



Heel Tap

Flex knee, strike the ground with the heel & up sharply. Can be given three ways: standing on one foot; with ball of working foot on ground; as a sharp dig.



Toe Beat

Raise the working leg, bending from the knee. Strike the ground with the toe finishing down on the ground with a heavier tone.



Ball Tap

*Strike the ground with the ball of the foot & up sharply.
Can be given three ways: standing on one foot; with heel of working foot on ground; as a sharp dig.*



Drop

Stand on one foot, spring into the air & drop heavily onto the ball or flat of the other foot.



Stomp

Stand on the ball of the foot, push foot forward finishing with a heavy heel beat, knee flexed.



Scuff

A flat stamp carried forward & off the ground, supporting knee flexed. Maybe taken across the body, to the front or the side.

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Tap Spring

A forward tap followed immediately by a spring. Travelled or on the spot & very lightly executed.

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Pick-up

Stand with feet slightly apart, turn up the toe of one foot, slap foot back hitting the ground with the ball of the foot & removing the heel.

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Pick-up Step

A pick-up followed immediately by a step backwards. (can be repeated on alternate feet)

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4 Beat Cramp Roll

Spring on RF, ball dig LF, heel beat RF, heel beat LF. (can also be executed with spring on LF etc.)

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5 Beat Cramp Roll

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Tap spring on RF, ball dig LF, heel beat RF, heel beat LF.
(can also be executed with tap spring on LF etc.)

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Good to know

Paddle & Roll

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Heel dig, backward tap,
ball beat, heel beat.

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Good to know

Double paddle

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Heel dig, backward tap,
heel dig, backward tap.

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Good to know

Maxie Ford

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Can use spring or step.
(side) Spring RF, shuffle LF, spring LF, toe RF.

Say - Spring, shuffle, spring, toe.

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Good to know

Suzi-Q

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Slide LF across in front of RF (turning LL in) both knees bend, step to side on RF swivelling LF to finish with LH on the ground with toes up & RL straight.

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