

MONGAN DANCE ACADEMY — TAP 1 WARM UPS

Begin Facing the barre

- Right foot: Tap 8x, Heel 8x, Heel Dig 8x, Tip 7x (stomp on 8)
- Left foot: Tap 8x, Heel 8x, Heel Dig 8x, Tip 7x (stomp on 8)
Repeat above pattern on 4, 2, and 1 (8x alternating -your last stomp turns you to the side)
Transition = Toe Toe Heel Heel en dedan
- Flap devant 8x, Flap a la seconde 6x
Transition
-Repeat left
- Flap heel devant 8x, flap heel a la seconde 6x
Transition
-Repeat left
- Flap heel heel devant 8x, flap heel heel a la seconde 6x
Transition
-Repeat left
- Shuffle Tip Encroix (4 sets)
Transition
-Repeat left
- Shuffle Tip Heel Encroix (4 sets)
Transition
-Repeat left
- Stomp Stomp jump click (1, 1, 3) / (4 faces)
You should end facing the barre
- Roll to tips 7 cts / land 8 (2x)
- Roll to tips 3 cts / land 4 (2x)
- Roll to tips 2 cts / land (2x)
- Roll to tips 8 single counts
- Jump to tips 7 cts / land 8 (2x)
- Jump to tips 3 cts / land 4 (2x)
- Jump to tips 2 cts / land (2x)
- Jump to tips 8 single counts
- Jump Pull Back (8x/ half time)