

Tap Level 1-2



AT HOME LESSON PLANS

WARM-UP

All Gilbert playlist to be available soon!

-30 Jumping Jacks

SKILLS AND CENTER

- Shuffles, 8, 4, 2, 1, Level 1 students add a single pirouette
- Shuffle bc with Irish, (shuffle ball change, shuffle hop step)
- Waltz Clog (Step shuffle ball change on alternating feet)
- Maxi Ford (Step shuffle leap toe, practice on both sides)
- Abe Kabibble (jump cross jump heel, like scissors)
- Paradiddles (heel brush ball heel on alternating feet)

ACROSS THE FLOOR

- Flaps
- Flap heels
- Maxi Ford turns-Turning
- Buffalos
- 5 Count Riffs
- Drawbacks

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>