLD 8

12 NERVE TAPS TURNING TO R +1-6//BALL CHANGE R-L +7//R BALL DIG 8
REPEAT

6 NERVE TAPS TURNING TO R +1-3//BALL CHANGE R-L +4//REPEAT +5-8

2 NERVE TAPS TURNING TO R +1//BALL CHANGE R-L +2//REPEAT +3-4//BALL CHANGE R-L 5-6//STAMP R FOWARDS INTO PREP FOR TURNS TO L7//
HOLD 8

REPEAT ALL TO L

5. PENDULUM WINGS:

START IN PAR WITH ARMS DOWN
HANDS OUT TO FREESTYLE HANDS 5-8

SCUFF R FOWARDS 1//SINGLE WING ON L FOOT//BRUSH R FOOT BACK 3//SINGLE WING ON L FOOT 4//SCUFF R FOWARDS AND SINGLE WING ON
L 5-6//BALL CANGE R-L +7//STAMP R FOWARDS 8

REPEAT ALL WITH L

REPEAT ALL

6. SINGLE & DOUBLE WINGS WITH CRAMPS AND CRAMP TOES:

START IN PAR WITH ARMS DOWN
HANDS OUT TO FREESTYLE HANDS 5-8

BALL CHANGE R-L +1//DOUBLE WING X3 +2-4

SINGLE WING TOE BACK ONTO R +5//SINGLE WING CHANGE TOE ONTO L +6//REPEAT WITH CRAMPS TOE BACK +7+8

REPEAT ALL

7. WINGS OFF TOES & WITH TURN

BALL CHANGE R-L ON TOES +1//DOUBLE WING OFF TOES +2//REPEAT +3+4//BALL CHANGE ON TOES//DOUBLE WING OFF TOES TURNING TO R WITH
FULL TURN +6// HOLD 7//BALL CHANGE L-R +8

REPEAT ALL TO L

REPEAT ALL

8. TOE STANDS OFF TOES.ON TOES & TOE TURN

START IN PAR WITH ARMS DOWN
HANDS OUT TO FREESTYLE HANDS 5-8

BALL CHANGE ONTO TOES +1//TOE STAND OFF TOES +2//REPEAT +3-4//BALL CHANGE ONTO TOES +5//TOE STAND ON TOES//BALL CHANGE +7// TOE
TURN 8

SLAM 1//VACUUM INTO PARALLEL//BALL CHANGE INTO PREP FOR TURN TO R WITH SQUARE ARMS+3//DOUBLE TOE TURN 4-5//SLAM 6//VACUUM 7//
HOLD 8

REPEAT ALL

9. WING WITH RENVERSER:

START IN PAR WITH ARMS DOWN
HANDS OUT TO FREESTYLE HANDS 5-7//EXTEND R FOOT DEGAGE TO SIDE WITH ARMS IN A T 8

WIND UP STEP 1+2//RENVERSER WITH FULL TURN AND SINGLE WING +A3//BALL CHANGE +4//REPEAT TWICE MORE 5-8, 1-4//DOUBLE PIROUETTE
5-6//BALL CHANGE R-L X7//EXTEND L FOOT DEGAGE TO SIDE WITH ARMS IN A T 8

REPEAT ALL TO L

10. RIPPLES, STEP OVER THE TOE & JUMP OVER THE LOG:

START IN PAR WITH ARMS DOWN
HANDS OUT TO FREESTYLE HANDS 5-8

RIPPLE R-L-R-L 1-4//RIPPLE TOE BACK R-L-R-L 5-8

RIPPLE CRAMP R-L-R-L 1-4//RIPPLE CRAMP TOE BACK R-L-R-L 5-8

RIPPLE R-L-R-L 1-4//RIPPLE TOE BACK R-L-R-L 5-8

RIPPLE CRAMP R-L-R-L 1-4//PETIT DEVELOPPE R FOOT THROUGH TO L-F +5//STEP OVER THE R TOE +6//SPRING ONTO BACK FOOT (R) 7//JUMP
OVER THE LOG +8

REPEAT ALL STARTING ON L FOOT

URNS COMBO - 32 COUNT USING ANY OF THESE TURNS:

CHAINES ON HEELS
FLAP HEEL
FLAP BALL CHANGE
MAXIE FORDS
FLAP HEEL TOE HEEL

OMBOS:

NERVE TAP TURNS
RIPPLE COMBO

SHORT DANCE - 48 COUNTS OF ANY OF THE ABOVE MOVEMENTS

BOW: STEP TOGETHER TO R TO PARALLEL WITH HANDS BEHIND THE BACK, BOW AND COME UP//REPEAT TO L

ADV RHYTHM TAP COMBO:

1. DROP L +//SHUFFLE PICK UP TOE +1+A//LUNGE L 2//RIFF TO Q-PID R +A3//SPRING TO PAR 4//RIPPLE RIPPLE +5//SLIDE F ON TOES R-L AND LAND R-L ++A6//CHUG +//STAMP L 7//SMACK R +//L HEEL A//STAMP R 8
-BOMBERSHAY X2 WITH L +A1++A//STEP L TO PAR 2//DOUBLE WING TO L TOE B M+A3//TOE +//SINGLE WING CHANGE TO R TOE +4//HEEL STAND R-L +5//TOE CLICK +//CRAMP ROLL 6+A//DOUBLE TOE CLICK 7+//STEP R STAMP L ACROSS
-DROP R+MAXI FORD WITH PICK UP +1+//LUNGE R 2//HEEL CLICK +//L LUNGE 3//TOES STAND 4//STAND ON TOES R-L +5//DOUBLE WING TO PAR +A6//CHUG TO 2ND +//ULTRA FAST: FLAP R-L,+7 BRUSH CRAMP ROLL++A//STEP R AND SCUFF L A8

2. STAMP R-L IN 2ND 1+//VACUUM TO PAR 2//MAXI FORDON R +3+//LUNGE R 4//4-BEAT RIFF L ++A5//TOE STAND ++A6//CHUG IN 2ND +//STEP R ACROSS 7//STEP UP ON L TOE+//STEP CRAMP A8
-SMACK L HEEL R STAMP L +A1//D SH R +++A//STEP R 2//FLAP L-R +3HEEL CHUGS L-R-L-R ++A4//CLAP +//SH PICK UP TOE X2 +5//SAME WITH TOE CRAMP+6//LUNGE R //SH HEEL STEP ACROSS ++A8//STAMP OUT R +..

ADV TURNING COMBO:

- FLAP HEEL TOE HEEL STEP BRUSH HEEL SHUFFLE HEEL STEP BRUSH HEEL SHUFFLE HEEL CROSS//CHAIINE ON TOES OR HEELS//MAXI FORD WITH PICK UP//LUNGE R//VACUUM TO PAR ON TOES
-PREP 1//NERVE TAP TURN (3) +A2//BC +3//GRAND PIROUETTE WITH HEELS (3) +4+//DOUBLE PIR IN 2ND 5-6//GRAND PIR HEEL (4) +7+8
-BRING PIR IN WITH GRAB UP 1-5//R CROUCH 6//POSE

EXERCISES:

1. SHUFFLES:

- F4//S4//B4//S3 STAMP//REPEATL
- 2221 R-L
1111 X2
REPEAT ALL WITH HEELS

2. FLAPS:

-SAME PATTERN AS SH'S

3. CRAMP ROLLS:

- X3 HEEL HEEL//5-BEAT FSB HEELHEEL
- REPEAT IN REVERSE
- REPEAT ALL

4. NERVE TAPS:

-+1...-7 B.C. R X2
-+1...3 B.C. R X2
-+1 B.C. R X2
-B.C. STAMP R
- REPEAT ALL L
- REPEAT ALL WITH TURNS

5. TOE STANDS:

- TOE STAND X3//B.C. IN 2ND//REPEAT
- 1\TOE STAND B.C.//REPEAT//DO A SET OF 3
- STAND ON TOES R-L//TOE STAND TO STAY UP//SPRING TO 2ND//VACUUM TO PAR//REPEAT
- SAME BUT COME OFF TOES AT END OF TOE STAND

6. WINGS:

A.

- D WING X3 B.C.//REPEAT//113
- WING CHANGE X3 B.C.//REPEAT//113

B. WIND UP STEP SINGLE WING B.C.//REPEAT X2//PD PIR//PIR STAMP

- REPEAT ALL L
- *****
- HOOFIN' - TECHNIQUE=PRACTICE

WARM-UP

***SHUFFLES (TENSE THIGH):

- SHUFFLE TOUCH X2//SHUFFLE//TOUCH X3//SHUFFLE TOUCH X2//TOUCH//D SH TOUCH
- D SH TOUCH X2//SH T X2//TOUCH//D SH//TOUCH

***DOUBLE SHUFFLES:

- STEP R//D SH L//B.C.//D SH//B.C.
- REPEAT L
- STEP D SH B.C.//D SH B.C. //SH ST SH ST STAMP X2 CLAP
- REPEAT ALL STARTING L

PUT BOTH SH EX'S TOGETHER

BACK SHUFFLES:

- STEP//B SH HEEL X4
- FLAP R-L//B SH HEEL//REPEAT//FLAP B.C.//REPEAT ALL L

5-COUNT SHUFFLE:

- SH//SC//HEEL DIG R//B BRUSH//REPEAT//TOUCH R X2//REPEAT ALL AND FINISH ONE TOUCH
- REPEAT ALL L
- REPEAT WITH CIRCLES

CRAMP ROLLS:

- NORMAL X3//ALT//REPEAT L
- NORMAL ALT R//REPEAT L
- ALT R//ALT L//ALT R//ALT L

***PARADIDDLES SINGLES AND DOUBLE (RELAX ANKLE):

- PAR X4//D PAR R-L//SINGLE
- REPEAT L
- D R//D L/R//REPEAT L
- D R-L-R-L//R
- STOMP
- *****

SHI-GEE-BOPS:

- =SCUFF//HEEL DIG//STEP (KEEP WEIGHT ON DIG FOR A SEC)
- START ON R AND DO A R SHI-GEE-BOP//REPEAT L//STEP L//S-E-B L//REPEAT L
- REPEAT WITH TURN

***OVER THE TOPS:(SINGLE AND DOUBLE)

- DROP R 8//STEP B L 1//TOE STAND ON R & OVER R TOE +//DROP F ON L 2//REPEAT L-R-L
- REPEAT WITH DOUBLE TOE STANDS AS YOU GO OVER TOE

SHI-GEE-BOP/OVER THE TOP COMBO:

- DROP ONTO R 8//D OVER THE TOP TO B 1+A//DROP F ONTO L 2//STEP B ON R +//S.E.B. R 3+A//STEP R 4//DROP F ON L +//REPEAT ALL L
- REPEAT R-L

DOUBLE FLAP ON TOES AND HEELS:

- B.C.//DOUBLE FLAP (R-L FLAT FEET)//REPEAT//B.C. X2//D FLAP//B.C.
- REPEAT WITH HEELS

JUMP SHUFFLE PULLBACK COMBO:

- JUMP SHUFFLE PULLBACK STEP CROSS 1E+A2//SCUFF R +//R HEEL STAND 3//STEP L+//SCUFF HEEL STEP 4+5//SCUFF +//HEEL STAND6//R TOE DROP+//STEP CRAMP L 7+//STAMP R 8
- REPEAT ALL
- JUMP SHUFFLE PULLBACK STEP CROSS 1E+A2//SCUFF R +//R HEEL STAND 3//STEP L+//B BR R//STEP TO PAR R//SCUFF HEEL STAND L5+//STEP R 6//B BR +//STEP L//STEP R//STAMP L F
- JUMP SHUFFLE PULLBACK STEP CROSS 1E+A2//SCUFF R +//R HEEL STAND 3//SCUFF L AND HEEL STAND L+4//TOE DROP R-L +5//D PULLBACK CROSSING R-F +6//D FLAP TO HEELS OUT//B.C.

PULLBACKS:

- B.C. +1 //D PULLBACK +2//REPEAT +3+4//B.C. X2+5+6//PULLBACK+7//B.C.+8
- STEP R +//TOE B-L 1//SINGLE PULLBACK +A//STEP L 2//REPEAT THREE MORE TIMES

- TRIPLETS TO END: STEP R +//SH STEP L1+A//SH STEP R//TOE B-L//SINGLE PULLBACK//SH STEP L//SH STEP R//TOE B-L//SINGLE PULLBACK//SH STEP X2 L-R
- STOMP L//B-BR STEP//REPEAT R//TOE B-L//PULLBACK//SH STEP X2//TOE PULLBACK//SH ST //STOMP R

SHUFFLE PULLBACK CHANGE:

- DROP L//SH PICK UP//SH PICK UP X3//TOE B-R//HOP L//STEP R//TOE HOP //STEP L (TURN TOE HOP STEPS)
- REPEAT ALL R
- DROP L//SH PICK UP//SH PICK UP X3//TOE B-R//HOP L//STEP R//TOE HOP //B.C.
- STEP TOE HOP X2//B.C.//STEP TOE HOP X2//STAMP

REPEAT ALL WITH HEEL DROP CRAMPS

NUMBER

- INTRO: DOUBLE CHUG1+2//B.C.+3//L HEEL+//STEP OUT R4//L SMACK 5+6//HEEL +//STEP 7 //HOLD 8
- SLIDING SMACK IN +1//SLIDING SMACK OUT 2//B.C. +3//HEEL L+//TOE B-R 4//STEP B-R AND DRAG L 5//R HEEL +6//REPEAT DRAG WITH R+7//B.C. +8
- FLAP R-L//B SH HEEL +A3//REPEAT//FLAP B.C.//REPEAT ALL L
- M.FORD TURNING R (SPRING SH CHANGE TOE HE) 1+2+3+//STEP R 4//B-BR STEP L +5//R HEEL STAND +//B-BR STEP R 6+//STEP L 7//L HEEL +//STEP R 8
- M.FORD TURNING L (SPRING SH CHANGE TOE HE) 1+2+3+//STEP L 4//FLAP R-L-R +5+6+7//
- TIME STEP SECTION: B.C. L-R X2 +8+1//BR STEP STOMP R-L +2+3+4//FLAP R-L-R +5+6+7
- REPEAT THAT LINE
- REPEAT THAT LINE AGAIN//FINISH STEP L//SCUFF R +8
- BREAK: HEEL STAND R-L 1+//SMACK R-L A2//STAND ON TOES R-L-R +A3//JUMP DOWN INTO PAR 4

PULLBACK SECTION: SMACK R//HEEL L//STEP HEEL R//REPEAT L//STEP HEEL R//SMACK L //HEEL R//STEP HEEL L//STAMP R 1+2+...

- B.C. +1 //D PULLBACK +2//REPEAT +3+4//B.C. X2+5+6//PULLBACK+7//B.C.+8
- STEP R +//TOE B-L 1//SINGLE PULLBACK +A//STEP L 2//REPEAT THREE MORE TIMES
- HOLD 1//SCUFF R-ACROSS 2//SMACK OUTSIDE OF R 3//STEP ACROSS L 5//SLAP R//B BRUSH STEP L//STEP R//STAMP L OUT

TOE STAND SECTION: DOUBLE TOE STAND//JUMP//UP ON R TOE WIT L ATT SIDE//JUMP DOWN//B-BR STEP R//STEP L AND STAMP R OUT//B-BR STEP L//STEP R AND STAMP L OUT

- Q-PID L AND DOWN//R AND DOWN//DRAG TURN ON L WITH R HEEL//SINGLE CHUG F ON L X2 7-8
- STEP B ON R//OVER THE TOP//REPEAT 3 MORE TIMES
- JUMP//D CLICK WHILE IN AIR 2-3//LAND 4//

SHUFFLE PULLBACK SECTION: DROP R//SH PICK UP//SH PICK UP X3//TOE B-L//HOP R//STEP L//TOE HOP //STEP R (TURN TOE HOP STEPS)

- REPEAT ALL L
- JUMP ONTO R//SH PICK UP CHANGE X6//TOE R//HOP L//B.C. R-L//D B SLAP IN 2ND +
- CHUG L HEEL X2 3-4//PARA X11//STAMP L//SHI-GEE-BOP L-R-L//STEP CRAMP R//HEEL L