

Intermediate Tap Routine

1. Right

Side Flap-R, Heel-L

Side Flap-R, Heel-L

Side Flap-R, Heel-L

Shuffle-R, Heel-L, Stomp-R

1. Left

Side Flap-L, Heel-R

Side Flap-L, Heel-R

Side Flap-L, Heel-R

Shuffle-L, Heel-R, Stomp-L

2. Right

Front Flap-R, Heel-R, Heel-L

Back Flap-R, Heel-R

Front Flap-L, Heel-L, Heel-R

Back Flap-L, Heel-L

Front Flap-R, Heel-R, Heel-L

Back Flap-R, Heel-R, Heel-L

Front Flap-R, Heel-R, Heel-L

Back Flap-R, Heel-R

2. Left

Front Flap-L, Heel-L, Heel-R

Back Flap-L, Heel-L

Front Flap-R, Heel-R, Heel-L

Back Flap-R, Heel-R

Front Flap-L, Heel-L, Heel-R

Back Flap-L, Heel-L, Heel-R

Front Flap-L, Heel-L, Heel-R

Back Flap-L, Heel-L

3. Wing Approach

Shuffle four times with the right foot, putting down the left heel after each shuffle.

Ensure that your weight is firmly anchored on the left foot

Shuffle four times with the left foot, putting down the right heel after each shuffle.

Ensure that your weight is firmly anchored on the right foot.

4. Wings

Execute four or eight wings

5. Time Steps

Depending on your skill level, execute single or double time steps, two on each side, starting with the right foot.

6. Repeat Step 1, Right, then Step 1, Left

7. Finish

Jump forward onto both feet

Do a double syncopated pull-back

Step on the right foot, forward

Step on the left foot, forward

Dig your right toe into the ground behind your left foot

For a longer routine, repeat all steps, except Step 7, after finishing Step 5. Repeat Steps 1 through 6 as many times as you wish, and finish the whole routine with Step 7.