

## Year Three Tap Syllabus Breakdown

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## Lesson 16

Order	Exercise	Directions
1	Warm Up 6	Demonstrate and verbalize the exercise as the students watch. Have the students execute the full exercise as you both demonstrate and verbally instruct them. Song speed should be 96 beats per minute (24 measures per minute).
2	Front Taps 6	Demonstrate and verbalize one side of the exercise as the students watch. Have the students execute the full exercise as you demonstrate and verbally instruct them. Song speed should be 96 beats per minute (24 measures per minute)
3	Side Taps 6	Demonstrate and verbalize one side of the exercise as the students watch. Have the students execute the full exercise as you demonstrate and verbally instruct them. Song speed should be 96 beats per minute (24 measures per minute)
4	Back Taps 6	Demonstrate and verbalize one side of the exercise as the students watch. Have the students execute the full exercise as you demonstrate and verbally instruct them. Song speed should be 80 beats per minute (20 measures per minute)
5	Tap Heel 6	Demonstrate and verbalize one side of the exercise as the students watch. Have the students execute the full exercise as you demonstrate and verbally instruct them. Song speed should be 96 beats per minute (24 measures per minute)
6	Brush 6	Demonstrate and verbalize one side of the exercise as the students watch. Have the students execute the full exercise as you demonstrate and verbally instruct them. Song speed should be 80 beats per minute (20 measures per minute)
7	Spank 6	Demonstrate and verbalize one side of the exercise as the students watch. Have the students execute the full exercise as you demonstrate and verbally instruct them. Song speed should be 80 beats per minute (20 measures per minute)
8	Front Ball Change 6	Demonstrate and verbalize one side of the exercise as the students watch. Have the students execute the full exercise as you demonstrate and verbally instruct them. Song speed should be 96 beats per minute (24 measures per minute)
9	Forward Movement 6	Demonstrate and verbalize 8 counts of the exercise as the students watch. Have the students execute the movement one at a time with the next student beginning after 16 counts. Song speed should be 112 beats per minute (28 measures per minute).
10	Sideways Movement 4	Demonstrate and verbalize 8 counts of the exercise as the students watch. Have the students execute the movement one at a time with the next student beginning after 16 counts. Song speed should be 80 beats per minute (20 measures per minute).
11	Performance Dance	Review the dance as taught so far. Once you have reviewed, have the students try the dance without you.

### Hand out Activity Sheet #8

## Warm Up 5

**Music** – 4/4 or 2/4 meter 64 counts

**Starting Position** – Standing in the left half of the room, preferably facing a mirror, hands on hips, parallel first position

<b>Counts</b>	<b>Movement</b>
1	Step on the left foot to the left side.
2	Step on the right foot to close to the left foot.
3-4, 1-4 x 3	Repeat the above 7 additional times.
1	Step on the left foot in place.
2	Step on the right foot in place.
3-4, 1-4 x 3	Repeat the above 7 additional times.
1	Step on the right foot to the right side.
2	Stamp on the left foot to close to the right foot.
3-4, 1-4 x 3	Repeat the above 7 additional times.
1	Step on the left foot in place.
2	Step on the right foot in place.
3-4, 1-4 x 3	Repeat the above 7 additional times.

### **Points to watch**

Students maintain eye focus straight ahead.  
Students maintain proper posture.  
Sound clarity.  
Timing  
Step size is enough to move but not too far where it affects balance and sound.

## Front Taps - 6

**Music** - 4/4 or 2/4 64 Counts

**Starting Position** – Standing in center, both legs parallel, left leg extended front just off of the floor, foot pointed, hands on hips

<b>Count</b>	<b>Movement</b>
1	Lower leg and allow just the ball tap to hit the floor.
and	Lift the leg from the thigh, not by bending the knee, keeping the foot pointed.
2-4, 1-4, 1-4, 1-2 &	Repeat 13 additional times
3	Close the left foot to the right foot.
4	Extend the right leg forward, just off of the floor.
1-4 x 4	Repeat with the right leg.
1-4 x 8	Repeat all.

### **Points to watch**

Students maintain eye focus straight ahead.  
Students maintain proper posture.  
Sound clarity.  
Timing  
The gesture leg remains straight throughout the exercise until it bends to close when switching sides.  
The supporting leg remains straight throughout the exercise.  
There should be no movement of the torso as the leg is tapping.  
The foot and ankle should remain in the same position during the tap and lift. The work is happening at the hip joint.  
There should be no scrape to the sound when it touches or lifts from the floor.

## Side Taps - 6

**Music** - 4/4 or 2/4      64 Counts

**Starting Position** – Standing in center, facing the mirrors, both legs parallel, left leg to the side with the left foot just off of the floor and pointed

### Count

1  
and  
2-4, 1-4  
1-4 x 2  
1-4 x 2  
1-4  
1-4  
1-4 x 8

### Movement

Lower leg and allow just the ball tap to hit the floor.  
Lift the leg from the thigh, not by bending the knee, keeping the foot pointed.  
Repeat 7 additional times  
Repeat with both legs turned out.  
March in place for 8 counts.  
Bend and stretch the knees twice.  
Lift and lower the heels twice.  
Repeat with the right leg.

### **Points to watch**

Students maintain eye focus straight ahead.  
Students maintain proper posture.  
Sound clarity.  
Timing  
The gesture leg remains straight throughout the exercise until it bends to close when switching sides.  
The supporting leg remains straight throughout the exercise.  
There should be no movement of the torso as the leg is tapping.  
The foot and ankle should remain in the same position during the tap and lift. The work is happening at the hip joint.  
There should be no scrape to the sound when it touches or lifts from the floor.  
The students control the turn from one side to the other.  
Keep the marches on time with the music.  
Watch the alignment of the leg to the side, the leg should come slightly forward when turned out.  
The foot will have slightly less point in the parallel alignment compared to the turned out alignment for sound clarity.

## Back Taps - 6

**Music** - 4/4 or 2/4      64 Counts

**Starting Position** – Standing in center, both legs parallel, left leg extended back just off of the floor, ankle pointed and toes flexed, hands on hips

### Count

1  
and  
2-4, 1-4, 1-4, 1-2 &  
3  
4  
  
1-4 x 4  
  
1-4 x 8

### Movement

Lower leg and allow just the ball tap to hit the floor.  
Lift the leg from the thigh, not by bending the knee, keeping the foot pointed.  
Repeat 13 additional times  
Close the left foot to the right foot.  
Extend the right leg back, just off of the floor.  
  
Repeat with the right leg.  
  
Repeat all.

### **Points to watch**

Students maintain eye focus straight ahead.  
Students maintain proper posture.  
Sound clarity.  
Timing  
The gesture leg remains straight throughout the exercise until it bends to close when switching sides.  
The supporting leg remains straight throughout the exercise.  
There should be no movement of the torso as the leg is tapping.  
The foot and ankle should remain in the same position during the tap and lift. The work is happening at the hip joint.  
There should be no scrape to the sound when it touches or lifts from the floor.  
The lift off of the floor is small, if the student tries to lift the leg too high his or her body will have to lean forward, which is incorrect.

## Forward Movement – 6

**Music** – 4/4 rhythm

**Location** – Across the floor—along the diagonal

**Starting Position** – Parallel first position, elbows bent, hands on hips

**Goal:** Stomp Hop Stamp Forward

### Count

1  
2  
3  
4

### Movement

Stomp the right foot  
Hop on the left foot, when landing only the ball tap touches the floor  
Stamp on the right foot  
Hold

1-4  
Continue across the floor

Repeat with the opposite foot

### Points of Emphasis:

Remember a stomp drops the whole foot with one sound and picks it right back up, the knee bends down and up.  
Watch musicality and encourage students to stay on the beat.  
Maintain proper dynamic posture throughout the exercise.  
All sounds should be clear, avoid scraping the floor.  
Encourage students to maintain a straight pathway of travel.  
Maintain eye focus straight ahead throughout the movement.  
Try for consistent sound quality on both feet.  
Remind students to keep their body atop their feet, this will help to avoid slipping.  
Try for consistent sound levels with each foot. Often one side will be quieter than the other.

## Tap Heel - 6

**Music** - 4/4 or 2/4      64 Counts Each Side

**Starting Position** – Stand in the center facing the mirrors, both hands on your hips, both legs parallel, left leg pointed in front just off of the floor.

### Count

1  
and  
2  
3 and 4, 1-4 x 3  
1-4 x 4  
1-4 x 4  
1-4 x 4

### Movement

Lower leg and allow just the ball tap to hit the floor.  
Bend the knee dropping the heel tap to the floor with sound and weight transfer.  
Shift weight back to the right foot and return the left foot to the starting position  
Repeat 7 more times, lifting the left leg to parallel side on the last count.  
Repeat 8 times to the side with legs parallel. Move the left leg to the back on the last count.  
Repeat 8 times to the back. Move the left leg to the side, both legs slightly turned out.  
Repeat 8 times to the side with both legs slightly turned out. Change legs on the last count.

Repeat with the left leg.

### Points to watch

The "and" count is one half count.  
Students maintain eye focus straight ahead.  
Students maintain proper posture.  
Sound clarity.  
Timing  
The students need to be far enough from the barre that they do not wind up under it when they drop the heel.  
The supporting leg remains straight throughout the exercise.  
The torso should shift forward as the heel is dropped.  
There should be no scrape to the sound when it touches or lifts from the floor.  
Try for an even loudness on the toe and heel sounds.  
Most students will have to let go of the barre to drop the heel to the back.  
Allow the hands to slide on the barre as the weight shifts during the heel drop to the side.

## Brush – 6

**Music** – 2/4 or 4/4 rhythm      64 Counts

**Starting Position** – Stand in the center, facing the mirrors, both hands on hips, both legs parallel, left knee bent and foot lifted.

### Count

1  
and  
2-4, 1-4  
1-4 x 2  
1-4 x 2  
1-4 x 2  
  
1-4 x 8

### Movement

Brush the left foot forward  
Return the leg to the starting position  
Repeat 7 more times  
Repeat to the side parallel  
Repeat to the front  
Repeat to the side with both legs turned out, changing feet after the last brush.  
  
Repeat with the right leg.

### **Points of Emphasis:**

Keep the sounds clean—avoiding a scrape sound.  
The shorter the time the ball tap is on the floor, the clearer the sound.  
Maintain proper posture.  
Maintain eye focus straight ahead.  
The ball tap needs to drop close to the body to keep the sound clean.  
The leg lifts from the hip and then the knee extends.

## Spank – 6

**Music** – 2/4 or 4/4 rhythm      64 Counts

**Starting Position** – Stand in the center, facing the mirrors, both hands on hips, both legs parallel, left knee bent and foot lifted.

### Count

1  
and  
2-4, 1-4  
1-4 x 2  
1-4 x 2  
1-4 x 2  
  
1-4 x 8

### Movement

Spank the left foot from the front  
Return the leg to the starting position  
Repeat 7 more times  
Repeat from the side parallel  
Repeat from the front  
Repeat from the side with both legs turned out, changing feet after the last brush.  
  
Repeat with the right leg.

### **Points of Emphasis:**

Keep the sounds clean—avoiding a scrape sound.  
The shorter the time the ball tap is on the floor, the clearer the sound.  
Maintain proper posture.  
Maintain eye focus straight ahead.  
The ball tap needs to drop close to the body to keep the sound clean.  
The leg lifts from the hip and then the knee extends.

## Front Ball Change—6

**Music** – 4/4 rhythm 64 Counts

**Starting Position** – In center facing the mirrors, both hands on hips, feet in parallel first

### Count

### Movement

1	Step on the left foot to the front
2	Step on the ball of the right foot
3	Step the left foot to the left foot changing weight onto the left foot
4	Hold
1-4	Repeat with the right leg beginning.
1-4 x 14	Repeat 7 additional sets.

### **Points of Emphasis:**

Maintain proper posture.

Maintain eye focus straight ahead.

Shift the weight on each count (except the hold).

All sounds should be even in volume and time.

Heels should remain off the floor for the duration of the exercise

## Sideways Movements –4

**Music** – 2/4 or 4/4 rhythm

**Location** – Across the floor—parallel to mirrors

**Starting Position** – Parallel first position, arms relaxed by the sides

**Goal:** Open Close Stamp Turns

### **Movement:**

Move onto the left foot to the left with a stamp.

Cross the right foot to the left foot after making 1/2 turn to the left with a stamp

Pick up the left foot and make 1/2 turn to the left placing the left foot down in parallel second with a stamp

Continue across the floor

### **Points of Emphasis:**

Remember a stamp is a step on the ball and heel tap at the same time making one sound.

Watch musicality and encourage students to stay on the beat.

Maintain proper dynamic posture throughout the exercise.

Correct the students if they exaggerate the flat footed movement and actually “stamp their foot”

Encourage students to maintain a straight pathway of travel.

Maintain eye focus straight ahead throughout the movement.

Try for consistent sound quality on both feet.

Encourage the students to take the same sized step on both feet.

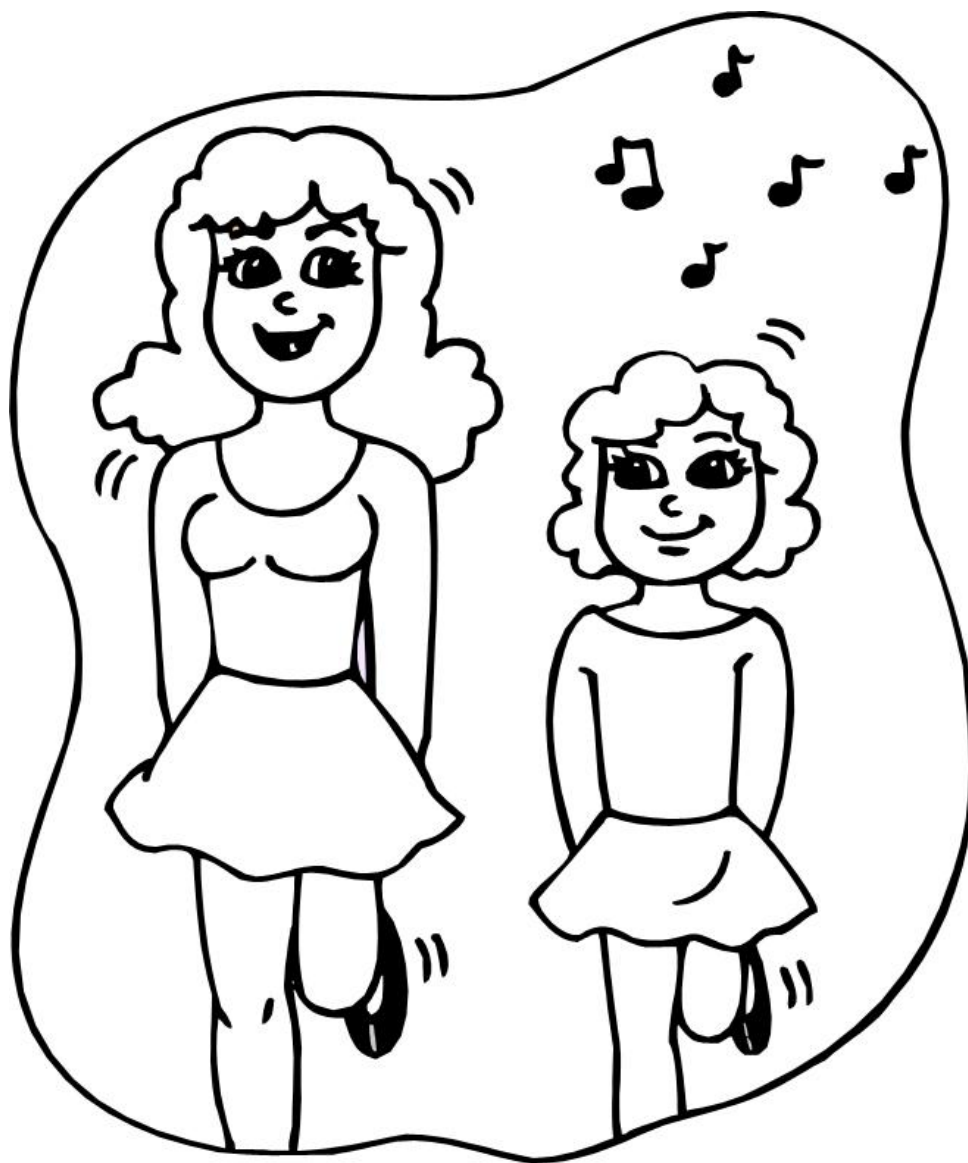
Try for consistent sound levels with each foot. Often one step will be quieter than the other.

Remember to have the students spot

## Activity Sheet 8—Spank

A spank is a tap step that is opposite to a brush. A spank starts with the leg straight in front of you or to the side and finishes with the leg bent behind you or across your other leg. Just the ball tap hits the floor in a spank.

**Color in the Picture of the Dancers Finishing a Spank From the Front.**



**Without Your Tap Shoes On, Practice Spanking From the Front and Side**