

L2D

Luv 2 Dance

S T U D I O

B A L L E T

(ALL CENTER FLOOR – NO BARRE)

Point Feet
 Flex Feet
 Parallel position
 First Position
 Plie
 Tendue
 Port de Bras
 Marching w/pointed toes
 Ballet Walks
 Skips
 Passe
 In front of mirror – Turned out
 Across floor – in parallel
 Eleve walks (tippy toe)
 Emboites (buffoons)
 Chasses – to side – chasing
 Low Battements
 Leap across river – with 2 feet & alternating feet
 Jumps in 1st

T A P

Ball tap
 Heel tap
 Toe Tap
 Steps (balls of feet)
 Stamp (whole foot w/weight)
 Hop
 Jump
 Ball Steps
 Heel Steps
 Toe Steps
 Shuffle (Paint Floor)

B A L L E T

(ALL CENTER FLOOR – NO BARRE)

Point Feet
 Flex Feet
 Parallel position
 First Position
 Second Position
 Plie
 Tendue
 Port de Bras
 Marching w/pointed toes
 Ballet Walks
 Skips
 Passe
 In front of mirror – Turned out
 Across floor – in parallel
 Eleve walks (tippy toe)
 Emboites (buffoons)
 Chasses – to side – chasing
 Low Battements
 Leap across river – with 2 feet & alternating feet
 Plie, Releve
 Jumps in 1st
 Jumps in 2nd

T A P

Ball tap
 Heel tap
 Toe Tap
 Steps (balls of feet)
 Stamp (whole foot w/weight)
 Hop
 Jump
 Ball Steps
 Heel Steps
 Toe Steps
 Ball Heel (walking)
 Tightrope walk (crossing one foot in front of the other)
 Shuffle (Paint Floor)
 Shuffle hop
 Shuffle toe back
 Shuffle step
 Flap – INTRO: brush, step

BALLET

Point feet
 Flex feet
 Parallel Position
 1st Position
 2nd Position
 Plie
 Tendue
 Port de Bras
 Marching w/pointed toes
 Ballet Walks
 Skips
 Passe
 In front of mirror – Turned out
 Across floor – in parallel
 Pique Point
 Eleve walks (tippy toe)
 Emboites (buffoons)
 Chasses – to side – chasing
 Low Battements
 Leap across river – with 2 feet & alternating feet
 Plie, Releve
 Jumps in 1st – Jay's – 3 successive plies, straight; 3 successive plies, saute
 Jumps in 2nd - Jay's
 Echappe saute (saute to 2nd, saute to 1st)
 Introduce chaine turns – cookie cutter

TAP

Ball tap
 Heel tap
 Toe Tap
 Steps (balls of feet)
 Stamp (whole foot w/weight)
 Hop
 Jump
 Ball Steps
 Heel Steps
 Toe Steps
 Ball Heel (walking)
 Tightrope walk (crossing one foot in front of the other)
 Shuffle (Paint Floor)
 Shuffle hop
 Shuffle toe back

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BALLET

Introduce exercises at Barre

BARRE

Demi Plies – in 1st, 2nd, 3rd/5th

Tendue – en croix

Eleve

Arabesque a terre

Demi rond de jambe (front to side; side to back...)

Grand Plie in 2nd

Degages

Glisse de cote

Sur le cou-de-pied

Battement Retire

Plie Releve

Pique

Coupe

Detourne

Port de corps

Low arabesque en l’air

Low (45°) grand battements

Pique Passe (at barre, then in center)

CENTER

Sautes from 1st – start w/Jay technique:
3 successive plies, jump

Teach Reverance

Sautes to 2nd

Echappe saute

Ballet Walks

Ballet Runs

Bourree-running step

Skipping

Glissade from 1st

Pas de Chat

Galloping

Chasse de cote

Chasse en avant

Waltz step – no brush (down, up, up)

Polka Step (chasse en avant, skip)

Preparation for Chainé Turns

Cookie Cutter

Jay’s – 6 steps, turn

Pas de bourree

Pas Marche

TAP

Tap Step

Heel Step

Toe Step

Heel Digs

Ball Drops

Heel Drops

Step (no heels)

Stomp (no weight)

Stamp (bears weight)

Jump

Hop

Leap (from one foot to another)

Brush

Spank

Shuffle

Ball Change

Tap Down

Shuffle step

Shuffle hop step

Shuffle Tap Down

Irish Front and Back

Shuffle Ball Change

Flaps

Brush, step

Running flaps

Flap Heel

Flap ball change

Back Flap (spank, step)

Back Flap Heel

Chug

Hitch

Cramp Roll

Back essence (spank step R, ball, step; L)

Paraddidle

Shim Sham

JAZZ

Isolations: head, neck, shoulder, rib cage, hips

Body Rolls

Arm positions: Jazz hands, “V”, “L”, “T”

Pivot

Step Touch

Stylized Walks

*Passe

Pas de bourre - over and under

Chasse ball Change

Jazz Square

Battements

Front

Side

2 Front, 2 Side

Kick ball change

Grapevine

Cross touch

Lindy

Tuck Jump

Toe touch

Fan

Illusion

Fan into Illusion

Grand Jete

JAZZ continued

COVER CHASSE, PIROUETTE, CHAINE, & JETE PROGRESSIONS EACH CLASS

⌘ Chasses

Hips facing forward, R, together, R; L, tog, L in PLIE

Add turned out feet, sliding

Add air moment, opposite swinging arms

Chasse ball change

*Pirouette Progression

Passe – in front of mirror

Step passe in parallel w/HOH - FLAT

Pirouette Preparation in front of mirror – 4 parts – Flat

En releve

Step passe en releve across floor, T arms

Box w/ ¼ turns

½ turns

Single

3 forward walks, prep, hold

3 forward walks, prep, turn

JAZZ continued

∞Chaine Progression

Releve walks w/L arms – NO BOUNCING

Cookie Cutter – rotation front/back, HOH

Jay Chaine – 6 walks, 1 turn

4 walks, 2 turns

Progress w/deep plie in 2nd, up w/1/2 turn – back & forth – on FLAT

Add Releve

Add Arms – open & close

Slide to 2nd plie (1-2), turn (3-4)

◇Jete Progression

Skipping – HOH – lift bum up

Add T Arms

Battement across floor – HOH – brush 1st – lower turned out heel

Battement to 90°, T arms

Battement adding back kick

Rocking Horse

Slide forward R, L thru to weight change – keep leg extended, then close – ONE SIDE, then Alternate

More connected – still slow – going through each section

JAZZ TECHNIQUE

Include in Warm Up

Isolations
 Body rolls
 Lunges
 Deep 2nd Plies – on flat & releve
 Splits
 Hamstring Stretch
 Abdominals
 Push Ups or Dips – can alternate
 Retire Releve Balances
 Sautes

*Pirouette Progression

Passe Practice – Center Floor

Step Passe – FLAT foot – HOH

Step, Passe

3 steps, Passe

Preparation – tendue 2nd, to 4th back, passe (on flat), close

Add releve on passe

Step passe – passe on flat, rise to releve, close

In Center – BOX progression: $\frac{1}{4}$, $\frac{1}{2}$, whole

Step passe – 2 steps (1-2), step in PLIE w/forced arch (3), spring to passe releve (4),

balance (5-6), lower (7-8)

Add single turn

Possible to doubles

TECHNIQUE continued

∞Chaine Progression

Walks in releve – L arms – NO BOUNCING

Rotation Front to Back – HOH – flat - spotting

In releve

Jay Chaine – 6 walks, 1 turn

4 walks, 2 turns

Slide to 2nd plie, chaine

Chaine in plie

◇Jete Progression

Skipping, HOH, lift bum up

Alternating w/T arms

Battement – HOH – brush thru 1st, pull forward when lowering

Battement to 90°, T arms

Battement adding back kick

Rocking Horse

Slide forward R, L thru to weight change – keep leg extended, then close – ONE SIDE,

then Alternate

More connected – still slow – going through each section

ψChasse Progression

Step, together, step – hips forward – T arms

Alternate leading leg

Add turned out feet, sliding toes

Add air moment

Add Swinging Opposition arms

ELEMENTS

Stylized Walking
Pivot turns
Ball Change
Kick Ball Change
Chasse Ball Change
Grapevine
Jazz Square
Pas de bourre – back
6 step pas de bourre
Toe Touch
Tuck Jump
Fan
Illusion
Illusion to Fan
Soutenu Turn
Pas de Chat
Pique Preps – onto straight leg
Glissade – start behind, land in front
Double Stag Leap

JAZZ TECHNIQUE

Include in Warm Up

Isolations
 Body rolls
 Lunges
 Deep 2nd Plies – on flat & releve
 Splits
 Hamstring Stretch
 Abdominals
 Push Ups or Dips – can alternate
 Retire Releve Balances
 Sautes

*Pirouette Progression

Passe balance contest
 Preparation – tendue 2nd, to 4th back, passe (on flat), close
 Add releve on passe
 Step passe – passe on flat, rise to releve, close
 In Center – BOX progression: ¼, ½, whole
 Step passe – 2 steps (1-2), step in PLIE w/forced arch (3), spring to passe releve (4),
 balance (5-6), lower (7-8)
 Add single turn
 Possible to doubles

6 step w/singles

Doubles

En dedans (inwards)

∞Chaine Progression

Jay Chaine – 6 walks, 1 turn
 4 walks, 2 turns
 2 walks, 3 turns

Slide to 2nd plie, chaine

Chaine in plie

Alternating Chaines in plie and en releve

TECHNIQUE continued

◊Jete Progression

Really Skipping
 Battement – 2 front, 2 side
 Battement adding back kick
 Whole jete – very slow – each motion 1 count
 Add Chasse to beginning

ψChasse Progression

Across the floor – R, tog, R; L, tog, L – HOH
 Add swinging arm
 Add Air moment
 ~Center Leap Intro

Glissade – add height
 Combine with pas de chat
 2 steps or chasse into
 3 in a row

°Pique Turns

Pique preparations
 Add turn slowly

*Tours En L'air Preparation

Slide to 2nd, rotate in place
 Add Air moment

ELEMENTS

Stylized Walking
Kick Ball Change
Chasse Ball Change
Grapevine
Jazz Square
Soutenu Turn
Glissade
Pas de Chat
Pas de bourre – back
6 step pas de bourre
Turning Pas de Bourre
Traveling backward
Toe Touch
Tuck Jump
Fan
Illusion
Illusion to Fan
Double Stag Leap
Stag Leap

JAZZ TECHNIQUE

Include in Warm Up

Isolations
 Body rolls
 Lunges
 Deep 2nd Plies – on flat & releve
 Splits
 Hamstring Stretch
 Abdominals
 Push Ups or Dips – can alternate
 Back Strengthening
 Retire Releve Balances
 Sautes

***Pirouette Progression**

Passe balance contest
 Preparation – tendue 2nd, to 4th back, passe (on flat), close
 Add releve on passe
 Step passe – passe on flat, rise to releve, close
 In Center – BOX progression: ¼, ½, whole
 Step passe – 2 steps (1-2), step in PLIE w/forced arch (3), spring to passe releve (4),
 balance (5-6), lower (7-8)
 Add single turn
 Possible to doubles
 6 step w/singles
 Doubles
 En dedans (inwards)
 Across floor combos using timing, weight change, direction change
 Forced Arch turns
 In Coupe
 In Arabesque
 In Attitude

TECHNIQUE continued

∞Chaine Progression

Jay Chaine – 6 walks, 1 turn
 4 walks, 2 turns
 2 walks, 3 turns

Slide to 2nd plie, chaine
 Chaine in plie
 Alternating Chaines in plie and en releve
 Chaine in a box
 Plie in 2nd, 2 COUNTS, up to releve

◇Jete Progression

Really Skipping
 Battement – 2 front, 2 side
 Battement adding back kick
 Whole jete – very slow – each motion 1 count
 Add Chasse to beginning

ψChasse Progression

Across the floor – R, tog, R; L, tog, L – HOH
 Add swinging arm
 Add Air moment

~Center Leap Intro

Glissade – add height
 Combine with pas de chat
 2 steps or chasse into
 3 in a row

°Pique Turns

JAZZ TECHNIQUE continued

~Center Leap Intro

Glissade – add height
 Combine with pas de chat
 2 steps or chasse into
 3 in a row

°Pique Turns

Pique preparations
 Add turn slowly
 Across floor

*Fouette Introduction – at BARRE

Ab strengthening
 Hold leg front, side
 Go through 4 positions at barre
 Go through 4 stages slowly center floor
 Steps 1-4, with turn, end out on 1
 Continuous

ELEMENTS

Stylized Walking
 Kick Ball Change
 Chasse Ball Change
 Grapevine
 Jazz Square
 Soutenu Turn
 Glissade
 Pas de Chat
 Pas de bourre – back
 6 step pas de bourre
 Turning Pas de Bourre
 Traveling backward
 Toe Touch
 Tuck Jump
 Fan
 Illusion
 Illusion to Fan
 Double Stag Leap
 Stag Leap
 Tours En L'air
 Pencil Turn
 Renverse
 Back Leap
 Back Battement for prep

COMPETITION PROGRAM

L2D

Luv 2 Dance

S T U D I O

L2D STUDIO USE ONLY.

TECHNIQUE A**P I R O U E T T E S**

Center floor – Placement center floor, passe placement (right and left)

Across the floor – step passe (12,34) flat foot HOH, working on placement for passe

C H A I N E T U R N

Across the floor – releve walks, arms in L (legs are stilts, no bouncing in feet, stay high releve) shoulders square/try moving arms, soft while in releve.

Rotation front to back HOH (chest square to front, square to back).

Walking (sliding feet) turned out through first in plie HOH, adding down up up (tail bone under/push hips, not chest).

C H A S S E

Across the floor, facing hips toward the mirror, arms at T.

J E T E

Skipping HOH, lifting bum up JUMP.

Battement, Across the floor – starting in first HOH, brushing through first to tend, pull heel forward when lowering (draw smiley face on ankle).

C O M B O E L E M E N T S

Walking, Pivot turn, Center Floor, HOH Pivot Turn, Ball Change, Chasse, Slide ball change back HOH.

TECHNIQUE B**P I R O U E T T E S**

Center floor – Tendu side prepare back passe, releve hold close parallel feet, arms stay in first (flat foot, right and left).

Right arm, right leg, line up of feet (no tight rope legs, they are on at track, back knee down), tail bone under.

Partner arm exercise: bending from elbow and working on using back (do not bend from elbow).

COMPRESS – pop up onto a locked leg, dig down as they come up, shoulders go down, go up to come down, 50/50 push pull, spot.

Across the floor – step passe, flat foot on step, releve on to a straight leg, add arms hold T after legs.

C H A I N E T U R N

Across the floor – releve walks adding turn on 7 and 8.

Rotation front to back HOH (chest square to front, square to back) Adding arms open close.

4 walks forward in plie going through first feet turn out HOH, tail bone under, push with hips not chest, toes connected, down up up.

C H A S S E

Across the floor – right together, left together left HOH. Alternating leading leg.

J E T E

Repeat skipping (really work pointed feet) and battement (lift leg table top, add T arms).

Exercises from Technique A.

Start weight change, rocking horse, slide right left through first, brush up weight change onto front leg (straight legs).

C O M B O E L E M E N T S

Walking, Ball change kick, center floor, (T arms, table top high) Pivot turn, ball change, prancing WHOLE COUNTS.

TECHNIQUE C**P I R O U E T T E S**

Repeat Technique B, if they know direction, introduce box center floor

C H A I N E T U R N

Adding releve to open front back and spotting

C H A S S E

Repeat Technique B, turn out feet, sliding pointing toes.

J E T E

Repeat Technique B, keep chest lifted, pointed feet sliding through first across the floor with one leg at a time (weight change).

C O M B O E L E M E N T S

Walking, Ball change kick, pivot turn, ball change, prancing, add grape vine across the floor, WHOLE COUNTS. Challenge your dancers. Do combo's w/ Technique and choreography

TECHNIQUE A**P I R O U E T T E S**

Center floor – working on prep and passe placement – Tendu side, prepare back passe, releve hold, close parallel feet, arms stay in first (flat foot).

Right arm, right leg, line up of feet (no tight rope legs, they are on at track, back knee down), tail bone under. Walk into prep.

Partner arm exercise: bending from elbow and working on using back (do not bend from elbow).

COMPRESS – pop up onto locked leg, dig down as they come up, shoulders go down, go up to come down.

Box, hold 4 corners, ½ turns, whole turns (right and left).

Across the floor – step passe (12, 34) step flat plie, passe releve, arms are at a T.

Introduce step prepare center and walking in forced arch 1, 2, 3, prep 4 (front foot flat, back foot up) hold, then add turn (hold, single, hold).

C H A I N E T U R N

Across the floor – Jay Chaine, releve walks turn 7, 8, then 4 turn 6, 7 turn 8.

Rotation front to back HOH (chest square to front, square to back) arms, releve, spotting side REVIEW (1 x across).

4 walks forward in plie going through first feet, turn out HOH, down up all the way and add travel backwards back across the floor.

Sliding into second hips to mirror 1, 2, 3, and 4 (one chaine) really working second position, knees back, bum under, arms in second.

C H A S S E

Across the floor – right together, left together HOH, alternating leading leg (adding swinging opp. Arm as leg after they have feet down well).

J E T E

Repeat skipping (really work pointed feet), adding straight leg skip, chest up HOH (2 skip, 2 straight leg or straight leg toward the mirror or across).

Battement (lift leg table top, add T arms) adding a side kick (2 front, 2 side).

2 slides through first position, brush right, weight change, brush left behind (chest up, straight legs) slide through first 2x brush repeat, arms hips or low 5th.

C O M B O E L E M E N T S

Walking, Ball change kick, pivot turn, ball change, grape vine across the floor, jazz square, passe, saute, illusion, WHOLE COUNT, incorporating salsa, mambo, sugars, prancing.

TECHNIQUE B**P I R O U E T T E S**

Center floor, finding balance on all 10 toes, partner contest holding.

Across the floor, repeat Technique A, could add double pirouettes for older level 2, step prepare center floor.

C H A I N E T U R N

Across the floor, Jay Chaine – releve walks adding 5 turn 6, 7, turn 8.

Sliding into second, hips to mirror 1, 2, chaine 3, 4 (one chaine) really working second position, knees back, bum under, arms in second. Front to back.

4 walks forward in plie going through first, feet turn out HOH, adding 4 front, 4 back, tail bone under, push with hips, not chest, toes connected.

C H A S S E

Repeat Technique A

J E T E

Repeat straight leg skipping, brushing, upper body still, adding opp. Arm as leg.

Battement adding back kick.

Repeat slow one leg at a time, jete exercises, brushing, feet position and weight transfer (landing in plie back leg straight, no dumping in chest).

P A S D E C H A T

Flick the feet, off the floor, land w/ bent knees, aligned, turned out, knees are tracking.

HOH across the floor, (start behind, landing second leg in front always) adding T arms in the air when ready, floating arms.

P I Q U E P R E P S

Across the floor – stepping onto a straight leg, plie “cowboy” both legs turned out, weight on standing leg, “riding a horse”, start w/ foot out, prep needs to look good.

C O M B O E L E M E N T S

Adding HALF COUNTS, prancing feet, using parallel from warm up in the combos. Toe, ball, heel, hang down and roll back up.

TECHNIQUE C**R E P E A T T E C H N I Q U E B**

Adding rotation on pique every other if ready, can do pique towards mirror, 50/50 arms follow legs.

G L I S A D E

Facing mirror, one leg at a time, feet turned out, legs brushing and straight. Start behind, land in front.

C O M B O E L E M E N T S

Walking, adding intro to fan, fan into illusion for momentum. 4 step.

TECHNIQUE A**P I R O U E T T E S**

Center floor – working on prep, passe and coupe (starting in 5th for coupe, feet turned out) placement – Tendu side, prepare back passe, releve hold, close parallel feet arms stay in first (flat foot), Right arm, right leg, line up of feet (no tight rope legs, they are on at track, back knee down), tail bone under,

Partner arm exercise: bending from elbow and working on using back (do not bend from elbow).

COMPRESS – pop up onto a locked leg, dig down as they come up, shoulders go down, go up to come down.

Finding balance on all 10 toes, partner balance contest, releve, plie while in passe going from coupe P up to passe and hold, pressing down (no roll to baby).

Box, hold 4 corners, ½ turns whole turns (right and left) Pirouettes and/or coupe.

Review 1, 2, 3, prep 4 pirouette, adding doubles and introducing 6 step hold, single, double.

C H A I N E T U R N

Across the floor – Jay Chaine, releve walks turn 34, 56, 78 (50/50, spotting).

Sliding into second hips to mirror, 1, 2, 3, and 4 (one chaine) really working second position, knee's back, bum under, arms in second. Adding another rotation on the front only rep. and reviewing the direction change front to back slow, 1,2, up 3, 4, for direction change front to back.

4 walks forward in plie going first feet turn out HOH down up up all the way and add rotation HOH to begin traveling hips, shoulders stage R.

C H A S S E

Across the floor – right together right, left together let HOH, alternating leading leg with arms, no monster claw, feet turned out, adding height.

J E T E

Repeat skipping (really work pointed feet), skipping for height once, travel down stage straight leg skip, upper body still.

Battement, brushing feet, front, side back, hold, etc... combo of this holding technique, also continue coupe fan across the floor.

2 slides through first position, brush right, weight change, brush left (chest stays up, straight legs), slide through first 2x brush repeat arms hips or low 5th.

Adding a chasse on the beginning and speeding it up, allowing to use some power going into the jete, while holding technique, opp. Arm as leg.

P A S D E C H A

Level 2, Technique B, adding height.

TECHNIQUE A continued**C E N T E R L E A P I N T R O**

Glissade 2B adding height, combining with pas de cha or 1-1-1-2 or 1-2-2-1 etc., trying front leg developpe back leg swing break down, landing in front into chasse or 2 steps (watching that the cross step is turned out, second leg turned out, landing in front corrects this).

P I Q U E P R E P S A N D T U R N S

With rotation, every other and then every (can travel down stage).

C O M B O E L E M E N T S

Walking, Ball change kick, pivot turn, ball change, grape vine across the floor, jazz square, passe, saute, illusion, 6 step, pas de borre (back side front), traveling backwards, using parallel positions, rolling through feet and spine, combinations of technique, adding movement into the combination with technique.

TECHNIQUE B**P I R O U E T T E S**

Repeat Technique A adding 6 step, rotate on 4, 5, 6 prepare pirouette, back side font pirouette. En dedans (inward), En dehor (outward)

C H A I N E T U R N Repeat Technique A

C H A S S E Repeat Technique A

J E T E

Repeat straight leg skipping, brushing, upper body still, adding opp. Arm as leg. Battement adding back kick.

Repeat Jete with chasse working on the fine-tuned details.

P A S D E C H A T

Adding Grande pas de cha, reverse grande pas de cha.

C E N T E R L E A P S

Glissade repeat if feet are not in correct position, then doing 1 center leap, 3 in a row.

P I Q U E T U R N S

Repeat Technique A, adding a double on the 4th.

T O R P R E P A R A T I O N , A N D A

Adding rotation when ready, sliding feet turned out meeting in the middle, sliding from first position no tag.

C O M B O E L E M E N T S

Walking, adding HALF COUNTS, prancing feet, using parallel from warm up in the combo's, pirouette combos Marci, "Jump" combo for foot work and direction change, weight change, incorporating salsa, mamba, sugars.

TECHNIQUE A**P I R O U E T T E S**

Center work, finding true balance, using arms and core, partner contest, box coming from 2nd (warm up).

Across the floor combo's using timing, weight change, direction change, movement.

Forced arch turns.

Pirouette and Coupe turns En dedans, En dehor.

P E N C I L T U R N**A R A B E Q U E T U R N****S O U T N U E****C H A I N E T U R N**

Jay Chaine exercises, single with re setting body square each rotation, spotting, not whipping in arms.

Adding chaine box, backwards chaine box.

Staying second for 2 counts, pulling up to releve.

C H A S S E**J E T E****T O U R****B A C K L E A P****B A C K A T T I T U D E****R O N V E R S E****S O U T E****F O U E T T E I N T R O D U C T I O N A T B A R**

(pirouettes must be solid before attempting this).

Abs strength is required to execute properly, start with a few songs of abs work.

Begin with strengthening exercises center, holding leg front and side.

Exercising each position at the bar with releve and locked legs, pocket of cheerios.

Beginning slow stages center floor.

LEVEL 5

Dancers should now be working on putting the above technique in combinations.

Fouette combinations, using doubles, jumps, attitude, etc... (across the floor pique to fouette).

W A R M U P I D E A S

Bounce
Step Knee (contracting center)
Jumping up and down
Slow swoop around bending legs
Step clap
Grape vine add turn every other
Walk it out
Jump side to side, front to back
Heads accenting in, heads out, around ½ way
Isolations, chest, hips
Shoulders rolling, up and down (one at a time, forward back)

A C R O S S T H E F L O O R I D E A S

Step back side (Michael Jackson Dance)
Jump out and punch cross (Rock your body)
Slide clap, slide clap jump, right 2x hop hop scotch R.L,R (Janet Jackson, Alright With Me)
Doing footwork, pivot turns, out in, getting into the legs
One dancer 8 counts and 8 counts freestyle 8 counts off

M U S I C I D E A S

Jay Lo Going In, Mariah Carey Emotions, Michael Jackson Wanna Be Starting Something, Bruno Mars, Chris Brown Turn Up the Music, Bobby Brown Every Little Step, Justin Beiber Somebody to Love, New Kids, James Brown,

TAP CURRICULUM

L2D

Luv 2 Dance

S T U D I O

L2D STUDIO USE ONLY.

March x8

Taps R x7 Stamp, Taps L x7 Stamp, Heels R x7 Stamp, Heels L x7 Stamp

Taps R/L, Heels R/L (x2) slow; Repeat x4 (double time).

Alt tap downs x4, tap downs x7 (double time) stamp.

Alt toe drops x 4, toe drops x 7 (double time) stamp.

Slow Shuffles R x3 Stamp; shuffles L x3 Stamp.

Fast (or slow) shuffles R front x8, side x8, back x8, side x7, stamp. Repeat Left.

Slow Flaps R x8, Heel L, Heel R, (on +8 to switch sides); Repeat Left.

Slow Spanks R x8, Heel L, Heel R (on +8 to switch sides); Repeat Left.

Alt Flap Heels x4, alt Flap back Heel front heel x4.

Alt Spank Heels x4, alt Spank Heel Heels x4.

Stomp R Clap (1+2+3+4+5+6), stomp 7, clap 8/Clap stomp L (1+2+3+4+5+6+) clap 7, stomp 8.

Stomp clap variation of your choice (2 sets of 8).

Shuffle R x2, Shuffle b/c, shuffle hop step R, shuffle hop step L, Repeat x2. Rpt. L.

Slow cramp roll: tap R, rap L, heel R, heel L x2, start with L x2.

Reverse cramp roll: heel R, heel L, tap R, tap L x2, start with L x2.

Leaping shuffles: leap L shuffle R

ANKLE WARM UP (VIDEO):

Toe drop R x4 (slow)

Toe drop R x8 (faster)

Toe drop R x16 (double time)

Repeat L toe, both heels.

Alternating toe drops x4 (slow)

Alternating toe drops x8 (faster)

Alternating toe drops x16 (double time)

Repeat alternating heels as above.

Ball drops R x2, heel drops R x 2, Taps (lift toe) R x2, heel drops R x2, Repeat Left.

Repeat entire exercise x16 – alternating feet.

Triplets: ball drop R, heel drop R, tap R, Repeat Left. Alt. x4 slow/ x8 faster continue getting fater and walking.

Ball drop R, heel drop R, tap R, heel drop R, Repeat Left. Alt. x16. Speed up to x16.

Shuffle heel toes: shuffle R, heel R, toe drop R, Repeat Left. Alt. x16 (slow then faster).

Backwards Shuffle: spank R, brush R, step R, Repeat Left. Alt. x16 (slow then faster).

Double Toe drops x4, double heel drops x4, repeat but clap with toe drops, alternating toe drops/heel drops with claps in between.

Feet position game:

-1: toe drop R

-2: toe drop L

-3: heel drop R

-4: heel drop L

Alternating all positions 1, 2, 3, 4, x16

Skip position 2: 1,3,4,1 repeat 1,3,4,1

Skip position 3: 1,2,4,1 repeat 1,2,4,1

Skip position 4: 1,2,3,1 repeat 1,2,3,1

Repeat all starting with Left foot.

-more advanced: do all skipping position in a row

--after finished loosen ankles (shake).

T A P L E V E L 1 A

TAP LEVEL 1A

LEVEL 1 A:

March

Heels: heel step, heel step (alt. feet)

Taps: hit ball of foot. Tap step, tap step (alt. feet)

Toes: hit top of toes. Toe step, toe step (alt. feet)

Heel Drops (Tap Down)/Toe drops: drop only heel while leaving ball of foot on ground. Drop only toe while leaving heel on ground.

Jump: hop off of two feet/Leap: jump from one foot to other (switching weight) Hop: weight stays on same foot – hop, hop, hop, hop, leap –jump, jump, jump, leap, etc.,

Step: putting weight on ball of foot/stamp: putting weight on entire foot: stamp carrying no weight. Stamp, stamp, stamp, stamp.

Ball Change

Shuffle: brush forward, spank back: Shuffle steps. Irish: Shuffle hop step (fwd. and back).

Flaps: brush forward, step on ball. Flap heels, walking/running flaps.

Back Flap: Spank Step. Back flap heels (spank ball heel).

Chug: Standing on one foot – slide fwd. on ball of supporting leg.

Hitch: Opposite of chug – slide bkwd making scraping sound.

Buck: Slide fwd. on balls of both feet and drop both heels simultaneously at end of slide.

Cramp Roll: Tap R, Tap L, Heel R, Heel L.

Back Essence: Spank step R, Ball change L/R, Repeat Left.

CENTER COMBOS:

Heel step x4 alt. heel heel step R, heel heel step L, stamp R. Repeat L, (can do same exercise with Tap and Toe Steps).

Shuffle R x3, stamp R, repeat L, shuffle stamp R, shuffle stamp L, shuffle R x3, stamp R. Reverse.

Ball Change R/L, step R: Ball Change L/R, step L: Ball Change R/L, step R, clap x2. Reverse/Repeat. Can do AABBA pattern.

Einee Meinee – Fwd and Back shuffles (VIDEO): brush fwd R (ei), spank back R (nee), brush fwd (mei), spank bk(nee), brush fwd (mi), spank bk (nee), brush fwd (mo). Repeat R, starting spank bk (catch), brush (a), spank (ti), brush (ger), spank (by), brush (a), spank (toe), continue (einee, meinee, mi) tap R (nee), heel drop R (mo). Reverse L, continue in different positions (cross over standing leg, side, back, cross behind standing leg).

ACCENT EXERCISE (VIDEO): Ball drop R, heel drop R, tap R, heel drop R. Repeat L.

Do feet continually – clap on count 4. Repeat but sing “4” on count 4. Repeat doing clap on 3, then sing 3 and so forth until 1.

Repeat all over... clap 4 on R, 3 on L, 2 on R, 1 on L. Sing 4 on R, 3 on L, 2 on R, 1 on L.

Repeat... sing on R, clap on L in descending order.

Repeat... sing loud on R, whisper on L in descending order.

*can do with beginners... don't move through entire exercise until they are ready (may not be ready for long time).

Shuffle x2, shuffle.

ACROSS THE FLOOR:

Tap downs (alt)

March x4, shuffle step x 2 (alt)

Flaps (alt)/Flap heels (alt)

Flap heels x4 (alt), flap bc x2 (alt), stamp, clap clap

LEVEL 1 B:

Shim Shams: shuffle step R, shuffle step L, shuffle ball change R, shuffle step R (alt)

Shuffle Ball Heels**Hop Shuffle steps**

Backward Shuffles: spank R, brush fwd R, spank R, Rpt L

Riffs: 2 count (ball, heel scuff of same foot), 3 count (ball R, scuff R, heel L), 4 count (ball R, scuff R, heel L, heel R)

Paradiddle

Bombershay: step L (R toe comes up as step), spank R, heel R, step L, and repeat.

Buffalos: Leap R, shuffle L, Leap L.

Time Steps:

Single – hop L, step R bk, flap L fwd, step R, stomp L

Double – hop L, flap R fwd, flap L fwd, step R, stomp L.

Triple – hop L, shuffle step R, flap L fwd, step R, stomp L

Drawbacks: feet close together/parallel, spank bk R, drop L heel, step bk R. Reverse.

CENTER COMBOS:

Heel Drop (Tap Down/Toe Drop Combo): Tap down x4 (alt), toe drop x4 (alt), tap down x2, toe drop x2, tap down, step, repeat.

Around the World Placement Exercise (VIDEO): Flap fwd R (position 1) flap cross R over L (position 2), Flap side R (position 3), Flap back (position 4), Flap cross behind L (position 5), Flap side R (position 4), Flap R heel L heel R. Repeat Left.

-same exercise adding flap back heel

-same exercise adding flap back heel front heel (flap heel heel)

-same exercise adding flap back heel front heel back heel

Paradiddle combo: paradiddle R, L, R, dig heel L; Repeat L, R, L, dig heel R;

paradiddle R, dig heel L; paradiddle L, dig R; paradiddle R, L, R, dig heel L.

FWD/Backward Shuffles: Shuffle step x4 (fwd), backward shuffle step x4, shuffle step R, backward shuffle step L, backward shuffle step R, shuffle step L, stamp R, Clap x3.

ACROSS THE FLOOR:

Flap across the floor (Video): Flap x5 R, L, R, L, R, flap heel L, flap heel R, flap L bc, flap R bc, stomp L, R. – hold: flap L, heel r, L bc R/L, heel R drop toe R, stamp L, Improv (1+a, 2+a, 3+a, 4+a, 5, 6, ending on 7).

Draw backs/3 draw backs, tap down, tap down.

Cramp Roll (traveling R) heel R, heel L, Tap R, Tap L; Cramp Roll R, Tap R, Tap L, heel R, heel L.

LEVEL 2 A:

Scuffle: heel dig R, spank bk R, step R, Reverse.

Stomple: Stomp R, spank bk R, step R. Reverse.

Toe Clicks/Heel Clicks: Lift toes – click together/lift heel – click together.

Maxi Ford: Leap R, shuffle L, leap onto L, toe R behind.

Flap Cramproll: Flap R, Toe R, Toe L, heel R, heel L, Reverse.

Double Irish: Shuffle hop step R, shuffle bc L. Reverse.

Double Essence: Spank step R, flap L, step R. Reverse.

Riffs: can do in place and walking.

-5 count: (ball R, scuff R, heel L, heel R, toe drop R).

-6 count: (ball R, scuff R, heel L, heel R, toe drop R, heel R).

-7 count: (ball R, scuff R, heel L, heel R, toe drop R, heel R, heel L).

Drawbacks: crossing.

Double Buffalo: substitute leap with flap.

Rolling shuffles: leap shuffles alternating.

Flap heel variations (see combos).

CENTER COMBOS:

Placement Exercise from Level 1B, using scuffles and stamples.

Flap R, heel L, heel R, spank L, heel R, Toe L, heel R, Repeat going Left; irish R, L,; 5 count Riff.

Hop Shuffle front x8, side x8, back x8, leaping shuffles side x8, Repeat L.

Staircase:

ACROSS THE FLOOR:

3 drawbacks, tap down, tap down.

Crossing drawbacks.

LEVEL 2 B:**Turning Maxi Fords**

Paddle Turns: spank R, step R, step L, while turning.

Leap Scuff leap toe (turning)

Cramproll turns

Traveling Time Steps: Shuffle step R, Shuffle L bc bc L/R, hop R, step L, shuffle step R, Reverse.

Pull backs

-double: lift toes, spank step bkwd (both feet).

-single: same as above on one foot.

Toe Stands

Begin Wings: scrape spank step – start sitting on chair, then leaning on bar, then center floor.

CENTER COMBOS

Flap x6 jump pull back (both feet)

Repeat

Flap x2 jump pull back

Repeat

Flap x6 jump pull back