

STEPPING TONES RECORDS PRESENTS
AL GILBERT GRADED TAP TECHNIQUES
GRADE 3 - RECORD NO. 703

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BARRE: A SIDE

1. SHUFFLES (Ct. & 1)
6 R Shuffles and Ballchange turn and reverse. (Later: 2 Shuffles frt, 2 Shuffles side, 2 Shuffles diag. back with supporting leg in Demi Plie or Fondu)
2. SHUFFLES - FASTER (Ct. & 1)
Repeat #1 faster (Later: 1 frt, 1 side, 3 times and Ballchange turn)
3. SHUFFLES - STILL FASTER TEMPO (Ct. & 1)
Repeat #1 still faster (Later: 1 side, 1 diag. back - 3 times)
4. SHUFFLES - VERY FAST TEMPO (Ct. & 1)
Repeat #1 fast (Later: 1 frt, 1 diag. back - 3 times)

NOTE: When you have accomplished all these patterns you have learned the first band on Grade 4 Record No. 704.

5. SHUFFLE HOP (Ct. 1&2)
3 R Shuffle Hop and Ballchange turn and reverse and repeat.
6. SHUFFLE HOP TOE (&1&2)
3 R Shuffle Hop Toe and Ballchange turn. Reverse and repeat
7. SHUFFLE BALLCHANGE (&1&2)
3 R Shuffle Ballchanges and Ballchange turn. Reverse and repeat

SHUFFLE BALLCHANGE - FASTER

Same as #7 - faster

MAXIE FORD

Ct. &1&2,3- R Shuffle, Jump R, Toeback L, Step L

&4&5,6- Repeat Maxie Ford

&7,8- Ballchange turn

Reverse and repeat. NOTE: Shuffles are to the side

MAXIE FORD FASTER

Repeat Maxie Ford Faster

FLAP (&1)

3 Flaps R and Ballchange turn - Reverse and repeat. (First all to the front, then later: 1 frt, 1 side, 1 diag. back and Ballchange turn. Another exercise with same band: 1 Flap fwd, 1 backflap, 1 flap fwd and Ballchange turn)

12. WALKING FLAPS (&1)
Walking Flaps changing feet across floor
13. RUNNING FLAPS (&1)
Running Flaps changing feet across the floor
14. FLAP FRONT - HEEL (&1,2)
3 R Flap heels (same heel) and Ballchange turn. Reverse and repeat. NOTE: Follow same patterns as #11
15. FLAP HEEL WALKING (&1,2)
Walking Flap heels across the floor
16. FLAP BACK HEELDROP
 &1 - Flap R
 2 - Heel drop L (Back heel or opposite heel)
 3 R and a Ballchange turn. Reverse and repeat. NOTE: Follow same patterns as #11.
17. FLAP DOUBLE HEEL (FRONT-BACK)
 &1 - Flap R
 &2 - Heeldrops R-L (Front-Back)
 3 R and a Ballchange turn. Reverse and repeat. NOTE: Follow same patterns as #11.
18. FLAP DOUBLE HEEL (BACK-FRONT)
 &1 - Flap R
 &2 - Heeldrops L-R (Back-Front) Reverse and Repeat - NOTE: Follow same patterns as #11

NOTE: Exercises #11, 14, 16, 17 & 18 put together is Exercise #3 on Grade 4, Record No. 704
IMPORTANT: All Flap exercises must also be accomplished with a forward flap, a backflap, and a fwd flap and Ballchange turn. This applies to Flaps, all Flap heels and Flap double heels. Then when these are all put together, it is Exercise #4 on Grade 4, Record #704.