

STEPPING TONES RECORDS PRESENTS  
AL GILBERT GRADED TAPDANCING TECHNIQUES AND VIDEOS  
GRADE 4 TAP — RECORD LP 704  
AVAILABLE WITH OR WITHOUT VOICE

NOTE: THIS IS A FOLLOW-UP OF GRADE 3 TAP TECHNIQUE (THIS GRADE BEGINS AT THE BARRE)

#1. SHUFFLES IN DIFFERENT PATTERNS (AT THE BARRE)

Shuffles: 2 front, 2 side, 2 diagonally back & ballchange turn, turning towards barre, reverse, repeat, reverse for 8 meas.

Shuffles: 1 front, 1 side, 3 times & ballchange turn, reverse, repeat, reverse for 8 meas.

Shuffles: 1 side, 1 diagonally back with supporting knee in demi-plie, 3 times & ballchange turn, reverse, repeat, reverse for 8 meas.

Shuffles: 1 front, 1 diagonally back same as previous one, 3 times & ballchange turn, reverse, repeat, reverse for 8 meas. (TOTAL 1 CHORUS OF MUSIC)

#2. SHUFFLE HOP, SHUFFLE HOP TOE, SHUFFLE BALLCHANGE & MAXIE FORD (AT THE BARRE)

3 R shuffle hop & ballchange turn, reverse, repeat, reverse, for 8 meas.

3 R shuffle hop Toeback, & ballchange turn, reverse, repeat, reverse, for 8 meas.

3 R shuffle ballchange, & ballchange turn, reverse, repeat, reverse, for 8 meas.

2 R Maxie Fords & ballchange turn, reverse, repeat, reverse for 8 meas. (TOTAL 1 CHORUS)

#3. FLAP, FLAP HEEL, FLAP DOUBLE HEELS (FRONT-SIDE-BACK) (AT THE BARRE)

1 Flap front, 1 side, 1 diagonally back with supporting knee bent, & ballchange turn, reverse, repeat, reverse, for 8 meas.

1 Flap heel (same or front heel), front, side, & back, & ballchange turn, reverse, repeat, reverse for 8 meas.

1 Flap heel (opposite or back heel) front, side, & back, & ballchange turn, reverse, repeat, reverse for 8 meas.

1 Flap Double Heel, Front-Back, front, side, back & ballchange turn, reverse, repeat, reverse for 8 meas.

1 Flap double heel, back-front, front, side, back & ballchange turn, reverse, repeat, reverse for 8 meas. (TOTAL 40 Meas.)

#4. FLAPS, FLAP HEEL, FLAP DOUBLE HEELS (FORWARD AND BACKWARDS) AT THE BARRE)

1 Flap fwd, 1 flap straight back, 1 flap fwd, & ballchange turn, reverse, repeat, reverse for 8 meas.

1 Flap heel (front or same heel), forward, backwards, & ballchange turn, reverse, repeat, reverse for 8 meas.

1 Flap heel (back or opposite heel), forward, backwards, & ballchange turn, reverse, repeat, reverse for 8 meas.

1 Flap double heel (front back) forward, backwards, & ballchange turn, reverse, repeat, reverse for 8 meas.

(ALL OF THESE SHOULD BE DONE WITH DEMI-PLIES)

#5. SHUFFLE STEP HEEL HEEL (AT THE BARRE)

1&2 Shuffle R to R side, Step R next to L, Heeldrops R-L

3 times & BALLCHANGE TURN. Reverse, repeat, reverse, for 8 meas.

#6. SHUFFLE HEEL TOE, SHUFFLE HEEL SCUFF (AT THE BARRE)

1&2&3&4 Shuffle R to R side, Heeldrop L, Toeback R X bk L, Shuffle R to R side, Heeldrop L, Scuff L fwd

3 times & ballchange turn, reverse, repeat, reverse & ballchange turn for 8 meas.

#7. HEEL SHUFFLE HEEL TOE, HEEL SHUFFLE HEEL SCUFF (AT THE BARRE)

1&2, 3&4 Heeldrop L, Shuffle R to R side, Heeldrop L, Toeback R X bk L, Heeldrop L, Shuffle R to R, Heeldrop L, Scuff R fwd

3 times & ballchange turn, reverse, repeat, reverse for 8 meas.

#8. SHUFFLE HOP, SHUFFLE BALLCHANGE (AT THE BARRE)

1&2 Shuffle R fwd, Hop L, Shuffle R to R side, Ballchange R-L

3 times & ballchange turn, reverse, repeat, reverse for 8 meas.

#9. BRUSH HOP SHUFFLE STEP (AT THE BARRE) (PREPARATION FOR CINCINNATTE OR BACK TO THE WOODS)

1&2, 3, 4 Backbrush R, Hop L, Shuffle R to R side, Step R back, Step L fwd, Scuff L

3 times & Shuffle ballchange turn. reverse, repeat, reverse for 8 meas.

#10. PROGRESSIONS ON SHUFFLE BALLCHANGE TURNS (AT THE BARRE)

4 shuffle ballchange turns (be sure to end each one in a deep fwd lunge)

4 shuffle ballchange Toe Turns (Be sure to end each one in a deep fwd lunge)

4 shuffle ballchange Heel turns (be sure to end each one in a deep fwd lunge)

4 shuffle ballchange toe heel turns (be sure to end each one in a deep fwd lunge)