

NFMC DANCE DEPARTMENT - TAP SYLLABUS

JR 17-7

PRIMARY I	
1. Toe Taps (Nerve Taps)	Touch ball of foot to floor (without weight) in any direction (all action coming from ankle).
2. Toe Step:	Toe tap and step, alternating feet. (1-2-3-4)
3. Toe Dig:	Similar to toe tap, but with flexed knee preparation and with more emphasis (with or without weight).
4. Toe Dig Step:	Toe dig and step, alternating feet. (1-2-3-4)
5. Toe Tip:	Point toe and strike tip of toe in any direction.
6. Toe Tip Step:	Toe tip and step, alternating feet. (1-2-3-4)
7. Heel Dig:	Sharply strike heel on floor with flexed knee in any direction.
8. Heel Dig Step:	Heel dig and step, alternating feet, in any direction (1-2-3-4)
9. Heel Drop:	Lift heel and drop same. May be done on one foot or alternating.
10. Brush:	Swing free foot, striking ball of foot, in forward direction.
11. Spank:	A back brush.
12. Shuffle:	Brush forward, and spank back. (1-2)
13. Shuffle Step:	Brush forward, spank back, STEP, hold. (1-2-3-4)
14. Toe Heel:	Toe dig and heel drop, alternating. (1-2-3-4)
15. Step Clap:	Step (weight on foot), clap hands, reverse. (1-2-3-4)
16. Hop:	Standing on one foot, spring into air and land on same foot.
17. Shuffle Hop Step:	Shuffle, hop, step. (1-2-3-4)
PRIMARY II	
1. Step:	Step with weight on ball of foot.
2. Stamp:	Step with weight on flat of foot (with emphasis).
3. Stomp:	Step without weight on flat of foot.
4. Ball Change:	Step on ball of foot; then quickly step on ball of other foot. (& 1)
5. Shuffle Ball Change:	Shuffle and ball change (in place, traveling Right or Left, and turning). (a&a1)
6. Shuffle Hop:	Shuffle and hop. (&a1)
7. Shuffle Leap:	Shuffle and leap forward. (&a1)
8. Irish:	Shuffle hop step (in place, traveling forward or backward.) (a&a1)
9. Slap:	Same as flap but with no weight.
10. Flap:	A short brush step (traveling forward), or spank step (traveling backward), with accent on step. (&1)
11. Flap Ball Change:	Flap and ball change, alternating. (&1&2)
12. Flap Heel:	Flap and heel drop, traveling forward, and spank-heel drop, traveling backward. (&1,2)
13. Flap Heel Heel:	Flap, heel drop opposite foot, heel drop same foot (in place or traveling). (&1&2)
14. Chug:	Lift and lower heel, pushing forward (with or without weight). (May be done on one foot or both feet together).

15. Scuff:	Swing foot forward as in brush, but strike heel instead of ball.
16. Scuffle:	Scuff and spank back. (&1)
17. Cramp Roll:	Toe dig R-L, heel drop R-L (or opposite L-4). (a&a1)
PRIMARY III	
1. Single Essence:	(Basic soft shoe) Brush step to side, (brush) step XF, STIP. (&1&a2)
2. Back Essence:	Spank step XB, BC. (&1&2) Or, reverse single essence, XB instead of XF. (&1&a2)
3. Drawback:	Spank R, heel drop L, step back R. Reverse. (&a1)
4. Single Time Step w/Break	Shuffle R, hop L, step backward, R, brush step L, step backward R. Reverse (8&12&3&4&5&6&7&8)Following 6 measures of time step- break: Shuffle R, hop L, step backward R, shuffle step L, shuffle R, hop L, flap b-ch R (8&12&3&4&5&6&7) Reverse
5. Rhythm Time Step w/Break:	Replace shuffle in Single Time Step with Stomp (123&4&5&6&7&8&9) Following 6 measures of time step - break: Replace 1st shuffle of Single Time Step Break with a stomp (123&4&5&6&7&8)
6. Trenches:	With body inclined forward, slide backward on outside edge of supporting foot, landing on opposite foot in same spot. (Sliding foot extends straight back as it leaves floor. Arms work in opposite or swing from side to side.)
7. Scissor:	Leap R to R XLFR, leap R to R, kick L to L. (&1&2)
8. Riff: (2 cts.)	Brush forward, striking first the ball, then the heel. (&1)
9. Riffle:	Add a spank to a riff. (&12)
10. Cramp Roll w/Flap:	(5 cts.) Flap R, toe dig L, heel drop R-L. (&1&a2)
11. Buffalo:	Leap L, shuffle step R*(or reverse). (8&a1) *XB
12. Paddle Turns:	Series of ball changes turning, with the use of spotting. (&1&2 etc.)
13. Military Rhythm:	Shuffle hop step step step, shuffle hop step step step, shuffle hop step, shuffle hop step, shuffle hop step step.
14. Waltz Clog Time Step	Leap, shuffle b-ch (1&2&3)
ELEMENTARY I	
1. Waltz Clog w. Flap:	Flap shuffle BC.
2. Double Essence:	Follow single essence with: spank step, STIP, brush step, STIP. (&1&a2)
3. Soft Shoe Combination:	Two single essence, followed by one double. Reverse.
4. Double Time Step w. Break:	On count 2 of single time step, replace step with flap.
5. Double Rhythm w. Break:	See #4 above
6. Cincinnati:	Spank hop (or heel drop) shuffle step back. Alternate. (&1&a2)
7. Buffalo w. Flap:	Flap shuffle step XB.
8. Bells:	A clicking of the heels in the air done to the side with bent knees.
9. Grapevine:	Series of ball changes, alternating crossing front and back, traveling to side. (&1&2...&8)
10. Shim-Sham:	Shuffle step, shuffle step, shuffle step, step, shuffle step (8&1, 2&3, 4&5&6, 6&7) or Scuffle step, scuffle step, scuffle step, step, scuffle step.
11. Pullback:	Spring into air, spanking both feet simultaneously and landing on both feet simultaneously. (&1)
12. Riff: (3 cts.)	Add to riff: heel drop opposite foot. (&a1)
13. Traveling Riff: (4 cts.)	Riff, heel dig, toe drop. (&1&2)

14. Military Rhythm w/flap:	See #13 in Primary III - Replace <u>every</u> step with flap.
15. Flap b-ch Turns:	Flap b-ch turning R or L, with spotting.
16. Military Cramp Roll:	Flap cramp roll, heel drop R-L (2X), 2 flap cramp rolls, flap cramp roll, heel drop R-L.
17. Coffee Grinders:	In squat position with R leg extended to side (hands on floor in front) circle R leg to front, to L side, jump over leg, circle to bk., and back to R
ELEMENTARY II	
1. Virginia Essence: (Single, Double & Combination)	Same as single or double essence, but do brush heel dig instead of brush step.
2. Triple Time Step & Break:	On count 2 of single time step replace step with shuffle step. (&a2)
3. Rhythm Triple Step & Break:	Same as #2 above.
4. Triple Cincinnati:	Precede Cincinnati with spank hop* brush hop*. (&1&2&3&a4) (*or heel drop)
5. Cincinnati Combination:	2 Triples, 2 singles, 1 triple.
6. Bombershay:	Step or flap to side, raising opposite toe and turning it out. Brush upturned toe into other foot and step in place. (&1&2)
7. Falling Off the Log:	Traveling L - jump back on L (R extended) jump bk. R (L extended) twist & jump L (face SL, R leg extended back) jump R (L extended bk.) Twist & jump to repeat - Reverse (1 2 3 4 5 6 7 8)
8. Double Pullbacks:	Spring backwards, spanking R then L, landing R then L. (a&a1)
9. Traveling Riff: (5 cts.)	3 ct. Riff with heel dig, toe drop (&a1&2)
10. Crossover Drawbacks:	Series of drawbacks, crossing in front on every third one.
11. Flap Heel Turns:	Flap heel turning to R or L with spotting (&a1)
12. Traveling Soft Shoe:	Brush R, hop L, spank R (crossing R over L), hop L, flap R, spank step L in back of R (&1&2&3&4) Grapevine (&5&6&7) step R on ct. 8. Reverse
13. Alternating Cramp Roll w/flap:	Flap R, step L, heel drop L, R Reverse (&a1&2&a3&4)
14 Toe Stands:	Toe tip R, L step R, L (a&a1) Reverse
15. Shim-Sham Break:	Following Shim-Sham R-L-R, stamp L (leap), step R (back) step L (front), step R (back), hop R, step L in back, hop L, step R, stamp L, R (8,1&2,3,4,&5,6,7)
16. Waltz Clog Turns:	Waltz clog w/flap turning back - ½ turns.
ELEMENTARY III	
1. Time Step Review:	Single, double and triple with corresponding breaks.
2. Rhythm Time Step Review:	Single, double and triple with corresponding breaks.
3. Single Pullback:	Standing on one foot, spring into air, spanking foot and landing on same foot. (&1)
4. Single Pullback w. Shuffle:	Shuffle on free foot before springing into air on opposite foot. (a&a1)
5. Traveling Riff: (6 cts.)	Add heel drop to 5-ct riff. (Or may be done toe-heel-toe) (&a1&a2)
6. Toe Clip	Hit toe of one foot with heel of other as it passes across and over.
7. Heel Clip:	Hit heel of one foot with toe of other as it crosses behind.
8. Toe-Heel Clip Combination:	Step L, toe clip R, toe drop L. XRFL, heel clip L, heel drop R, step L, spank R, heel drop L. Reverse. (1&a2&a3&a)
9. Traveling Time Step:*	Shuffle step shuffle BC BC hop step shuffle step. (8&1&2&3&4&5&6&7&) * <u>Single</u>
10. Riff Turn:	Any riff turning. (Ex: Flap, flap, riff)

11. Wing:	Spring into the air, scraping outside edge of soles outward, then execute a side flap in, as you land simultaneously on both feet.
12. Soft Shoe Break:	Step R, brush step L, step R, shuffle L, hop R, brush step L, shuffle R, hop L, step R (back), flap L, flap b-ch R (1&2&3&4&5&6&7&8) Reverse
13. Cramp Roll on a spot ½ turns:	Heel drop L, step R, heel drop R & L - execute ½ outside turns - Reverse (a&a1)
14. Paddle Turns	Step, brush step, step, brush step, step, brush step, step. Reverse - Turn inward and outward.
15. Scuffle Time Step:	Replace shuffle of Basic Time Step w/scuffle - Single, Double, Triple
16. Toe Stand Swaps:	Toe Stand (single) landing on opposite foot.
17. Waltz Pullbacks:	Spank step (crossing over), brush, single pullback (&1 2 &3)
ADVANCED I	
1. Double Shuffle:	(a&a1)
2. Waltz Clog w. Heel:	Flap heel R, Shuffle b-ch L (&a1&2&3) Reverse
3. Pullback Change (Swap):	Same as single pullback, but land on opposite foot.
4. Shuffle Pullback Change:	Precede pullback with shuffle on opposite foot. (a&a1)
5. Maxie Ford (with Pullback Change):	Leap, shuffle, pullback change, toe tip.
6. Grab Off:	Same as Maxie Ford, but with addition of a heel drop.
7. Double Traveling Time Step:	Replace step after hop with flap. (8&1&2&3&4&5&6&7&)
8. Cramp Roll Turns:	Cramp rolls turning, with spotting
9. Single Wings:	With weight on one foot, spring into air, scraping outside edge of sole outward; then execute a side flap in as you land on the same foot. (&a1)
10. Knee Lift - High Kick Combination	Teacher's Choice.
11. 12 ct. Traveling Riff:	3 ct. riff, heel dig R, spank R (crossing over L), heel drop L, 6 ct riff (&a1&a2&a3&a4) Reverse
12. Syncopated Flap Heels:	Flap heels (&1&2&3&4)
13. Cramp Roll Time Step (Single, Double, Triple):	Replace final step of Single Time Step w/toe heel drop, heel dig (&a1&2&3&a4)
14. Cramp Roll on a Spot:	Cramp Roll on a spot w/full turn.
15. Shuffle Toe Stand Swaps:	Shuffle R, toe stand L, step R (&1&2) Reverse.
16. Side Pullback In/Out:	Double pullbacks traveling side to side R to R, L to L (out) R to L, L to R (in)
17. Flap Heel Heel Turns:	Flap R, heel drop L, R - Reverse - Turning - Reverse (&1&2)
ADVANCED II	
1. Wing Time Steps:	The final step, ct. (3) &, is replaced with a wing (actually a fake wing, as weight is on opposite foot.) (8&1&2&3&a)
2. Double Wing:	A wing done one foot after the other.
3. Over the Top: (Jumpover):	Jumping forward, or back over the foot.
4. Swap Wing:	Execute a single wing, but land on the other foot.
5. Double Triple Time Step:	Replace the brush step on ct. &3 with a shuffle step. (&a3)

6. Pirouette Turn:	Any pirouette turning, with spotting.
8. Hip Wing:	Add toe tip in back to single wing.
9. Syncopated Drawbacks:	Drawbacks (&1&2&3&4&5&6&7&8)
10. Any Toe Tip Turn:	Any turn containing toe tips.
11. Crossover Wings:	Wings done in 4th position changing each time.
12. Single Toe Stand:	Toe stand done on one foot (&1)
13 Waltz Clog w/Heel:	Flap, shuffle b-ch, heel drop (&1&2&a3)
14. Crossover Double Shuffle:	Cross foot in front on first shuffle, cross foot in back on second shuffle (a&a1)
15. Front Pullbacks:	Double pullbacks traveling forward
16. Traveling Time Step w/Turn: (Single, Double, or Triple)	On hop of time step, execute a back turn.
ADVANCED III	
1. Nerve Taps:	Circling as in ronde de jambe. (1&a2)
2. Pendulum Wings:	A wing where the free foot executes forward or backward brush on the count preceding the wing. (1a&a)
3. Syncopated Over the Top:	Jump bk. R, toe tip LXFR, jump over and land on R. Reverse. (1&2)
4. Hitch Kick:	Leap L, R, L (coupe) and high kick R fwd., STIP R. (1-2-3-4)
5. Fan Kick:	Instead of high kicking forward, fan the leg to the outside.
6. Reverse:	Spank, hop, b-ch in ballet Reverse (&1&2)
7. Barrel Turn:	A reverse type turn, done with upper body inclined forward and parallel to floor. Arms extended wide to sides. May be done inside or outside.
8. Original 8-Meas. Step:	Student to create 8-measure step, write it down, and turn in to judges.
9. Traveling Time Step w/Barrel Turn:	(Single, Double and Triple) On hop of time step, execute a barrel turn back.
10. Pendulum Wing Time St.:	Hop L, step R, brush L (pendulum), single wing R, toe tap L (1,2,3a&a4) Single, Double, Triple
11. Scissor Wings:	Hip wing w/toe tip in back, front, back, front.
12. Single Shuffle Toe Stands:	Shuffle, single toe stand
13. Waltz Clog w/Double H1.:	Flap heel, shuffle b-ch, heel drop - Reverse (&a1&2&a3)
14. Double Pirouette:	Any double pirouette turn with spotting
15. Reverse Shuffle Comb.:	Any reverse shuffle combination - Teachers choice
16. Pullback Combination:	Double pullbacks - bk, side, front, side R & L in and out
17. Series of 3 different turns traveling	Any series of 3 different turns