L2D Tap Curriculum 2016-2017

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, leap --jump, jump, jump, leap etc

* step: putting weight on ball of foot/stamp: putting weight on entire foot/stomp: stamp carrying no weight

--stamp, stamp, stamp, stomp

* 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, rpt L

Center Combos:

* heel step, x4 alt, heel heel step R, heel heel step L, stamp R. Rpt L (Can do same exercise with Tap and Toe steps)
* shuffle R x3, stamp R. Rpt 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/Rpt. Can do AABBA pattern
* Einee Meinee-Fwd and Bk Shuffles (Video): brush fwd R (ei), spank bk R (nee), brush fwd (mei), spank bk (nee), brush fwd (mi), spank bk (nee), brush fwd (mo). Rpt R starting spank bk (catch), brush (a), spank (ti), brush (ger), spank (by), brush (a), spank (toe), cont (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. Rpt L

 --Do feet continually - clap on count 4. Rpt but sing "4" on count 4

 \* Rpt doing clap on 3, then sing 3 and so forth until 1

 --Rpt all again...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

 --Rpt....sing on R, clap on L in descending order

 --Rpt...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 x2 (alt)
* flaps (alt)/Flap heels (alt)
* Flap heel x4 (alt), flap bc x2 (alt), stamp clap clap

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

heel R, spank R, tap down R (reverse L)

* Bombershay

--step L (R toe comes up as step), spank R, heel R, step L and rpt

* 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, 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 R (position 4), Flap cross behind L (position 5), flap side R (position 4), flap R heel L heel R. Rpt L

--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; Rpt 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 x 4 (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 Floor (Video): Flap x 5 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, 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 stomples
* flap R, heel L, heel R, spank L, heel R, toe L, heel R. Repeat going L; 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

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

* S

**Tap Warm Up:**

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; rpt x4 (double time)

alt tap downs x4, tap downs x7 (double time) stamp

alt toe drops x4, toe drops x7 (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. Rpt L

slow flaps R x8 heel L, heel R (on +8 to switch sides); Rpt L

slow spanks R x8 heel L, heel R (on +8 to switch sides); Rpt L

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. Repeat L

slow crap roll: tap R tap 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):

I.

* toe drop R x4 (slow)

toe drop R x 8 (faster)

toe drop R x16 (double time)

Rpt L toe, both heels

* alternating toe drops x 4 (slow)

alternating toe drops x8 (faster)

alternating toe drops x16 (double time)

Rpt alternating heels as above

* ball drops R x2, heel drops R x 2, taps (lift toe) R x2, heel drops R x2. Rpt L

Repeat entire exercise x 16 - alternating feet

* triplets: ball drop R, heel drop R, tap R. Rpt L. Alt x4 slow/ x8 faster

 continue getting faster and walking

* ball drop R, heel drop R, tap R, heel drop R. Rpt L

 alt x16. Speed up x16

II.

* Shuffle heel toes: Shuffle R, heel R, toe drop R. Rpt L and alt x16 (slow then faster)
* Backward shuffle: spank R, brush R, step R. Rpt L and alt x16 (slow then faster)
* double toe drops x4, double heel drops x4, rpt 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 L

--4: heel drop L

alternating all postions 1,2,3,4, x16

skip position 2: 1,3,4,1 --rpt 1,3,4,1

skip position 3: 1,2,4,1 --rpt 1,2,4,1

skip position 4: 1,2,3,1 --rpt 1,2,3,1

Rpt all starting with L foot

--More advanced: do all skipping positions in a row

\*After finished loosen ankles (shake)

tap drills in drop box

changing weight - let arms help balance

clear sounds with weight