

## Curriculum Notes

We're so excited you've decided to introduce tap and jazz dance to your youngest students with our tap and jazz curriculum for preschoolers! This syllabus guide gives you general guidelines for your classes and skills lists for both preschool tap and preschool jazz. The curriculum itself consists of 12 themes:

1. Beach Day
2. Let's Go Camping
3. Forest Friends
4. Pumpkin Patch
5. Blast Off
6. At the Toy Shop
7. Candy Land
8. Arctic Animals
9. Superheroes
10. Pirates and Mermaids
11. Under the Big Top
12. Garden Bugs

## Recommended Theme Order

The 12 themes included in this curriculum are in a progressive order. That means difficulty and steps are added with theme. With that said, at this age, the difficulty does progress slowly. If you're not a fan of any given them, or if you only have time for 9 or 10 themes in an academic year, you can skip a theme here or there and be fine in terms of the progressions. Each theme is meant to be done for a month. You can also opt to do each theme for 3 weeks to be able to fit all themes into a single academic year.

## Recommended Class Length

Our preschool tap and jazz curriculum is meant to be done in a once-a-week, 30- to 45-minute tap and jazz combo class as it is written. It can, however, be combined with other dance forms for other combo class options. How much material you get through in a given class will depend on how long your class is, how many dance forms you are teaching in that class, and how many students you have.

## How to Use This Guide

Please think of this guide as a resource and not a set plan that must be covered *exactly* from A to Z. It is meant to be flexible and the exercises and steps you choose to do in your classes will depend on:

- Your class size
- How much time you have for each dance form
- Your students' temperament and ability
- Your average class age (is it a younger or older preschool class?)

Here are some tips for adapting the lesson plans to your own classes:

1. You may choose whether to do tap or jazz first. Either is fine. You may also be combining one of both of these dance forms with ballet, acro dance, or creative movement.
2. In combo classes, we recommend allotting a certain amount of time for each dance form. This way, you'll never find yourself spending half your class on one dance form and completely skipping another.
3. If a step or combination seem to difficult, why do you think that is? Does it need to be slowed down? Should there be fewer steps to make it easier? Is there a particular step you need to break down or practice individually before putting in the combination?
4. If a step or combination seem to easy, why do you think that is? How can you make it more challenging for your students? Can you speed it up? Add an arm or a head? Add in an extra repetition or step? Should you make a step or combination more difficult or focus on the technique of a step first?
5. Remember, it can be good to have some things in class be easy and some be difficult. We want our students to be challenged to keep their interest while also gaining confidence.

See also our [Preschool Tap Progressions](#) spreadsheet.

## Preschool Tap Dictionary

**Toe Drops.** Lift your toes then drop them down to the floor. Can be done with one or both feet.

**Heel Drops.** Lift your heels then drop them to the floor. Can be done with one or both feet.

**Stomps.** Place your entire foot on the floor but do not actually put weight onto it as you step.

**Stamps.** Place your entire foot on the floor, putting weight onto it.

**Heel Digs.** Tap the heel only onto the floor. For this age group, we only do heel digs to the front. Heel digs may be done with or without weight on them. With weight and done consecutively alternating legs, they are similar to walking on the heels with the toes lifted.

**Ball Digs.** Tap the ball only into the floor. For this age group, we only do ball digs to the front.

**Dig Toe or Heel Toe.** These are two common terms for the combination of a heel dig followed by a toe drop.

**Dig Heel or Ball Heel.** These are two common terms for the combination of a ball dig followed by a heel drop.

**Toe Taps.** In this age group, we only do toe taps to the front. Extend your foot front and tap just the toe tap on the floor.

**Brushes.** In this age group, we only do brushes to the front. Pick your foot up and brush it forward, tapping just the toe tap on the floor as you brush.

**Spanks.** From a heel dig or brush, tap your toe tap as you bring your foot up. In this age group, we only do spanks from a front heel dig or front brush.

**Shuffles.** In this age group, we only do shuffles front. A shuffle is the combination of a brush followed by a spank.

**Steps.** Steps are simply steps onto the ball of your foot. In this age group, you may find that we do a stomp or stamp in place of where a step would commonly be. This because a stomp or stamp are easier for this age group because they can step onto their entire foot.

**Scuffles.** In this age group, we only do scuffles front. A scuffle is the combination of a heel dig followed by a spank.

**Shuffle Step or Scuffle Step.** This is simply a shuffle or a scuffle followed by a step. In this age group, we may replace the step with a stomp or step.

**Spings.** A spring is simple a step with a bit of lightness and jump.

**Paradiddle.** A paradiddle is the combination of a heel dig, spank, and ball heel (ball dig and heel drop).

**Flap.** A flap is a brush and the step. We typically do this step while traveling in this age group.

**Ball Change.** In a ball change, we step backward on the ball of one foot then forward onto the other foot.

**Chug.** From two feet, lift your heels slightly as you scoot forward, ending with your heels down.

## Month 1: Beach Day

### Jazz Warmup

Begin standing with the legs in a parallel 2nd position.

**Tilt the head** right, center, left, center.

**Turn the head** to look right, center, left, center.

Repeat head tilts and head turns.

**Raise the shoulders** up, down, up, down.

**Hamstring stretch.** Lift the arms high then bend forward, reaching to the floor.

Reach to the right foot, then the left foot, then center.

Bend the knees and roll up.

Hold your arms in a high V so your body makes an X.

**Twist and bend** so the right arm reaches to the left foot. Come up to the standing X. Twist and bend so the left arm reaches to the right foot. Repeat.

Bring the feet together.

**Pliés** (parallel)

**Tendu** to the front and **touches** to the side (parallel).

**Passé** (parallel).

**Lunge** by stepping forward onto the right foot. Step the right foot back to feet together. Repeat left.

**Jumping jacks.**

**Jump with feet apart, jump together, cross** your left foot in front of your right, and turn. Repeat.

**Burpees:** Squat down and bring the hands to the ground. Step the right leg back to plank, then the left leg back to plank. Bring the right then left foot into a squat. Jump up with the arms reaching high.

**Tuck jumps** and **fireworks jumps.**

[Music: Hot Beach Hop](#)

### Jazz Across the Floor

**Swim Lessons: Freestyle.** Freestyle swimming arms as you walk forward.

**Swim Lessons: Backstroke.** Backstroke swimming arms as you walk backward.

**Making Waves:** Runs forward going down and up like waves.

**Sand Beneath Your Toes.** Step/touch. (Step forward on one foot. Point/touch the other foot in a parallel tendu position side. Continue across the floor, alternating legs. Optional: Tape a line for students to

step along and beanbags for them to touch with their leg side.

[Music: Surf's Up](#)

### Jazz Combination

#### Surfin' and Sunnin'

Begin standing in parallel with the hands on the hips, facing front.

**It's a sunny celebration.**

Step out to the right, with the hands on the hips.

**Fire up the summer.**

Step out to the left.

**Car in my rearview.**

Step in, in plié with the right leg.

**I want to hit the surf with you.**

Step in, in plié with the left leg, feet together.

**Yeah, we'll shimmy down by the shore.**

Squat down, hands on the floor.

**You are kickin' up a beach party.**

Jump up with your hands reaching to the sky.

**Dancing all the clouds awayaayay.**

Spin around with the arms coming down.

**You'll be surfin' and sunnin' all day!**

Jump to a wide parallel second position with your arms out to the side, like you're surfing.

**It's all you, bouncing like a beach ball.**

Plié two times in your surfing position.

**Everybody catch that wave.**

Plié and jump together.

**Cause we're surfin' and sunnin' all day!**

Jump to the side, 2 claps.

**Cause we're surfin' and sunnin' all day.**

Jump to the other side, 2 claps.

**Surfin' and sunin', yeah surfin' and sunnin', it's the way we play!**

Step touch right and left with the hands on the hips.

Jump high with your hand up high.

[Music: Surfin' and Sunnin'](#)

**It's beach party time! Put on your swimsuit and find your flip flops! If you love the sand and you love dancing this is your time to shine!**

## Tap Exercise 1: Toe Drops and Heel Drops

Toe drops, alternating feet, 8x slow  
Heel drops, alternating feet, 8x slow  
Repeat from the beginning.  
End with a cute pose of choice.

[Music: Beach Party Bash](#)

## Tap Exercise 2: Stamps and Stomps

16 counts - Stamp, alternating feet 8x, slow

1 - Stomp (no weight on the stomping foot)  
2 - Stamp (weight on the stamping foot)  
3-4 - Hold  
5 - Stomp (no weight on the stomping foot)  
6 - Stamp (weight on the stamping foot)  
7-8 - Hold  
Repeat

Repeat from the beginning.

[Music: Dancing in the Summertime](#)

## Tap Exercise 3: Heel Digs and Ball Digs

16 counts  
- Heel digs, 2 counts each, 6x total on the right foot  
- Stamp on the right foot on count 5 of the 2nd phrase  
- Hold counts 7-8 of the 2nd phrase  
Repeat the previous 16 counts on the left

16 counts  
- Ball digs, 2 counts each, 6x total on the right foot  
- Stamp on the right foot on count 5 of the 2nd phrase  
- Hold counts 7-8 of the 2nd phrase  
Repeat the previous 16 counts on the left

[Music: Sea Cruise](#)

## Tap Exercise 4: Traveling Across the Floor

Walk quietly on tip toes  
Steps on ball with noise  
Heel toe walks (slow/fast)  
Marches (fast/slow)  
Stamp, clap 2x to the side (same side as leg)  
Step, toe tap

[Music: Catch a Wave](#)

## Tap Exercise 5: Toe Taps and Stamps

1-2 - Toe tap right front  
3-4 - Stamp right  
5-6 - Toe tap left front  
7-8 - Stamp left  
Repeat a total of 4 sets

[Music: The Best Sandcastle](#)

## Tap Exercise 6: Steps

Steps. Explain that steps are done on the ball of the foot. The heel does not touch the floor.

Step, alternating feet, 8x to the slow beat  
Step, alternating feet, 16x to the fast beat  
Repeat as many times as desired

[Music: Caribbean Amphibian](#)

## Tap Exercise 7: Let's Play!

Follow the Leader: Speed

Play Follow the Leader around the room with step claps, marches, tip toes, skates, brush step walks, hops, chugs, shuffle walks, jumps open and closed.  
Use slow/fast movements. If a student is leading, you may also instruct them to do movements fast or slow.

[Music: Going to the Beach](#)

## Month 2: Let's Go Camping

### Jazz Warmup

Begin standing with the legs in a parallel 2nd position.

**Tilt the head** right, center, left, center.

**Turn the head** to look right, center, left, center.

Repeat head tilts and head turns.

**Raise the shoulders** up, down, up, down.

**Hamstring stretch.** Lift the arms high then bend forward, reaching to the floor.

Reach to the right foot, then the left foot, then center.

Bend the knees and roll up.

Hold your arms in a high V so your body makes an X.

**Twist and bend** so the right arm reaches to the left foot. Come up to the standing X. Twist and bend so the left arm reaches to the right foot. Repeat.

Bring the feet together.

**Pliés** (parallel)

**Tendu** to the front and **touches** to the side (parallel).

**Passé** (parallel).

**Lunge** by stepping forward onto the right foot. Step the right foot back to feet together. Repeat left.

**Jumping jacks.**

**Jump with feet apart, jump together, cross** your right foot in front of your left, and turn. Repeat.

**Burpees:** Squat down and bring the hands to the ground. Step the right leg back to plank, then the left leg back to plank. Bring the right then left foot into a squat. Jump up with the arms reaching high.

**Tuck jumps** and **fireworks jumps.**

[Music: A-Camping We Will Go!](#)

### Jazz Across the Floor

**Let's hike!** Marches.

**Across the River.** Set out spot marker mats in zig zag pattern very close together. Students hop (or step) side to side across the markers as river rocks.

**Constellations.** Set spot markers to a wider zig zag. Students run to each marker and fireworks jump to be a star. Option: Give students ribbon streamers.

[Music: Camping Jive](#)

### Jazz Combination

#### Camping Adventure

Begin standing in parallel with the hands at your shoulders like you're holding a backpack, facing front.

**We're going camping and it's going to be fun.**

Two pliés in parallel.

**It'll be cool in the rain or hot in the sun.**

Put your arms around yourself like you're cold, then fan yourself off like you're hot.

**We're going camping in the great outdoors.**

Hands to the hips.

**And I just can't wait to explore.**

Jump up and clap your hands high.

**On our camping adventure.**

Jump with feet apart. Jump with feet together.

**We're going on a camping adventure.**

Cross your right foot over your left, turn.

**We're going camping and it's going to be great.**

Two pliés in parallel.

**We're going to get up early and stay up late.**

Lay down on your back and look at the ceiling (sky).

**We're going camping under the stars, hey look up there it's the planet mars.**

Point to the ceiling and stand up.

**On our camping adventure.**

Jump with feet apart. Jump with feet together.

**We're going on a camping adventure.**

Cross your right foot over your left, turn.

**We got to hammer in our tent pegs.**

Lunge by stepping forward onto the right foot.

**Zip up the doorway.**

Step the right foot back to feet together.

**Snore all night.**

Lunge by stepping forward onto the left foot.

**And when the morning comes we'll get up and go!**

Step the right foot back to feet together.

**On our camping adventure.**

Jump with feet apart. Jump with feet together.

**We're going on a camping adventure.**

Cross your right foot over your left, turn.

[Music: Camping Adventure](#)

**Let's go on a camping trip with friends! Bring your tap shoes. We'll put on a tip tappin' campin' show!**

## Tap Exercise 1: Toe Drops and Heel Drops

Toe drops, alternating feet, 8x slow/16x fast  
Heel drops, alternating feet, 8x slow/16x fast  
Repeat from the beginning.  
End with a cute pose of choice.

[Music: Polly Wolly Doodle](#)

## Tap Exercise 2: Stamps and Stomps

16 counts - Stamp, alternating feet 8x, slow

1 - Stomp (no weight on the stomping foot)  
2 - Stamp (weight on the stamping foot)  
3-4 - Hold  
5 - Stomp (no weight on the stomping foot)  
6 - Stamp (weight on the stamping foot)  
7-8 - Hold  
Repeat

16 counts - Stamp, alternating feet 8x, slow  
16 counts - Stamp, alternating feet 16x, fast

[Music: Here We Go 'Round the Mulberry Bush](#)

## Tap Exercise 3: Heel Digs and Ball Digs

16 counts  
- Heel digs, 2 counts each, 6x total on the right foot  
- Stamp on the right foot on count 5 of the 2nd phrase  
- Hold counts 7-8 of the 2nd phrase  
Repeat the previous 16 counts on the left

1-2 - Heel dig right  
3-4 - Heel dig right  
5-6 - Heel dig right  
7-8 - Stamp  
Repeat left

1-2 - Heel dig right  
3-4 - Heel dig right  
5-6 - Stamp  
7-8 - Hold  
Repeat left

1-2 - Heel dig right  
3-4 - Stamp  
5-8 - Hold  
Repeat left

Repeat from the beginning with ball digs in place of heel digs.

[Music: Camping](#)

## Tap Exercise 4: Traveling Across the Floor

Walk quietly on tip toes  
Steps on ball with noise  
Heel toe walks (slow/fast)  
Stamp-claps (slow)  
Stomp-stamp, 2 claps (slow)

[Music: Let's Go for a Walk and Camping](#)

## Tap Exercise 5: Toe Taps and Stamps

1-4 - Toe tap right front 2x  
5 - Stamp right  
6-8 - Hold  
Repeat left

1-2 - Toe tap right front  
3-4 - Stamp right  
5 - Toe tap left front  
6-8 - Stamp left  
Repeat

Advanced option: Repeat from the beginning, starting on the left foot.

[Music: Camping](#)

## Tap Exercise 6: Steps vs. Stamps

Step vs. Stamp. When we step does our heel touch the floor? No! When we stamp, does it touch the floor? Yes!

Step, alternating feet, 8x to the slow beat  
Step, alternating feet, 16x to the fast beat  
Stamp, alternating feet, 8x to the slow beat  
Stamp, alternating feet, 16x to the fast beat  
Repeat as many times as desired

[Music: Following the Leader](#)

## Tap Exercise 7: Let's Play!

Simon Says

Option 1: Show students a step and have them copy you.  
Option 2: Call out a step you've worked on and see if students can do the step.

No music needed for this activity.

## Month 3: Forest Friends

### Jazz Warmup

Begin standing with the legs in a parallel 2nd position.

**Tilt the head** right, center, left, center.

**Turn the head** to look right, center, left, center.

Repeat head tilts and head turns.

**Raise the shoulders** up, down, up, down.

**Hamstring stretch.** Lift the arms high then bend forward, reaching to the floor.

Reach to the right foot, then the left foot, then center.

Bend the knees and roll up.

Hold your arms in a high V so your body makes an X.

**Twist and bend** so the right arm reaches to the left foot. Come up to the standing X. Twist and bend so the left arm reaches to the right foot. Repeat.

Bring the feet together.

**Pliés** (parallel)

**Tendu** to the front and **touches** to the side (parallel).

**Passé** (parallel).

**Lunge** by stepping forward onto the right foot. Step the right foot back to feet together. Repeat left.

**Jumping jacks.**

**Jump with feet apart, jump together, cross** your right foot in front of your left, and turn. Repeat.

**Burpees:** Squat down and bring the hands to the ground. Step the right leg back to plank, then the left leg back to plank. Bring the right then left foot into a squat. Jump up with the arms reaching high.

**Tuck jumps** and **fireworks jumps.**

[Music: Squirrels, Squirrels, Squirrels](#)

### Jazz Across the Floor

**Do you smell a skunk?** Low, fast runs. Optional: With opposition arms.

**Hare Hops.** Hopscotch. (Hop apart and together, across the room.)

**Sassy Fox Walks.** Sassy walks on demi pointe crossing one foot over.

**Bear Jumps.** Fireworks jumps, traveling across.

[Music: The Fox](#)

### Jazz Combination

#### Skunk Strut

Skitter to a spot marker mat as a skunk.

Look to the right with your fingers plugging your nose, look to the left—like something's stinky.

**Strut the skunk was a lonely skunk, he always wanted friends.**

Jump up with your hands high. Come down to a squat then lay on your tummy, kicking your feet.

**All he had was a saxophone.**

Roll to your back and pretend to play a saxophone.

**He went out at night to the city lights.**

Roll over and stand up.

**To make some friends but they all ran the other way.**

Run in a small circle around yourself.

**So he played.**

Jump feet apart. Jump together. Jump apart. Hold.

Move your hips right, left, right, left.

Skunk strut sassy walks around yourself in a circle.

**The crowd gathered round to hear the sounds of a scadden skunk who didn't stink at all.**

2 knee bounces, shrug your arms with your palms up.

**They jumped and jived felt alive, doing the swinging beat they were on their feet.**

Sways side to side.

**And they sang.**

Jump feet apart. Jump together. Jump apart. Hold.

Move your hips right, left, right, left.

Skunk strut sassy walks around yourself in a circle.

[Music: Skunk Strut](#)



**Our forest friends love to dance just like you! Let's teach our favorite friends our favorite steps. Have each dancer pick a forest friend to pretend to dance next to them.**

## Tap Exercise 1: Toe Drops and Heel Drops

Toe drops, alternating feet, 8x slow/16x fast  
Heel drops, alternating feet, 8x slow/16x fast  
Toe drop right, toe drop left, heel drop right, heel drop left, slow  
Toe drop right, toe drop left, heel drop right, heel drop left, slow  
End with a cute pose of choice.

[Music: Bunnion](#)

## Tap Exercise 2: Stamps and Stomps

16 counts - Stamp, alternating feet 8x, slow

1 - Stomp (no weight on the stomping foot)  
2 - Stamp (weight on the stamping foot)  
3-4 - Hold  
5 - Stomp (no weight on the stomping foot)  
6 - Stamp (weight on the stamping foot)  
7-8 - Hold  
Repeat

16 counts - Stamp, alternating feet 8x, slow  
16 counts - Stamp, alternating feet 16x, fast

1 - Stomp (no weight on the stomping foot)  
2 - Stamp (weight on the stamping foot)  
3-4 - Hold  
5 - Stomp (no weight on the stomping foot)  
6 - Stamp (weight on the stamping foot)  
7-8 - Hold  
Repeat

1 - Stomp (no weight on the stomping foot)  
2 - Stamp (weight on the stamping foot)  
Repeat for the remainder of the phrase.

[Music: Rocky the Rock N' Roll Raccoon](#)

## Tap Exercise 3: Heel Digs

1-4 - Hold  
5 - Stamp forward onto the right foot  
6 - Stamp forward onto the left foot  
7 - Stamp backward onto the right foot  
8 - Stamp backward onto the left foot  
Repeat

1-2 - Heel dig right  
3-4 - Heel dig right  
5 - Stamp forward onto the right foot  
6 - Stamp forward onto the left foot  
7 - Stamp backward onto the right foot  
8 - Stamp backward onto the left foot  
Repeat

Repeat from the beginning, starting with the left foot and with heel digs on the left.

[Music: Bunny, Why Do I Love You?](#)

## Tap Exercise 4: Traveling Across the Floor

Walk quietly on tip toes  
Steps on ball with noise  
Heel toe walks (slow/fast)  
Marches (slow/fast)  
Stamp, clap to the side (same side as leg)  
Step, toe tap

[Music: Weasel riding on a Snake](#)  
and [Backwards Rabbit](#) and [Hedgehog Hotel](#)

## Tap Exercise 5: Toe Taps, Stamps, Brushes

1-4 - Toe tap right front 2x  
5 - Stamp right  
6-8 - Hold  
Repeat left  
1-2 - Brush right front  
3-4 - Brush right front  
5 - Stamp right  
6-8 - Hold  
Repeat left  
Repeat from the beginning.

[Music: Hug a Turtle](#)

## Tap Exercise 6: Steps vs. Stamps

Step vs. Stamp. Continue exploring the difference and work on coordination.

Step, alternating feet, 8x to the slow beat  
Stamp, alternating feet, 8x to the slow beat  
Step, alternating feet, 4x to the slow beat  
Stamp, alternating feet, 4x to the slow beat  
Step, alternating feet, 2x to the slow beat  
Stamp, alternating feet, 2x to the slow beat  
Step, alternating feet, 2x to the slow beat  
Stamp, alternating feet, 2x to the slow beat

Advanced option: Repeat at twice the speed.

[Music: A Moose Ta Cha](#)

## Tap Exercise 7: Let's Play!

Free Dance

When the music is paused, students freeze. Call out or show a step you've worked on in class.

When the music plays, students do the assigned movement freely around the room.

[Music: Dance Porcupine Dance](#)

## Month 4: Pumpkin Patch

### Jazz Warmup

Begin standing with the legs in a parallel 2nd position.

**Tilt the head** right, center, left, center.

**Turn the head** to look right, center, left, center.

Repeat head tilts and head turns.

**Raise the shoulders** up, down, up, down.

**Hamstring stretch.** Lift the arms high then bend forward, reaching to the floor.

Reach to the right foot, then the left foot, then center.

Bend the knees and roll up.

Hold your arms in a high V so your body makes an X.

**Twist and bend** so the right arm reaches to the left foot. Come up to the standing X. Twist and bend so the left arm reaches to the right foot. Repeat.

Bring the feet together.

**Pliés** (parallel)

**Tendu** to the front and **touches** to the side (parallel).

**Passé** (parallel).

**Lunge** by stepping forward onto the right foot. Step the right foot back to feet together. Repeat left.

**Jumping jacks.**

**Jump with feet apart, jump together, cross** your right foot in front of your left, and turn. Repeat.

**Burpees:** Squat down and bring the hands to the ground. Step the right leg back to plank, then the left leg back to plank. Bring the right then left foot into a squat. Jump up with the arms reaching high.

**Tuck jumps** and **fireworks jumps.**

[Music: Five Little Pumpkins](#)

### Jazz Across the Floor

**Jack-o-Lantern Runs.** Make a face and run.

**Corn Rows.** Gallops sideways or chassés forward with alternating legs. Hands on the hips.

**Hay Bale Leaps.** Run and leap over a prop (as hay!).

**Autumn Leaves.** Step-touch. Optional: Tap a line to step along. Set out leaf props along each side of the line for students to touch their foot to the sides.

[Music: The Pumpkin Patch](#)

### Jazz Combination

#### Hay Bales, Scarecrows, Jack-o-Lanterns

Begin standing in parallel with the hands on the hips, facing front.

**Bingo: Hay bales, scarecrows, jack-o'-lanterns.**

Your arms go in and your elbows out. Your arms go out, your right hand on your knee in plié.

**Rolly: So many pumpkins, you can't count 'em!**

Bring your hand to a diagonal and point in a half circle right to left.

**Bingo and Rolly: All that's...**

Jump to second with your arms above your head.

**At the pumpkin patch.**

Jump down to squat.

**Rolly: Corn rows stretchin' out for miles.**

Stand up to do 2 chassés facing the left side.

**Bingo: Jack-o'-lanterns making' a goofy smile.**

Your arms open up and overhead to the front while you make a goofy face.

**Bingo and Rolly: All that's...**

2 chassés facing the right side.

At the pumpkin patch open to the front your arms up overhead.

**Yeah, all that's...**

Jump together.

**At the pumpkin patch.**

Jump down.

**Leaves are changing colors, the air is breezy.**

Step touch walking to the right with your arms swaying over your head.

**Rolly: That's because it's fall.**

Tendu outside with your leg out and plié inside, your legs and arms descend to second.

**Bingo and Rolly: Trying out the corn maze, hope it's easy.**

Step touch in your own circle with your hands on your hips.

**Bingo: What could possibly go wrong?**

Plié your inside leg, tendu outside with a shrug and your palms facing up.

[Music: At the Pumpkin Patch](#)

**We've been invited to perform at a pumpkin festival!  
Let's get tappin' at a party at the patch!**

## Tap Exercise 1: Toe Drops and Heel Drops

Toe drops, alternating feet, 8x slow/16x fast  
Heel drops, alternating feet, 8x slow/16x fast  
Toe drop right, toe drop left, heel drop right, heel drop left, slow  
Toe drop right, toe drop left, heel drop right, heel drop left, fast  
End with a cute pose of choice.

[Music: Pumpkin Spice Heaven](#)

## Tap Exercise 2: Stamps, Stomps, Steps

16 counts - Step, alternating feet 8x, slow  
(Step only onto the ball of the foot.)  
16 counts - Stamp, alternating feet 8x, slow

1 - Stomp (no weight on the stomping foot)  
2 - Stamp (weight on the stamping foot)  
3-4 - Hold  
5 - Stomp (no weight on the stomping foot)  
6 - Stamp (weight on the stamping foot)  
7-8 - Hold  
Repeat

16 counts - Step, alternating feet 8x, slow  
16 counts - Step, alternating feet 16x, fast

16 counts - Stamp, alternating feet 8x, slow  
16 counts - Stamp, alternating feet 16x, fast

1 - Stomp (no weight on the stomping foot)  
2 - Stamp (weight on the stamping foot)  
3-4 - Hold  
5 - Stomp (no weight on the stomping foot)  
6 - Stamp (weight on the stamping foot)  
7-8 - Hold  
Repeat

1 - Stomp (no weight on the stomping foot)  
2 - Stamp (weight on the stamping foot)  
Repeat for the remainder of the phrase.

[Music: At the Pumpkin Patch](#)

## Tap Exercise 3: Heel Digs (with and without weight)

Practice heel digs with weight on them, alternating feet before beginning the combination.

1-2 - Heel dig right  
3-4 - Heel dig right  
5 - Heel dig onto the right foot  
6 - Heel dig onto the left foot  
7 - Stamp backward onto the right foot  
8 - Stamp backward onto the left foot  
Repeat

Repeat on the left 2x.  
Repeat on the right 2x.  
Repeat on the left 2x.

[Music: Three Scarecrows](#)

## Tap Exercise 4: Traveling Across the Floor

Walk quietly on tip toes  
Steps on ball with noise  
Heel toe walks (slow/fast)  
Marches (fast/slow)  
Stamp, clap 2x to the side (same side as leg)  
Step, toe tap

[Music: Scarecrow and Pumpkin Party](#)

## Tap Exercise 5: Heel Digs, Spanks, Stamps

1-2 - Heel dig right  
3-4 - Spank right  
5 - Stamp right  
6-8 - Hold  
Repeat left

Repeat from the beginning.

[Music: The Pumpkin Patch](#)

## Tap Exercise 6: Introduce Ball Change

Introduce a ball change as stepping back on the ball of one foot and then forward on the other foot.

1-2 - Ball change (right foot back)

3-4 - Ball change (right foot back)

5-6 - Ball change (right foot back)

7-8 - Stamp the right foot so feet are together

Repeat left

Advanced option: Repeat the combination with just one ball change before the stamp. You can also replace the stamp together with a step together and try it at a faster tempo.

[Music: Pumpkin Spice Porcupine](#)

## Tap Exercise 7: Let's Play!

Runway Show

Have half of your students sit at the front of the room and the other half sit in an area together at the back of the room. Pick one student to do a traveling step from the back of the room, forward to their audience of classmates. Suggest steps or let students choose their own. Once a student gets to the front of the "runway" they strike a pose.

[Music: Pumpkin Patch](#)

## Month 5: Blast Off!

### Jazz Warmup

Begin standing with the legs in a parallel 2nd position.

**Tilt the head** right, center, left, center.

**Turn the head** to look right, center, left, center.

Repeat head tilts and head turns.

**Raise the shoulders** up, down, up, down.

**Hamstring stretch.** Lift the arms high then bend forward, reaching to the floor.

Reach to the right foot, then the left foot, then center.

Bend the knees and roll up.

Hold your arms in a high V so your body makes an X.

**Twist and bend** so the right arm reaches to the left foot. Come up to the standing X. Twist and bend so the left arm reaches to the right foot. Repeat.

Bring the feet together.

**Pliés** (parallel)

**Tendu** to the front and **touches** to the side (parallel).

**Passé** (parallel).

**Lunge** by stepping forward onto the right foot. Step the right foot back to feet together. Repeat left.

**Jumping jacks.**

**Jump with feet apart, jump together, cross** your right foot in front of your left, and turn. Repeat.

**Burpees:** Squat down and bring the hands to the ground. Step the right leg back to plank, then the left leg back to plank. Bring the right then left foot into a squat. Jump up with the arms reaching high.

**Tuck jumps** and **fireworks jumps.**

[Music: Astronauts](#)

### Jazz Across the Floor

**Around the Sun Runs.** Low runs (optional: with opposition arms) around a cone (the sun) and back.

**Asteroid Belt Hops.** Hop across a row of spot markers.

**Shooting Stars.** Fireworks jumps across while holding ribbon streamers.

[Music: Rocket to the Moon](#)

### Jazz Center Practice

#### Spinning Moons and Planets

**3 Step Turns.** Come to center and practice 3 step turns to the right and to the left.

**Twirls.** Give students hula hoops to hold around their waists and twirl around the room freely.

[Music: So Many Moons!](#)

### Jazz Combination

#### We are the Planets

During the song intro, float around like planets to your spot marker mat.

**Mercury.**

It's the fastest planet

Jump up and clap high. Run fast in place.

**Venus.**

It's the hottest planet.

Fan yourself off walking sideways.

**Earth's.**

Our home planet.

Sassy walks in a circle around yourself.

**Mars.**

It has a volcano bigger than any of Earth's.

Squat down then fireworks jump.

**Jupiter.**

The biggest planet.

Jump together. Jump apart. Jump together. Cross your right foot in front of your left, and turn.

**Saturn.**

It has icy rings.

3 step turn right. 3 step turn left.

**Uranus.**

It lies on its side.

Bend side to side with the hands on the hips.

**Neptune.**

It's the stormiest planet.

Free dance until the end of the music like a storm!

[Music: We Are the Planets](#)

**The countdown begins! As our taps make sounds, our rocketship boosters fire up and launch us into space!**

## Tap Exercise 1: Toe Drops and Heel Drops

Toe drops, alternating feet, 8x slow/16x fast  
Heel drops, alternating feet, 8x slow/16x fast  
Toe drop right, toe drop left, heel drop right, heel drop left, slow  
Toe drop right, toe drop left, heel drop right, heel drop left, fast  
Toe drops with both feet simultaneously, 4x slow  
Heel drops with both feet simultaneously, 4x slow  
Toe drops with both feet simultaneously, 4x slow  
Heel drops with both feet simultaneously, 4x slow  
End with a cute pose of choice.

[Music: The Outer Space Song](#)

## Tap Exercise 2: Stamps, Stomps, Steps

16 counts - Step, alternating feet 8x, slow  
16 counts - Stamp, alternating feet 8x, slow

1 - Stomp (no weight on the stomping foot)  
2 - Stamp (weight on the stamping foot)  
3-4 - Hold  
5 - Stomp (no weight on the stomping foot)  
6 - Stamp (weight on the stamping foot)  
7-8 - Hold  
Repeat

8 counts - Step, alternating feet 4x, slow  
8 counts - Step, alternating feet 8x, fast  
8 counts - Stamp, alternating feet 4x, slow  
8 counts - Stamp, alternating feet 8x, fast

1 - Stomp (no weight on the stomping foot)  
2 - Stamp (weight on the stamping foot)  
3-4 - Hold  
5 - Stomp (no weight on the stomping foot)  
6 - Stamp (weight on the stamping foot)  
7-8 - Hold  
Repeat

1 - Stomp (no weight on the stomping foot)  
2 - Stamp (weight on the stamping foot)  
Repeat for the remainder of the phrase.

[Music: A Beautiful, Beautiful World](#)

## Tap Exercise 3: Heel Digs, Ball Digs, Heel Drops

1-4 - Heel dig right 2x  
5-8 - Ball dig right 2x  
1-2 - Heel dig right  
3-4 - Ball dig right  
5 - Stamp the right foot  
6-8 - Hold  
Repeat on the left.  
Repeat on the right.  
Repeat on the left.  
Repeat on the right.

[Music: Zoom, Zoom, Zoom, We're Going to the Moon](#)

## Tap Exercise 4: Traveling Across the Floor

Walk quietly on tip toes  
Steps on ball with noise  
Heel toe walks (slow/fast)  
Ball heel walks (slow/fast)  
March in Patterns (march 4x, hold 4)  
Stamp-clap 4x, Stamp-clap-clap 4x  
Step touch toe

[Music: Sun vs Moon and Zoom a Little Zoom](#)

## Tap Exercise 5: Heel Digs, Spanks, Stamps, Stomps

1 - Heel dig right  
2 - Spank right  
3 - Stomp right  
4 - Hold  
Repeat 2x  
5 - Stamp right  
6 - Stamp left  
7 - Stamp right  
8 - Hold  
Repeat on the other side from the beginning.

[Music: Time to Shine](#)

## Tap Exercise 6: Dig Toe Ball Change

Combine the ball change with a dig toe (heel dig-toe drop).

- 1-2 - Ball change (right foot back)
  - 3 - Stamp or step the right foot so feet are together
  - 4 - Hold
  - 1-2 - Ball change (left foot back)
  - 3 - Stamp or step the left foot so feet are together
  - 4 - Hold
- Repeat

Traveling forward:

- 1-2 - Heel dig right foot front
  - 3-4 - Toe drop right
  - 5-6 - Ball change (left foot back)
  - 7-8 - Stomp or step the left foot so feet are together
  - 1-2 - Heel dig left foot front
  - 3-4 - Toe drop left
  - 5-6 - Ball change (right foot back)
  - 7-8 - Stomp or step the right foot so feet are together
- Repeat

Advanced option: Repeat the traveling portion at double speed (1 count per step instead of 2 counts per step).

[Music: Rocket Ship](#)

## Tap Exercise 7: Let's Play!

Tap Charades

Perform a tap step you've worked on in class and see if your students can remember its name. Optional: Let students have a turn standing in front of the class, showing a step, and seeing if the class can guess the step.

[Music: Fly Me to the Moon](#)



## Month 6: At the Toy Shop

### Jazz Warmup

Begin standing with the legs in a parallel 2nd position.

**Tilt the head** right, center, left, center.

**Turn the head** to look right, center, left, center.

Repeat head tilts and head turns.

**Raise the shoulders** up, down, up, down.

**Hamstring stretch.** Lift the arms high then bend forward, reaching to the floor.

Reach to the right foot, then the left foot, then center.

Bend the knees and roll up.

Hold your arms in a high V so your body makes an X.

**Twist and bend** so the right arm reaches to the left foot. Come up to the standing X. Twist and bend so the left arm reaches to the right foot. Repeat.

Bring the feet together.

**Pliés** (parallel)

**Tendu** to the front and **touches** to the side (parallel).

**Passé** (parallel).

**Lunge** by stepping forward onto the right foot. Step the right foot back to feet together. Repeat left.

**Jumping jacks.**

**Jump with feet apart, jump together, cross** your right foot in front of your left, and turn. Repeat.

**Burpees:** Squat down and bring the hands to the ground. Step the right leg back to plank, then the left leg back to plank. Bring the right then left foot into a squat. Jump up with the arms reaching high.

**Tuck jumps** and **fireworks jumps.**

[Music: Let's Twist Again](#)

### Jazz Across the Floor

**Toys with Wheels.** March across with oppositional arms and hands in fists. Tip: It can be helpful to have student swing their arms several times then march.

**Toys that Bounce.** Jumps with your hands in the air.

**Toys that Move Side to Side.** Step touch, scooping your arms as you step together.

**Toys that Spin.** Twirls or 3 step turns across.

[Music: You've Got a Friend in Me and Toy Shop](#)

### Jazz Combination

#### The Joy of Toys

Begin standing in parallel with the hands on the hips, facing front.

**Every baby's gonna love it!**

Hold.

**It's the joy of toys!**

Plié, jump apart.

**Twist it, roll it, shake it, hug it.**

Shake your hips side to side.

**It's the joy of toys!**

Plié, jump together.

**I'm so giddy I can't bear it.**

Quick runs in place.

**'Cause I just can't wait to share it.**

Plié, jump apart.

**Oh boy, it's the joy of toys!**

Plié, jump together.

**Oh, babies!!!!**

**A quack-in-the-box for Dora.**

Reach your right arm to a high V and step out with the right leg.

**Hand-me-down crayons for Chip.**

Reach your left arm to a high V and step out with the left leg.

**Mia's old set of blocks for Gary.**

Bring the right arm in and step your right leg in, in plié.

**And a bouncing ball for Kip.**

Bring the left arm in and step your left leg in, in plié.

**A stack-a-ma-bob for Henrietta and a...**

Jump straight up with the arms reaching high.

**Rattle for Pedro and Paul.**

Swing arms, oppositionally, front and back with hands in fists (to prepare for the next step).

**We've got coops and scoops and a choo-choo train.**

March forward with oppositional arms (like traveling earlier). Then march freely around the room.

[Music: The Joy of Toys](#)

**We love the toymaker's shop! It's an exciting place to be! Let's dance and tap our toes to put on a little show for the toys. It's time for tip tapping toy fun!**

## Tap Exercise 1: Toe Drops and Heel Drops

Toe drops, alternating feet, 8x slow/16x fast  
Heel drops, alternating feet, 8x slow/16x fast  
Toe drop right, toe drop left, heel drop right, heel drop left, slow

Toe drop right, toe drop left, heel drop right, heel drop left, fast

Toe drops with both feet simultaneously, 4x slow  
Heel drops with both feet simultaneously, 4x slow

Toe drop, heel drop, with both feet traveling right with each drop, slow 2x

Toe drop, heel drop, with both feet facing front, slow 2x  
Repeat to the left

End with a cute pose of choice.

[Music: Toy](#)

## Tap Exercise 2: Stamps, Stomps, Steps

16 counts - Step, alternating feet 8x, slow  
16 counts - Stamp, alternating feet 8x, slow

1 - Stomp (no weight on the stomping foot)  
2 - Stamp (weight on the stamping foot)  
3-4 - Hold  
5 - Stomp (no weight on the stomping foot)  
6 - Stamp (weight on the stamping foot)  
7-8 - Hold  
Repeat

8 counts - Step, alternating feet 4x, slow  
8 counts - Step, alternating feet 8x, fast

8 counts - Stamp, alternating feet 4x, slow  
8 counts - Stamp, alternating feet 8x, fast

1 - Stomp (no weight on the stomping foot)  
2 - Stamp (weight on the stamping foot)  
Repeat for the remainder of the phrase.  
Repeat for another phrase.

[Music: Let's Play](#)

## Tap Exercise 3: Heel Digs, Ball Digs, Toe Drops, Heel Drops

1-6 - Heel dig right 3x  
7-8 - Stamp right  
Repeat left  
1-6 - Ball dig right 3x  
7-8 - Heel drop  
Repeat left

Optional: Repeat from the beginning.

Traveling slightly forward:  
1-4 - Heel dig right, toe drop right  
5-8 - Heel dig left, toe drop left  
Repeat  
Traveling slightly backward:  
1-4 - Ball dig left, heel drop left  
5-8 - Ball dig right, heel drop right  
Repeat

Optional: Repeat the traveling portion.

[Music: Let's Play \(continued\)](#)

## Tap Exercise 4: Traveling Across the Floor

Walk quietly on tip toes  
Brush step  
Heel toe walks  
Ball heel walks  
March in Patterns (march 4x, hold 4)  
Stomp-stamp, 2 claps  
Walk backward  
Step, toe tap

[Music: Oh, You Beautiful Doll](#) and [The Toy Museum](#)

## Tap Exercise 5: Brushes, Spanks, Stomps

1-2 - Brush front right  
3-4 - Spank right  
3 - Stomp right  
4 - Hold  
Repeat 3x, stamping on the last time.  
Repeat from the beginning on the left.

Advanced option: Repeat the entire combination, alternating right and left instead of doing 4x on each side.

[Music: Tous](#)

## Tap Exercise 6: Steps vs. Springs

Step vs. Spring. This is a concept explored more thoroughly in the 5 to 7 year old age group, but we want to introduce it here. A step is simply a step onto the ball of your foot. A spring is lighter. It's like a little jump in your step.

Steps:

Step, alternating feet, 8x to the slow beat  
Step, alternating feet, 16x to the fast beat  
Repeat as many times as desired

Springs:

Spring, alternating feet, 8x to the slow beat  
Spring, alternating feet, 16x to the fast beat  
Repeat as many times as desired

[Music: You've Got a Friend in Me](#)

## Tap Exercise 7: Let's Play!

Add-On

Play a game of add on. Begin by showing a step. Everyone does that step. Next, have a student choose a step. Everyone one does the first step followed by the second step. Have another student choose a step. Everyone does the first step, followed by the second step, followed by the third step. Continue until all students have gone. Can the class remember all of the steps?

[No music needed for this activity.](#)

## Month 7: Arctic Animals

### Jazz Warmup

Begin standing with the legs in a parallel 2nd position.

**Tilt the head** right, center, left, center.

**Turn the head** to look right, center, left, center.

Repeat head tilts and head turns.

**Raise the shoulders** up, down, up, down.

**Hamstring stretch.** Lift the arms high then bend forward, reaching to the floor.

Reach to the right foot, then the left foot, then center.

Bend the knees and roll up.

Hold your arms in a high V so your body makes an X.

**Twist and bend** so the right arm reaches to the left foot. Come up to the standing X. Twist and bend so the left arm reaches to the right foot. Repeat.

Bring the feet together.

**Pliés** (parallel)

**Tendu** to the front and **touches** to the side (parallel).

**Passé** (parallel).

**Lunge** by stepping forward onto the right foot. Step the right foot back to feet together. Repeat left.

**Jumping jacks.**

**Jump with feet apart, jump together, cross** your right foot in front of your left, and turn. Repeat.

**Burpees:** Squat down and bring the hands to the ground. Step the right leg back to plank, then the left leg back to plank. Bring the right then left foot into a squat. Jump up with the arms reaching high.

**Tuck jumps** and **fireworks jumps.**

[Music: Seal the Deal](#)

### Jazz Across the Floor

**Arctic Hare Hops.** Start with knees bent. Touch the right foot side. Together. Touch the left foot side. Together. Hop 3x. Continue across.

**Walrus Waddles:** Galops to the side.

**Arctic Fox Slides:** Step side, dragging the second leg in a parallel tendu side. Bring the second foot together. Do 3x then shake your fox tail. Continue across.

**Iceberg Leaps:** Set hula hoops across the floor as icebergs. Students leap from one hoop to the other.

[Music: The Polar Bear Stomp](#)

### Jazz Combination

#### Roly Poly Polar Bears

Start sitting on your knees.

**See the polar bears playing in the snow.**

Roll to the right, ending sitting on your knees.

**Rockin and rollin watch them go.**

Roll to the left, ending sitting on your knees.

**Dancing and prancing to and fro.**

Come to a squat and jump up, reaching arms high.

**Hey swirly poly polar bears.**

3 step turn to the right.

**Now see the polar ridin' on the float.**

3 step turn to the left.

**Slippin' and slidin' watch them go.**

Galops to the side to the right.

**Hoppin' and boppin', to and fro.**

Galops to the side to the left.

**Roly poly polar bears.**

Step to the side, right, dragging the second leg in a parallel tendu side. Bring the second foot together.

**C'mon, shake polar bears.**

Step to the side, left, dragging the second leg in a parallel tendu side. Bring the second foot together.

**Watch out the ice is starting to break.**

Put your fists by your mouth and shake your knees.

**Back and side, it fills the air.**

Jump out to second, jump together.

**We'll jump to rockin' roly poly polar bears.**

Cross your right foot over your left and turn.

Pose with your arms up with jazz hands.

[Music: Roly Poly Polar Bears](#)

## Preschool Tap and Jazz Curriculum

**What's your favorite Arctic animal? Let's put on our warmest clothes and tap dance to stay toasty and warm in the cold Arctic air!**

### Tap Exercise 1: Toe Drops and Heel Drops

Toe drops, alternating feet, 8x slow/16x fast  
Heel drops, alternating feet, 8x slow/16x fast  
Toe drop, toe drop, heel drop, heel drop, slow  
Toe drop, toe drop, heel drop, heel drop, fast

Toe drop, heel drop, with both feet traveling right with each drop, slow 2x  
Toe drop, heel drop, with both feet facing front, slow 2x  
Repeat to the left

End with a cute pose of choice.

[Music: Cute Overload](#)

### Tap Exercise 2: Stamps, Stomps, Steps

16 counts - Step, alternating feet 8x, slow  
16 counts - Step with a Spring, alternating feet 8x, slow  
16 counts - Step, alternating feet 8x, slow  
16 counts - Step with a Spring, alternating feet 8x, slow

16 counts - Stamp, alternating feet 8x, slow  
16 counts - Stomp right, stamp right, stomp left, stamp left, repeat  
16 counts - Stamp, alternating feet 8x, slow  
16 counts - Stomp right, stamp right, stomp left, stamp left, repeat

[Music: Polar Bear](#)

### Tap Exercise 3: Heel Digs, Ball Digs, Toe Drops, Heel Drops, Stamps

Traveling slightly forward:  
1-4 - Heel dig right, toe drop right  
5-8 - Heel dig left, toe drop left  
1-4 - Heel dig right, toe drop right  
5 - Stamp left (feet together)  
6-8 - Hold

Traveling slightly backward:  
1-4 - Ball dig left, heel drop left  
5-8 - Ball dig right, heel drop right  
1-4 - Ball dig left, heel drop left  
5 - Stamp right (feet together)  
6-8 - Hold

Repeat from the beginning.

[Music: Narwhals Are Awesome](#)

### Tap Exercise 4: Traveling Across the Floor

Walk quietly on tip toes  
Brush step  
Heel toe walks 4x, ball heel walks 4x  
Steps on ball with noise  
Step-clap  
Marches with claps  
Walk backward  
Step, toe tap

[Music: Out in the Cold](#) and [Polar Bear Polar Bear](#)

### Tap Exercise 5: Brushes, Spanks, Stamps, Shuffles

1-2 - Brush front right  
3-4 - Spank right  
5-6 - Stamp right  
7-8 - Hold  
1-2 - Brush front left  
3-4 - Spank left  
5-6 - Stamp left  
7-8 - Hold  
Repeat a total of 4 sets.

Introduce the following as a shuffle: brush front, spank  
1-2 - Shuffle front right  
3 - Stamp right  
4 - Hold  
5-6 - Shuffle front left  
6 - Spank left  
7 - Stamp left  
8 - Hold  
Repeat a total of 4 sets.

[Music: Reindeer Pokey](#)

## Tap Exercise 6: Paradiddle Breakdown

Paradiddle Breakdown. This month, we'll break down the elements of a Paradiddle. Next month, we'll put them together for the Paradiddle.

Reminder: A ball heel is a ball dig followed by a heel drop.

1-2 - Ball heel right

3-4 - Ball heel left

5-6 - Ball heel right

7-8 - Ball heel left

1 - Heel dig right front

2 - Hold

3 - Spank right

4 - Stamp right foot so feet are together

5-8 - Hold

Repeat on the left

Repeat the entire combination from the beginning.

[Music: Adventure through the Snow](#)

## Tap Exercise 7: Let's Play!

Follow the Leader: Pathways

Play Follow the Leader around the room with step claps, marches, tip toes, skates, brush step walks, hops, chugs, shuffle walks, jumps open and closed.

Travel in straight, curved, or zigzag pathways. If a student is leading, you may also instruct them to do movements in a particular pathway.

[Music: A Polar Bear Called Pete](#)

Clapping with the Seals

Follow along with the action song: Clapping with the Seals.

[Music: Clapping with the Seals](#)

## Month 8: Candy Land

### Jazz Warmup

Begin standing with the legs in a parallel 2nd position.

**Tilt the head** right, center, left, center.

**Turn the head** to look right, center, left, center.

Repeat head tilts and head turns.

**Raise the shoulders** up, down, up, down.

**Hamstring stretch.** Lift the arms high then bend forward, reaching to the floor.

Reach to the right foot, then the left foot, then center.

Bend the knees and roll up.

Hold your arms in a high V so your body makes an X.

**Twist and bend** so the right arm reaches to the left foot. Come up to the standing X. Twist and bend so the left arm reaches to the right foot. Repeat.

Bring the feet together.

**Pliés** (parallel)

**Tendu** to the front and **touches** to the side (parallel).

**Passé** (parallel).

**Lunge** by stepping forward onto the right foot. Step the right foot back to feet together. Repeat left.

**Jumping jacks.**

**Jump with feet apart, jump together, cross** your right foot in front of your left, and turn. Repeat.

**Burpees:** Squat down and bring the hands to the ground. Step the right leg back to plank, then the left leg back to plank. Bring the right then left foot into a squat. Jump up with the arms reaching high.

**Tuck jumps** and **fireworks jumps.**

[Music: Sugar Sugar](#)

### Jazz Across the Floor

**Gumdrop Tuck Jumps.** Place 3 spot marker mats (gumdrops) across the floor. Students run to a mat and tuck jump.

**Candy Hearts.** Draw the right side of a heart with your right foot. Draw the left side of a heart with your left foot. Walk, walk, step together. (If tracing hearts is too difficult, have students touch their foot to the side instead.)

**Sprinkle Hops.** Hop across on two feet with the hands held high (like a sprinkle!).

[Music: Candy Girl](#)

### Jazz Combination

#### Candy Hearts

Begin standing in parallel with the hands on the hips, facing front, in the back of the room.

**Ca-Ca-Candy, Ca-Ca-Ca-Candy.**

Picked up runs from the back.

**Ca-Ca-Candy, Ca-Ca-Ca-Candy.**

Find your spot.

**Ca-Ca-Candy, Ca-Ca-Ca-Candy.**

Clap clap clap. Hands on the hips.

**We are sweet like ca-a-a-a-andy.**

Two knee bounces.

**Sprinkles in our eyes.**

Plié, jump straight up with the hand up high.

**Cotton candy on our minds.**

Sway right and left.

**Sugar hypnotized. Iye-iyeye-ized.**

3 step turn to the right (or twirl to the right).

3 step turn to the left (or twirl to the left).

**'Cause we're all cutie pies.**

Place your hands underneath your chin and smile.

**In a cupcake state of mind.**

Squat down.

**Feeling energized.**

Fireworks jump.

**Iye-iyeye-ized.**

Tick your arms down to second.

**Now everybody...**

Put both hands in front sharply, palms facing front.

**We're the new kids on the block.**

Point to yourself with your right hand, left hand on hip.

**And we're coming here to rock.**

Move your hips side to side.

**With a cherry on top.**

Step together with both hands high.

**We got candy hearts.**

Draw a heart shape with your hands.

[Music: Candy Hearts](#)

**Candyland is a place with a sprinkle of sugar and a whole lot of fun! Imagine we've traveled to a delicious place filled with sweets and happiness!**

## Tap Exercise 1: Toe Drops and Heel Drops

Toe drops, alternating feet, 8x slow/16x fast  
Heel drops, alternating feet, 8x slow/16x fast  
Toe drop, toe drop, heel drop, heel drop, slow  
Toe drop, toe drop, heel drop, heel drop, fast

Toe drop, heel drop, with both feet traveling right with each drop, slow 2x  
Toe drop, heel drop, with both feet facing front, slow 2x  
Repeat to the left

End with a cute pose of choice.

[Music: Lollipop](#)

## Tap Exercise 2: Stamps, Stomps, Steps

16 counts - Step, alternating feet 8x, slow  
16 counts - Step with a Spring, alternating feet 8x, slow  
16 counts - Step, alternating feet 8x, slow  
16 counts - Step, alternating feet 16x, fast

16 counts - Stamp, alternating feet 8x, slow  
16 counts  
- Stomp right, stomp right, stamp right, hold  
- Stomp left, stomp left, stamp left, hold  
- Stomp right, stomp right, stamp right, hold  
- Stomp left, stomp left, stamp left, hold  
Repeat the previous 32 counts

[Music: Sugar, Sugar](#)

## Tap Exercise 3: Heel Digs, Ball Digs, Stamps

Less advanced option:  
1-4 - Heel dig right 2x  
5-8 - Ball dig right 2x  
1-4 - Heel dig right 2x  
5-8 - Stamp right, stamp left  
Repeat

More advanced option:

1-4 - Heel dig right 2x  
5-8 - Ball dig right 2x  
1-2 - Heel dig right (stepping onto the heel)  
3-4 - Heel dig left (stepping onto the heel)  
5-8 - Stamp right, stamp left  
Repeat

[Music: Sprinkle Party](#)

## Tap Exercise 4: Traveling Across the Floor

Walk quietly on tip toes  
Brush step, ball change  
Heel toe walks 4x, ball heel walks 4x  
Steps on ball with noise 8x, step-clap 8x  
Marches with claps  
Walk backward  
Chugs forward  
Step, toe tap, clap

[Music: Candy Cane Jane and Jelly Beans!](#)

## Tap Exercise 5: Shuffles, Ball Digs, Heel Drops

A preparation for shuffle step:

1-4 - Shuffle front right 2x  
5-6 - Ball dig right  
7-8 - Heel drop right  
Repeat 2x  
1-8 - Hold  
Repeat on the left

Advanced option: Repeat from the beginning, alternating feet and eliminating the hold.

[Music: Sunshine, Lollipops and Rainbows](#)



## Tap Exercise 6: Paradiddle

Introduce the Paradiddle. This is a heel dig, spank, and ball heel (ball dig and heel drop).

1-2 - Heel dig right front

3-4 - Spank right

5-6 - Ball dig right

7-8 - Heel drop right

Repeat on the left

Repeat the entire combination. Or, for a more advanced option, repeat the entire combination twice at double time. (Each step has 1 count instead of 2 counts.)

[Music: Cotton Candy](#)

## Tap Exercise 7: Let's Play!

Simon Says

Option 1: Show students a step and have them copy you.

Option 2: Call out a step you've worked on and see if students can do the step.

No music needed for this activity.

## Month 9: Superheroes

### Jazz Warmup

Begin standing with the legs in a parallel 2nd position.

**Tilt the head** right, center, left, center.

**Turn the head** to look right, center, left, center.

Repeat head tilts and head turns.

**Raise the shoulders** up, down, up, down.

**Hamstring stretch.** Lift the arms high then bend forward, reaching to the floor.

Reach to the right foot, then the left foot, then center.

Bend the knees and roll up.

Hold your arms in a high V so your body makes an X.

**Twist and bend** so the right arm reaches to the left foot. Come up to the standing X. Twist and bend so the left arm reaches to the right foot. Repeat.

Bring the feet together.

**Pliés** (parallel)

**Tendu** to the front and **touches** to the side (parallel).

**Passé** (parallel).

**Lunge** by stepping forward onto the right foot. Step the right foot back to feet together. Repeat left.

**Jumping jacks.**

**Jump with feet apart, jump together, cross** your right foot in front of your left, and turn. Repeat.

**Burpees:** Squat down and bring the hands to the ground. Step the right leg back to plank, then the left leg back to plank. Bring the right then left foot into a squat. Jump up with the arms reaching high.

**Tuck jumps** and **fireworks jumps.**

[Music: Super Hero](#)

### Jazz Across the Floor

**Spiderman Lunges:** Lunge forward across the floor with alternating legs. Flip your wrists like you're spraying webs!

**Superman:** Hops across on two feet with your arms up high.

**Iron Mans:** Quick runs low to the ground.

**Batman:** Chassés forward with alternating legs.

**Catwoman Step-Touch:** Step forward, touch your second foot to the side. Continue across, alternating legs. Optional: Hold your hands like cat paws!

[Music: Let's Be Superheroes](#)

### Jazz Combination

#### Hero Up

Start down on the ground in a squat.

**When the bad guys are out, all you have to do...**

Jump straight up with your arms high, jazz hands.

**Who's gonna hero up?!?**

Heel dig side on the right, hands on your hips.

**Well, they may not get along but, they're...**

Go into a lunge forward on the right, muscle arms.

**Who's gonna hero up?!?**

Heel dig side on the left, hands on your hips.

**Who'll save the day?!?**

Go into a lunge forward on the left, muscle arms.

**The Super Hero Squad. They'll hero up again.**

Marches in a circle around yourself.

**Super Hero Squad (hero up)**

Jump straight up with your arms high, jazz hands.

**Super Hero Squad (hero up)**

Stand proud with your hands on your hips.

**Wolverine and Hulk are fierce.**

Step clap right.

**When Iron man joins the fight.**

Step clap left.

**Falcon darts in from the sky, Silver Surfer...**

Head isolations from side to side.

**Thor's hammer has thunders might!**

Squat down.

**Who'll save the day?!?**

Shrug shoulders with palms up, like you don't know.

**The Super Hero Squad.**

Jump straight up with your arms high, jazz hands.

**They'll hero up again!!** Pose like any superhero.

[Music: Hero Up](#)

**We're at the headquarters after a big day, but the day isn't over yet! Put back on your cape and get ready to celebrate how cool it is to be a hero!**

## Tap Exercise 1: Toe Drops and Heel Drops

Toe drops, alternating feet, 4x slow/8x fast/16x very fast  
Heel drops, alternating feet, 4x slow/8x fast/16x very fast  
Toe drop right, toe drop left, heel drop right, heel drop left, slow

Toe drop right, toe drop left, heel drop right, heel drop left, fast

Toe drop right, toe drop left, heel drop right, heel drop left, slow

Heel drop right, hold, heel drop left, hold, slow

Toe drop right, toe drop left, heel drop right, heel drop left, slow

Heel drop right, hold, heel drop left, hold, slow

Add in Month 10:

Toe drop right, toe drop left, heel drop right, heel drop left, fast

Heel drop right, hold, heel drop left, hold, fast

End with a cute pose of choice.

[Music: Superheroes!](#)

## Tap Exercise 2: Stamps, Stomps, Steps

8 counts - Step, alternating feet 4x, slow

8 counts - Step, alternating feet 8x, fast

8 counts - Step with a Spring, alternating feet 4x, slow

8 counts - Step with a Spring, alternating feet 8x, fast

8 counts - Stomp right, stamp right, stomp left, stamp left, repeat

8 counts - Stamp, alternating feet 8x

8 counts - Stomp right, stamp right, stomp left, stamp left, repeat

8 counts - Stamp, alternating feet 8x

Repeat from the beginning

[Music: Batman Theme](#)

## Tap Exercise 3: Heel Digs, Ball Digs, Toe Drops, Heel Drops, Stamps (at a faster pace)

Traveling slightly forward:

1-4 - Heel dig right, toe drop right

5-8 - Heel dig left, toe drop left

1-4 - Heel dig right, toe drop right

5 - Stamp left (feet together)

6-8 - Hold

Traveling slightly backward:

1-4 - Ball dig left, heel drop left

5-8 - Ball dig right, heel drop right

1-4 - Ball dig left, heel drop left

5 - Stamp right (feet together)

6-8 - Hold

Optional: Repeat from the beginning.

Traveling slightly forward (faster):

1-2 - Heel dig right, toe drop right

3-4 - Heel dig left, toe drop left

5-6 - Heel dig right, toe drop right

7-8 - Heel dig left, toe drop left

1-2 - Heel dig right, toe drop right

3-4 - Heel dig left, toe drop left

5 - Stamp left (feet together)

6-8 - Hold

Traveling slightly backward (faster):

1-2 - Ball dig left, heel drop left

3-4 - Ball dig right, heel drop right

5-6 - Ball dig left, heel drop left

7-8 - Ball dig right, heel drop right

1-2 - Ball dig left, heel drop left

3-4 - Ball dig right, heel drop right

5 - Stamp right (feet together)

6-8 - Hold

Optional: Repeat the faster portion.

[Music: Wonder Woman](#)

## Tap Exercise 4: Traveling Across the Floor

Walk quietly on tip toes  
Brush step, ball change  
Heel toe walks 4x, ball heel walks 4x  
Steps on ball with noise 8x, step-clap 8x  
March 7x and clap, repeat across  
Walks backward  
Stomp-stamp, 2 claps to the side (same side as leg)  
Step, toe tap, clap

Music: [Let's Be Superheroes](#) and [Superheroes](#)

## Tap Exercise 5: Shuffle Step (in place and traveling)

Introduce shuffle step:

1-2 - Shuffle right front  
3 - Step onto the right foot  
4 - Hold  
5-6 - Shuffle left front  
7 - Step onto the left foot  
8 - Hold  
Repeat 3x

Advanced option: Repeat the combination, traveling forward slightly.

Music: [Spiderman](#)

## Tap Exercise 6: Shuffle Ball Change

We've already learned shuffles to the front and ball changes to the back. Let's put them together!

Part 1

1-2 - Shuffle right front  
3-4 - Ball change right back  
Repeat 2x  
5-6 - Stamp the right foot so feet are together  
7-8 - Stomp the left foot  
Repeat on the left  
Repeat Part 1

Part 2

1-2 - Shuffle right front  
3-4 - Ball change right back  
5 - Stamp the right foot so feet are together  
6-8 - Hold  
Repeat on the left  
Repeat Part 2

Music: [PJ Masks Theme Song x2](#)

## Tap Exercise 7: Let's Play!

Free Dance

When the music is paused, students freeze. Call out or show a step you've worked on in class.

When the music plays, students do the assigned movement freely around the room.

Music: [Super Kid](#)

## Month 10: Pirates and Mermaids

### Jazz Warmup

Begin standing with the legs in a parallel 2nd position.

**Tilt the head** right, center, left, center.

**Turn the head** to look right, center, left, center.

Repeat head tilts and head turns.

**Raise the shoulders** up, down, up, down.

**Hamstring stretch.** Lift the arms high then bend forward, reaching to the floor.

Reach to the right foot, then the left foot, then center.

Bend the knees and roll up.

Hold your arms in a high V so your body makes an X.

**Twist and bend** so the right arm reaches to the left foot. Come up to the standing X. Twist and bend so the left arm reaches to the right foot. Repeat.

Bring the feet together.

**Pliés** (parallel)

**Tendu** to the front and **touches** to the side (parallel).

**Passé** (parallel).

**Lunge** by stepping forward onto the right foot. Step the right foot back to feet together. Repeat left.

**Jumping jacks.**

**Jump with feet apart, jump together, cross** your right foot in front of your left, and turn. Repeat.

**Burpees:** Squat down and bring the hands to the ground. Step the right leg back to plank, then the left leg back to plank. Bring the right then left foot into a squat. Jump up with the arms reaching high.

**Tuck jumps** and **fireworks jumps.**

[Music: Roll Up the Map](#)

### Jazz Across the Floor

**Pirates Marches.** Marches. Optional: Hold one finger of one hand up like a hook.

**Pirate Maps.** Place spot markers randomly across the floor. Students run to each marker and tuck jump. When they've jumped on all, they've found treasure!

**Walk the Plank.** Three steps forward. Squat down. Fireworks jump. Continue across.

**Yo Ho Yo Ho a Pirate's Life for Me!** Picked up runs.

[Music: Ahoy Ahoy](#)

### Jazz Combination

#### Mermaid Party!

Step clap step clap 8x

**Splish, splash! The water's perfect!**

Two flicks with your right foot, step out to 2nd.

**You, me and the deep blue sea!**

Plié, jump together, hold onto your nose and go down to squat.

**Tails in the air like you just don't care!**

Put your hands on ground and lift up the left leg.

**It's-an-underwater-fantasy!**

Put your leg down and roll up to standing, your head being the last thing to roll up.

**Splish! Splash! The water's perfect!**

Two flicks with your left foot, step out to 2nd.

**You, me and the deep blue sea!**

Plié, jump together, hold onto your nose and go down to squat.

**Tails in the air like you just don't care!**

Put your hands on the ground and lift up your right leg.

**Yeah, yeah.**

Put your leg down and roll up to standing, your head being the last thing to roll up.

**It's a mermaid party!**

Feet pedals with your arms alternating going up (4x).

**It's a mermaid party!**

Quarter turn to the right with your arms alternating forward with rib isolations (4x).

**Mu-mu-mu mermaid party!**

Quarter turn to the right with your arms alternating going up (4x).

**It's a mermaid party!**

Quarter turn to the right with your arms alternating forward with rib isolations (4x).

[Music: Mermaid Party](#)

**Yo, ho! Away we go! Dancing like a pirate is one of the fun things on the island! And do you think we'll see any mermaids in the lagoon?**

## Tap Exercise 1: Toe Drops and Heel Drops

Toe drops, alternating feet, 4x slow/8x fast/16x very fast  
Heel drops, alternating feet, 4x slow/8x fast/16x very fast  
Toe drop right, toe drop left, heel drop right, heel drop left, slow

Toe drop right, toe drop left, heel drop right, heel drop left, fast

Toe drop right, toe drop left, heel drop right, heel drop left, slow

Heel drop right, hold, heel drop left, hold, slow

Toe drop right, toe drop left, heel drop right, heel drop left, slow

Heel drop right, hold, heel drop left, hold, slow

Add in Month 10:

Toe drop right, toe drop left, heel drop right, heel drop left, fast

Heel drop right, hold, heel drop left, hold, fast

End with a cute pose of choice.

[Music: Little Octopus](#)

## Tap Exercise 2: Stamps, Stomps, Steps (traveling sideways)

8 counts - Step, alternating feet 4x, slow

8 counts - Step, alternating feet 8x, fast

8 counts - Step with a Spring, alternating feet 4x, slow

8 counts - Step with a Spring, alternating feet 8x, fast

8 counts - Stomp right, stamp right, stomp left, stamp left, repeat

8 counts - Stamp, alternating feet 8x

8 counts - Traveling to the right with stamps: step-together 4x

8 counts - Traveling to the left with stamps: step-together 4x

Repeat from the beginning

[Music: I'll Be the Captain](#)

## Tap Exercise 3: Heel Digs, Ball Digs, Toe Drops, Heel Drops, Stamps (at a faster pace)

Traveling slightly forward (faster version):

1-2 - Heel dig right, toe drop right

3-4 - Heel dig left, toe drop left

5-6 - Heel dig right, toe drop right

7-8 - Heel dig left, toe drop left

1-2 - Heel dig right, toe drop right

3-4 - Heel dig left, toe drop left

5 - Stamp left (feet together)

6-8 - Hold

Traveling slightly backward (faster version):

1-2 - Ball dig left, heel drop left

3-4 - Ball dig right, heel drop right

5-6 - Ball dig left, heel drop left

7-8 - Ball dig right, heel drop right

1-2 - Ball dig left, heel drop left

3-4 - Ball dig right, heel drop right

5 - Stamp right (feet together)

6-8 - Hold

Repeat from the beginning.

[Music: Yo Ho \(A Pirate's Life for Me\)](#)

## Tap Exercise 4: Traveling Across the Floor

Walk quietly on tip toes

Brush step, ball change

Heel toe walks 4x, ball heel walks 4x

Steps on ball with noise 8x, step-clap 8x

March 7x and clap, repeat across

Chugs forward

Bend the knees and fireworks jump

Stomp-stamp-clap-clap 2x, stomp-stamp-clap 1x

[Music: A Pirates's Life and Yo Ho Mateys](#)

## Tap Exercise 5: Scuffle, Scuffle Step, Stamp

Introduce scuffle step:

A scuffle is a heel dig followed by a spank.

1-2 - Heel dig right front

3-4 - Spank right

5 - Stamp right

6-8 - Hold

Repeat 3x

Repeat on the left

Repeat from the beginning, alternating feet.

[Music: Aw, Coconuts](#)

## Tap Exercise 6: Paradiddle

Review the Paradiddle. This is a heel dig, spank, and ball heel (ball dig and heel drop).

1-2 - Heel dig right front

3-4 - Spank right

5-6 - Ball dig right

7-8 - Heel drop right

Repeat on the left

1 - Heel dig right front

2 - Spank right

3 - Ball dig right

4 - Heel drop right

Repeat on the left

Repeat the faster version right and left, if desired.

[Music: Shipwreck Shuffle](#)

## Tap Exercise 7: Let's Play!

Runway Show

Have half of your students sit at the front of the room and the other half sit in an area together at the back of the room. Pick one student to do a traveling step from the back of the room, forward to their audience of classmates. Suggest steps or let students choose their own. Once a student gets to the front of the "runway" they strike a pose.

[Music: Go Captain](#)

## Month 11: Under the Big Top

### Jazz Warmup

Begin standing with the legs in a parallel 2nd position.

**Tilt the head** right, center, left, center.

**Turn the head** to look right, center, left, center.

Repeat head tilts and head turns.

**Raise the shoulders** up, down, up, down.

**Hamstring stretch.** Lift the arms high then bend forward, reaching to the floor.

Reach to the right foot, then the left foot, then center.

Bend the knees and roll up.

Hold your arms in a high V so your body makes an X.

**Twist and bend** so the right arm reaches to the left foot. Come up to the standing X. Twist and bend so the left arm reaches to the right foot. Repeat.

Bring the feet together.

**Pliés** (parallel)

**Tendu** to the front and **touches** to the side (parallel).

**Passé** (parallel).

**Lunge** by stepping forward onto the right foot. Step the right foot back to feet together. Repeat left.

**Jumping jacks.**

**Jump with feet apart, jump together, cross** your right foot in front of your left, and turn. Repeat.

**Burpees:** Squat down and bring the hands to the ground. Step the right leg back to plank, then the left leg back to plank. Bring the right then left foot into a squat. Jump up with the arms reaching high.

**Tuck jumps** and **fireworks jumps.**

[Music: Circus](#)

### Jazz Across the Floor

**Greatest Showman.** Step side, dragging the second leg in a parallel tendu side. Bring the second foot together. Do 3x then shake your fox tail. Continue across.

**Tightrope Walkers.** Step, step, pivot half turn, pivot half turn. Optional: Tape a line to tentacle across like a tightrope.

**Baton Twirlers.** 3 step turns (or twirls).

**Cheering Crowd.** Step-touch, clap.

[Music: Afro Circus](#)

### Jazz Combination

#### Here Comes the Circus

Begin in the back of the room, standing in parallel with hands on the hips. March forward to spots during the intro.

**Here comes the circus.**

Step side to the left and drag the left foot in a parallel tendu side. Arms open as if presenting the circus.

**Everyone loves the circus.**

Close your right foot so feet are together, hands on hips.

**And that includes the merry Mousekeeters.**

March around yourself in a circle.

**Clowns in the circus**

Jump apart. Jump together.

**Keep the frowns from the circus...**

Cross the right leg in front and turn.

**There'll be lions, tigers, elephants**

3 step turn to the right.

**And lots of things inside.**

Squat down to the ground.

**And there's a man who's 9 feet tall.**

Jump up with hands high in jazz hands.

**And a lady 5 feet wide.**

Step side to the right and drag the left foot in a parallel tendu side.

**Hooray for the circus!**

3 step turn to the left.

[Music: Here Comes the Circus](#)



**There's nothing better than being under the big top and watching the circus! Let's be a part of the show!**

## Tap Exercise 1: Toe Drops and Heel Drops

Toe drops, alternating feet, 4x slow/8x fast/16x very fast  
Heel drops, alternating feet, 4x slow/8x fast/16x very fast  
Toe drop, toe drop, heel drop, heel drop, slow  
Toe drop, toe drop, heel drop, heel drop, fast

Toe drop right, toe drop left, heel drop right, heel drop left, slow  
Heel drop right, hold, heel drop left, hold, slow  
Toe drop right, toe drop left, heel drop right, heel drop left, fast  
Heel drop right, hold, heel drop left, hold, fast

Toe drop, heel drop, with both feet traveling right with each drop, slow  
Toe drop, heel drop, with both feet facing front, slow  
Repeat to the left, slow

End with a cute pose of choice.

[Music: the Circus Song](#)

## Tap Exercise 2: Stamps, Stomps, Steps (traveling sideways)

8 counts - Step, alternating feet 8x  
8 counts - Stamp, alternating feet 8x

16 counts

- Stomp right, stomp right, stamp right, hold
- Stomp left, stomp left, stamp left, hold
- Stomp right, stomp right, stamp right, hold
- Stomp left, stomp left, stamp left, hold

8 counts - Traveling to the right with stamps: step-together 4x  
8 counts - Traveling to the left with stamps: step-together 4x

[Music: The Circus is Coming to Town](#)

## Tap Exercise 3: Heel Toe, Ball Heel

1-4 - Heel dig right, toe drop right (aka Dig Toe or Heel Toe)  
5-8 - Ball dig left, heel drop left (aka Dig Heel or Ball Heel)  
Repeat

Traveling slightly forward:

1-4 - Heel dig right, toe drop right  
5-8 - Heel dig left, toe drop left  
1-4 - Heel dig right, toe drop right  
5 - Stamp left (feet together)  
6-8 - Hold

Repeat all on the other side.

Optional: Repeat from the beginning.

[Music: Scot Train](#)

## Tap Exercise 4: Traveling Across the Floor

Walk quietly on tip toes  
Brush step, ball change  
Heel toe walk, ball change  
Ball heel walks  
Heel dig, spank, ball heel walk (slow)  
Chugs forward 4x, bend knees and fireworks jump 2x  
Step, toe tap, clap

[Music: Edward and Pony on the Merry-Go-Round](#)

## Tap Exercise 5: Scuffle Step, Shuffle Step

The scuffle step (slow):

1-2 - Heel dig right front  
3-4 - Spank right  
5 - Step onto the right foot  
6-8 - Hold  
Repeat on the left  
Repeat on the right  
Repeat on the left

Speed up the scuffle step:

- 1 - Heel dig right front
  - 2 - Spank right
  - 3 - Step onto the right foot
  - 4 - Hold
  - 5 - Heel dig left front
  - 6 - Spank left
  - 7 - Step onto the left foot
  - 8 - Hold
- Repeat

Add the shuffle step:

- 1-2 - Shuffle right front
  - 3 - Step onto the right foot
  - 4 - Hold
  - 5-6 - Shuffle left front
  - 7 - Step onto the left foot
  - 8 - Hold
- Repeat

[Music: Sea Lion Circus](#)

## Tap Exercise 6: Scuffle Ball Change

We've learned scuffles to the front and ball changes to the back. Let's put them together!

Part 1

- 1-2 - Scuffle right front
  - 3-4 - Ball change right back
- Repeat 2x
- 5-6 - Stamp the right foot so feet are together
  - 7-8 - Stomp the left foot
- Repeat on the left  
Repeat Part 1

Part 2

- 1-2 - Scuffle right front
  - 3-4 - Ball change right back
  - 5 - Stamp the right foot so feet are together
  - 6-8 - Hold
- Repeat on the left  
Repeat Part 2

[Music: Circus Jogo Jogo](#)

## Tap Exercise 7: Let's Play!

Tap Charades

Perform a tap step you've worked on in class and see if your students can remember its name. Optional: Let students have a turn standing in front of the class, showing a step, and seeing if the class can guess the step.

[Music: Circus Parade](#)

## Month 12: Garden Bugs

### Jazz Warmup

Begin standing with the legs in a parallel 2nd position.

**Tilt the head** right, center, left, center.

**Turn the head** to look right, center, left, center.

Repeat head tilts and head turns.

**Raise the shoulders** up, down, up, down.

**Hamstring stretch.** Lift the arms high then bend forward, reaching to the floor.

Reach to the right foot, then the left foot, then center.

Bend the knees and roll up.

Hold your arms in a high V so your body makes an X.

**Twist and bend** so the right arm reaches to the left foot. Come up to the standing X. Twist and bend so the left arm reaches to the right foot. Repeat.

Bring the feet together.

**Pliés** (parallel)

**Tendu** to the front and **touches** to the side (parallel).

**Passé** (parallel).

**Lunge** by stepping forward onto the right foot. Step the right foot back to feet together. Repeat left.

**Jumping jacks.**

**Jump with feet apart, jump together, cross** your right foot in front of your left, and turn. Repeat.

**Burpees:** Squat down and bring the hands to the ground. Step the right leg back to plank, then the left leg back to plank. Bring the right then left foot into a squat. Jump up with the arms reaching high.

**Tuck jumps** and **fireworks jumps.**

[Music: Bugs, Bugs, Bugs, Bugs](#)

### Jazz Across the Floor

**Roly poly.** Tuck and roll: Sit on your knees. Roll to the right to end on your knees again, facing front.

Continue across. Then other side.

**Inchworm:** Slide to the right and drag your left foot in a parallel side. Close the left leg so feet are together.

**Bee.** Quick, low jazz runs.

**Firefly.** Step, step, pivot half turn, pivot half turn.

(When you turn, you're a blinking firefly!)

[Music: Garden Boogie](#)

### Jazz Combination

#### Bug 'n Roll

##### Dum diddy diddy doo dum diddy dum

Slide to the right and drag your left foot in a parallel side. Close the left leg so feet are together.

##### Dum diddy diddy doo dum diddy dum

Slide to the right and drag your left foot in a parallel side. Close the left leg so feet are together.

##### Oo-oo-oo!

Kneel in right knee, left knee. Sit on knees.

##### Bug 'n roll!

Roll to the right to sit on knees again, facing front.

##### The ants in the grass all march, march, march.

Come to a squat.

##### March!

Jump up high with arms high. Jazz hands.

##### March, march, march, march march march.

##### The ants in the grass all march, march, march.

Marches in a circle around yourself. Hands on hips.

##### March!

Tuck jump.

##### All day long.

Slide to the right and drag your left foot in a parallel side. Close the left leg so feet are together.

##### The bees around the flowers all buzz, buzz, buzz.

Slide to the right and drag your left foot in a parallel side. Close the left leg so feet are together.

##### Buzz!

Jump up high with arms high. Jazz hands.

##### Buzz, buzz, buzz buzz, buzz, buzz.

##### The bees around the flowers all buzz, buzz, buzz.

Picked up run in a circle around yourself.

##### Buzz!

Tuck jump.

##### All day long.

Hold.

##### Oo-oo-oo!

Kneel in right knee, left knee. Sit on knees.

##### Bug 'n roll!

Roll to the right to sit on knees again, facing front.

Pose with arms up.

[Music: Bug 'n Roll](#)

Imagine you're in a garden and you discover adorable little garden friends! Come meet all the bugs who flutter and fly, creep and crawl.

## Tap Exercise 1: Toe Drops and Heel Drops

Toe drops, alternating feet, 4x slow/8x fast/16x very fast  
Heel drops, alternating feet, 4x slow/8x fast/16x very fast

Toe drop, toe drop, heel drop, heel drop, slow  
Toe drop, toe drop, heel drop, heel drop, fast

Toe drop right, toe drop left, heel drop right, heel drop left, slow

Heel drop right, hold, heel drop left, hold, slow

Toe drop right, toe drop left, heel drop right, heel drop left, fast

Heel drop right, hold, heel drop left, hold, fast

Toe drop, heel drop, with both feet traveling right with each drop, slow

Toe drop, heel drop, with both feet facing front, slow

Repeat to the left, slow

Repeat to the right, fast

Repeat to the left, fast

End with a cute pose of choice.

[Music: Caterpillar on the Ground](#)

## Tap Exercise 2: Stamps, Stomps, Steps (traveling sideways)

8 counts - Step, starting on the right and alternating feet  
8x

8 counts - Stamp, starting on the right and alternating feet  
8x

8 counts

- Stomp right, stomp right, stamp right, hold

- Stomp left, stomp left, stamp left, hold

8 counts - Traveling to the side, to the right, with stamps:  
step-together 4x

Repeat from the beginning, starting with the left foot each time and traveling to the left.

[Music: Need the Bees](#)

## Tap Exercise 3: Heel Toe, Ball Heel

1-2 - Heel dig right, toe drop right (aka Dig Toe or Heel Toe)

3-4 - Ball dig left, heel drop left (aka Dig Heel or Ball Heel)

Repeat

Traveling slightly forward:

1-2 - Heel dig right, toe drop right

3-4 - Heel dig left, toe drop left

5-6 - Heel dig right, toe drop right

7-8 - Heel dig left, toe drop left

1-2 - Heel dig right, toe drop right

3-4 - Heel dig left, toe drop left

5 - Stamp left (feet together)

6-8 - Hold

Repeat all on the other side.

Optional: Repeat from the beginning.

[Music: Centipedes 100 Shoes](#)

## Tap Exercise 4: Traveling Across the Floor

Walk quietly on tip toes

Brush step, ball change

Heel toe walk, ball change

Heel dig, spank, ball heel walk (slow/regular speed)

Chugs forward 4x, bend knees and fireworks jump 2x

Stomp-stamp-clap-clap 2x, stomp-stamp-clap 1x

Step, toe tap, clap

[Music: Willbee the Bumblebee and The Ants Go](#)

## Tap Exercise 5: Scuffle Step, Shuffle Step, Ball Digs, Heel Drops

Scuffle step:

1-2 - Scuffle

3 - Step onto the ball of the right foot

4 - Heel drop

5 - Heel dig left front

6 - Spank left

7 - Step onto the ball of the left foot

8 - Heel drop

Repeat

Shuffle step:

1-2 - Shuffle right front

3 - Step onto the ball of the right foot

4 - Heel drop

5-6 - Shuffle left front

7 - Step onto the ball of the left foot

8 - Heel drop

Repeat

\*If the heel drop is too difficult for students, replace it with a hold.

Advanced option: Also do the following.

1-3 - Shuffle step right front

4-6 - Shuffle step left front

Repeat

1-3 - Scuffle step right front

4-6 - Scuffle step left front

Repeat

Repeat each set of the advanced option again.

\*If needed, you may pause between the shuffle step and the scuffle step if students find it difficult to switch from one to the other. Then, after practicing, remove the pause.

[Music: The Ant and the Grasshopper](#)

## Tap Exercise 6: Scuffle Ball Change, Paradiddle

Let's do scuffle ball change and the paradiddle in a combination together.

1-2 - Scuffle right front (heel dig, spank)

3-4 - Ball change right back

5-8 - Paradiddle (heel dig, spank, ball dig, heel drop)

Repeat on the left

Repeat on the right

Repeat on the left

\*If the above is too difficult, pause between 8-counts. You can also do two phrases on the right and then two phrases on the left (instead of alternating phrases right, left, right, left).

[Music: Roly-Poly Rock 'n' Rolly Pill Bugs](#)

## Tap Exercise 7: Let's Play!

Add-On

Play a game of add on. Begin by showing a step. Everyone does that step. Next, have a student choose a step. Everyone one does the first step followed by the second step. Have another student choose a step. Everyone does the first step, followed by the second step, followed by the third step. Continue until all students have gone. Can the class remember all of the steps?

No music needed for this activity.