

## Tiny Tap Class

The following are tap steps for our 2- 3 year old students. Please download and print this for your class notebook. Please remember that steps have to be taught in a progressive manner to allow the young students to learn. The important part at this age is the attempt at getting the steps.

**Toe Drops-** With feet directly under the student, lift one toe up while leaving the heel down and the other foot flat to the floor, drop the elevated toe. Repeat 2 to 3 times with that toe or repeat with the other foot. If there is a balance problem, just work one foot at a time until the student is able to switch their weight from foot to foot.

**Heel Drops-** Like the toe drops, raise one heel at a time and drop the heel. Do multiple times on one foot or from foot to foot. Be sure the toe stays on the floor.

**Marches-** Picking the feet up one at a time and marching in place. Once this is achieved, then have the student march around in a circle and back to their spot. Marching forward is generally easy, but they may have some difficulty marching backwards. Watch them closely so that they do not get rocked up on the heel and fall backwards.

**Heel Steps In Place-** Student places one heel on the floor in front while standing on the support leg. Then places the “heeled” foot back in place, switches weight to that leg and repeats with the other foot out front.

**Heel Step Turn around-** performing the heel steps with alternating feet, while turning a circle one direction. When turning right, start with the right foot. Left foot for turning left. The student then steps the “heeled” foot into the middle of the circle. Be sure to have them hold their heads up while performing this so that they do not fall and have better balance. Tell them to wear “their tiara” and not let it fall on the floor.

**Heel Step Walk-** Performing heel steps. Move forward on each step.

**Bend Scoot (Chug slide back/ Beginning of pullbacks)-** Bend knees with hands on knees. Straighten knees and a pull/slide back.

**Toe Taps-** With leg extended to front or side and heel off of floor, raise toe and then tap it to the floor. Repeat four times then step in place and repeat with other leg and foot.

**Brushes-** Standing on support leg , working leg brushes the foot (toe tap) forward for a forward brush/backward for a back brush. Do 2 to 4 brushes and then repeat on other leg.

**Shuffles-**Combining a forward and back brush. Step in place and repeat on other leg. Use

**approximately four counts per shuffle depending on the age and ability of the class.**

**Heel Toe Chasse'**- Heel is placed out to side, then with same leg, cross back behind the supporting leg and hit the toe. Then chasse on the working leg. Cue can be “heel, toe, and away we go”. Repeat on other leg.

**Boogie Heels**- With balls of feet to the floor, lift one heel and then the other and return to floor in a boogie fashion (wiggle)

**Sugars**- With weight on the ball of the foot and heels lifted, twist feet side to side. If this is easy for the class, then twist on one foot and then another.

**Toe Steps Back**- Hit one toe behind the supporting leg, then step back into place. Repeat with the other toe.