

# Tap Level 3



## AT HOME LESSON PLANS

### WARM-UP

All Gilbert 4 playlist to be available soon!

### SKILLS AND CENTER

-Shuffle step heel RLRL- and 1 and 2 and 3 and 4 and 5 and 6 and 7 and 8. Shuffle hop step RLRL - and 1 and 2 and 3 and 4 and 5 and 6 and 7 and 8. REPEAT ALL 4 x and get faster.

### ACROSS THE FLOOR

-**Flap 4x RLRL**- and 1 and 2 and 3 and 4 Flap ball change RL- and 5 and 6 and 7 and 8. Shuffle hop step RL- and 1 and 2 and 3 and 4 Cramp roll (4 sounds ball ball, heel heel) 2x and 5 and 6 and 7 and 8.

-**Flap 3x RLR** heel (heel will be on R.) and 1 and 2 and 3 4. (flap flap flap heel) Reverse starting with L. Repeat.

-**Turning**, Maxi ford turns- step shuffle leap toe toe-1 and 2 and 3 4, 5 and 6 and 7 8. Repeat 8x.

-**Buffalos**, 8 on your R and then switch to practice L.

-**Traveling backwards**, Back flap RLRL jump bunny hop 3x. - and 1 and 2 and 3 and 4, 5 and 6 7, and 8 Repeat.

-**Traveling backwards**, Back flap R ball change , reverse on L -and 1 and 2 and 3 and 4 stamp stamp (RL) double pull back on R clap. Repeat 4 x and then reverse on L.

### CENTER COMBO

-Using the skills that you practiced today, make up a tap combo to your favorite song! Post the video and tag us #dawistotallyrad

### MUSIC

-Below is the link to a great playlist on Spotify. If you have a Spotify account you can listen to these songs in their entirety. Otherwise, use any of your favorite music!

## CLASS PLAYLIST

<https://open.spotify.com/playlist/1xnFqkqDcWpMbiSZdYsp7q?si=E-hWWXQDRd289YSceUpycA>