

- #11. THREE-TAP RIFF BALLCHANGE (A RIFF IS A FWD "BRUSH-SCUFF" & A 3-TAP RIFF YOU ADD A HEELDROP  
 8a1, 82 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  
 8&1 Shuffle R to R side, Step R next to L, Heeldrop R, reverse, repeat, reverse (4 times)  
 88 - 87 4 back Irish, R-L-R-L  
 Repeat all fwd, backwards, fwd, and end in R lunge.
- #15. HOP SHUFFLE HOP & MAXIE FORD COMBINATION  
 8&1, 82&3 Hop L, Shuffle R fwd, Hop L, Shuffle R to R side, Jump on R, toebck L  
 reverse, repeat,  
 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  
 8&1, 82&3 Hop L, Shuffle R fwd, Hop L, Shuffle R to R side, Hop L, Step R X frt L  
 Reverse & repeat  
 84-87 L back Irish, R back Irish  
 Reverse all, for 8 meas.
- #17. SOFT SHOE FRONT ESSENCE AND BREAK  
 81&2 Flap R, Brush L X frt R, ballchange L-R, L crossing front of R)  
 Reverse, repeat  
 87&8 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:  
 81&2 Flap L, Brush R X frt L, ballchange R-L, R frt of L (essence)  
 8a3&4&5 Shuffle R, Hop L, Shuffle R to R side, Step R next to L, back irish L  
 86&7&8 Flap R, L flap ballchange.
- #18. PADDLE TURN (INSIDE)  
 81&2&3&4 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  
 81 Flap R to L  
 8a2&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  
 81&2, 2&3, 84 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)  
 81&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  
 8a1, 82 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  
 81,2 Flap R fwd, Chug R fwd (to slide fwd on the R ball tap & drop the R heel)  
 83,4 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.