

# 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

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### EXERCISES

#### 1. STEP HEEL TAP - STEP TOE TAP: - ALRIGHT

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

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#### 2. STEP BALL DIG - STEP HEEL DIG - ALRIGHT

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

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#### 3. SHUFFLE STEP - SHUFFLE STAMP - CELTIC KITTEN

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

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#### 4. TAPS, TOES AND WALKS - ESCAPADE

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

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5. SHIM SHAM SHIMMY - SWING FAST

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

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6. JUMPS, CLAPS AND TOE TAPS - FAST TAP

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

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RHYTHM: 1-2-3, 1-2-3, 1-2-3, 12345

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

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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 TAP BACK  
HEEL CLICK  
ALTERNATING HEEL DROPS  
FLAP  
FLAP B.C.

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EXERCISES

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

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

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

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

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3. IRISHES - CELTIC KITTENS

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

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4. FLAPS AND BLOCK - FUNK SLOW

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

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5. FLAP BALL CHANGE - FUNK SLOW

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

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6. HEEL CLICKS AND DROPS - ESCAPADE

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

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7. SPRING SHUFFLE (BEGINNER MAXI FORD) - FAST TAP

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 SEPARATE EXERCISE

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RHYTHM: 1-1-2-3, 1-1-2-3, 1-1-2-3, 12345

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

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### 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 TAP BACK  
HEEL CLICK  
HEEL DROP- SINGLE/DOUBLE  
FLAP  
FLAP B.C.

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

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#### EXERCISES

##### 1. SHUFFLE BALL CHANGE: FAST TAP

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

##### SLOW TIMING:

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 WITH L FOOT

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##### 2. FLAPS: CELTIC KITTENS

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

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### 3. SHUFFLE TOE BACK SHUFFLE HEEL TOE BACK - ALRIGHT

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

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### 4. FLAPS & FLAP HEELS: ESCAPADE

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

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### 5. GRAPEVINE, SUGARS & CHUGS: THE RITZ

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

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### 6. SCUFFS AND CRAMP ROLLS - FAST TAP

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

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### 7. MAXIE FORDS -ESCAPADE

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

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RHYTHM: 1-2, 123, 1-2, 123, 1-2, 123, 1-5

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

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### 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  
DOUBLE SHUFFLE  
RUNNING FLAPS  
FLAP HEEL TOE  
SCUFFLE  
PARADIDDLE  
5 BEAT CRAMP ROLL/FLAP CRAMP - FORWARDS OR BACKWARDS/IN PARALLEL OR 2ND  
WALKING CRAMP ROLLS IN  
FLAP SHUFFLE HOP

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## EXERCISES

### 1. SHUFFLE BALL CHANGE: BELOCCA

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

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### 2. FLAPS: FAST TAP

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

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### 3. DOUBLE SHUFFLE TOE BACK SHUFFLE HEEL TOE BACK - FAST TAP

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

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

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

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5. PARADIDDLES: - SWING FAST

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

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6. HEEL CLICKS AND DROPS - FAST TAP

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

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7. SCUFFLES & HEEL BEATS - ALRIGHT

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

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8. 4 & 5 BEAT CRAMP ROLLS - FAST TAP

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

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**RHYTHM: 12345, 12345, 12345, 1-123**

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**

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## 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 TAP BACK  
HEEL CLICK  
HEEL DROP- SINGLE/DOUBLE  
FLAP  
FLAP B.C.

SHUFFLE, HEEL DROP, TOE TAP BACK  
CHUG - SINGLE OR DOUBLE  
HITCH - SINGLE OR DOUBLE  
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 TAP BACK  
SCUFFLE  
PARADIDDLE  
5 BEAT CRAMP ROLL/FLAP CRAMP - FORWARDS OR BACKWARDS/IN PARALLEL OR 2ND  
FLAP SHUFFLE HOP

SYNCPATED 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

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### EXERCISES

#### 1. SHUFFLE BALL CHANGE: - ALRIGHT

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

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2. SLAPS: - BELOCCA

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

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3. BACK FLAPS & BACK FLAP HEELS: FUNK SLOW

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

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4. SYNCHOPATED GRAPEVINE & ESSENCES: SWING SET

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

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

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

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6. DRAWBACKS AND DOUBLE PICK UPS: - SLOW WORK IT DOWN

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

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7. FLAP DOUBLE HEELS AND CRAMP ROLLS: SWING SET

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

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**8. RIFFS: SINGING IN THE RAIN - SLOW ON THAT STRET**

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

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**RHYTHM: 1-12345, 1-12345, 1-12345, 1234567**

**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

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**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 TAP BACK

HEEL CLICK

HEEL DROP- SINGLE/DOUBLE

FLAP

FLAP B.C.

SHUFFLE, HEEL DROP, TOE TAP BACK

CHUG - SINGLE OR DOUBLE

HITCH - SINGLE OR DOUBLE

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 TAP BACK

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  
BACK FLAP HEEL  
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

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## 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

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### 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 TAP BACK  
HEEL CLICK  
HEEL DROP- SINGLE/DOUBLE  
FLAP  
FLAP B.C.

SHUFFLE, HEEL DROP, TOE TAP BACK  
CHUG - SINGLE OR DOUBLE  
HITCH - SINGLE OR DOUBLE  
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 TAP BACK  
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 FORWARDS 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 TAP BACK  
HEEL CLICK  
HEEL DROP- SINGLE/DOUBLE  
FLAP  
FLAP B.C.

SHUFFLE, HEEL DROP, TOE TAP BACK  
CHUG - SINGLE OR DOUBLE  
HITCH - SINGLE OR DOUBLE  
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 TAP BACK  
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  
RIPPLE CRAMP  
RIPPLE CRAMP TOE

---

#### 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 TOE BACK X4 +1-4//REPEAT SIDE +5-8  
SHUFFLE R BACK EN FONDU WITH HEEL 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

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

**COMBOS:**

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//CHAINED 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//REPEAT L  
- 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 HEEL HEEL  
- 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 WITH L ATTITUDE 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