

- #11. THREE-TAP RIFF BALLCHANGE (A RIFF IS A FWD "BRUSH-SCUFF" & A 3-TAP RIFF YOU ADD A HEELDROP
1, 2 3-Tap R riff fwd, ballchange R-L, 3 times & ballchange turn,
reverse, repeat, reverse, for 8 meas.
- #12. RIFF BALLCHANGE AT A FASTER TEMPO (AT THE BARRE)
Same as #11 only faster.
- #13. PROGRESSION ON RIFF BALLCHANGE TURNS (AT THE BARRE)
Same as exercise No. 10, only substitute a 3-tap riff for the shuffle
(ALSO SHOULD THEN BE TAKEN CENTRE FLOOR FOR FULL TURNS)
CENTRE FLOOR
- #14. SHUFFLE STEP HEEL AND IRISH COMBINATION
1, 2 Shuffle R to R side, Step R next to L, Heeldrop R, reverse, repeat, reverse (4 times)
3 - 4 back Irish, R-L-R-L
Repeat all fwd, backwards, fwd, and end in R lunge.
- #15. HOP SHUFFLE HOP & MAXIE FORD COMBINATION
1, 2 Hop L, Shuffle R fwd, Hop L, Shuffle R to R side, Jump on R, toebck L
reverse, repeat,
3, 4, 5, 6, 7 Jump L, Shuffle R, Jump R, Toebck L, Jump L (or half maxie ford break)
Repeat all for 8 meas.
- #16. HOP SHUFFLE HOP & IRISH COMBINATION
1, 2 Hop L, Shuffle R fwd, Hop L, Shuffle R to R side, Hop L, Step R X frt L
Reverse & repeat
3-4 L back Irish, R back Irish
Reverse all, for 8 meas.
- #17. SOFT SHOE FRONT ESSENCE AND BREAK
1, 2 Flap R, Brush L X frt R, ballchange L-R, L crossing front of R)
Reverse, repeat
3, 4 Ballchange L-R, brush L X frt R, ballchange L-R, crossing L front of R) or double
front essence.
reverse all, repeat all, then BREAK AS FOLLOWS:
1, 2 Flap L, Brush R X frt L, ballchange R-L, R frt of L (essence)
3, 4 Shuffle R, Hop L, Shuffle R to R side, Step R next to L, back irish L
5, 6, 7, 8 Flap R, L flap ballchange.
- #18. PADDLE TURN (INSIDE)
1, 2 Flap R to R, brush L, ballchange L-R 3 times turning inside R turn
reverse, repeat, reverse for 8 meas.
- #19. OUTSIDE PADDLE TURN
1 Flap R to L
2, 3, 4 Backbrush L, ballchange L-R 3 times making a L outside turn.
Reverse, repeat, reverse for 8 meas..
- #20. OUTSIDE PADDLE TURN COMBINATION
1, 2, 3, 4 Backbrush R, ballchange R-L, 2 times making R outside paddle turn, then
ballchange R-L facing front, either on the toes or as 2 stamps
3 times, then 3 steps R-L-L in place or as a 3-step inside R chaine turn.
Reverse all for 16 meas.
- #21. FLAP CRAMP ROLL (SAME CRAMP ROLL) (DROPPING SAME HEEL IN DIRECTION MOVING)
1, 2 Flap R to R, Step L next to R, Heeldrops R-L
3 times to the Right, then Lunge R and then reverse all for 8 meas.
- #22. FIVE-TAP RIFF WALK
1, 2 3-tap R riff fwd, Place R heel fwd with toe up, drop R ball tap
Reverse & repeat continuous for 8 meas.
- #23. FLAP CHUG
1, 2 Flap R fwd, Chug R fwd (to slide fwd on the R ball tap & drop the R heel)
3, 4 Reverse
5-8 Flap R, Flap L, Flap R, Chug R
Reverse, repeat, reverse for 8 meas.
- #24. STAMPS AND STOMPS (A STOMP IS A STAMP WITH NO WEIGHT ON IT)
1-4 Stamps R-L-R-L
5-8 Stomp R fwd, again a bit more to the R, again to R side, step R next to L
Reverse, repeat, reverse for 8 meas.