

BEGINNER PRACTICE SHEET

Our goal: A range of tap steps at a range of speeds.

LEARN TAP. THE EASY WAY.



COURSE CONTENT	TYPE	ALSO KNOWN & REFERRED TO AS					NOTES	Speed Goal 1		Speed Goal 2		Speed Goal 3		Speed Goal 4		Speed Goal 5	
								TEMPO (BPM)	Check!	TEMPO (BPM)	Check!	TEMPO (BPM)	Check!	TEMPO (BPM)	Check!	TEMPO (BPM)	Check!
[Example:] Paradiddle	Step	Perrididdle	Hollywood Roll	Paddle and Roll	Paddle Rolls	4 Beat Heel Pickup	Don't lift the foot after the heel dig. Keep it fluid. Relax relax relax.	50	<input checked="" type="checkbox"/>	85	<input checked="" type="checkbox"/>	100	<input checked="" type="checkbox"/>	130	<input checked="" type="checkbox"/>	150	<input checked="" type="checkbox"/>
Heel Drop	Beat	Heels	Cramp Heel	Heel Beat	Heel Cramp				<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Ball Drop	Beat	Toes	Toe Drop	Ball Beat	Toe Beat				<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Nerve Beat	Beat	Straight Tap	Nerve Tap						<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Ball Dig	Beat	Ball Jab	Toe Dig	Toe Jab					<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Ball-Heel	Step	Toe Heel	Step Heel	Tap Heel	Toe Flam				<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Brush Forward	Beat	Forward Brush	Ball Brush	Toe Brush					<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Brush Back	Beat	Spank	Backward Tap	Backward Brush					<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Shuffle	Step	Rattle	Two	Double	Front-Back				<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Shuffle Ball Heel	Step	Shuffle Toe Heel	Quadruple	Shuffle Step Heel	Shuffle Tap Heel				<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Heel Dig	Beat	Heel jab							<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Paradiddle	Step	Perrididdle	Hollywood Roll	Paddle and Roll	Paddle Rolls	4 Beat Heel Pickup			<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Step	Transition								<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Spring	Transition								<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Drop	Transition								<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Hop	Transition								<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Flap (Walking)	Step	Tap Step	Brush Step	Fa-Lap	Walking Flap				<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Flap (Running)	Step	Tap Spring	Brush Step	Fa-Lap	Running Flap				<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Flap Heel	Step	Tap Step Heel	Brush Toe Heel	Brush Step Heel	Brush Ball Heel				<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Ball Change	Step	Back-Front	Toe Change	Toe Down					<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Flap Ball Change	Step	Tap Step Ball Change	Brush Step Ball Change	Double Change					<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>

- Do I understand the step? - Do I know what it's meant to look and sound like? - Do I understand the weight transition from the start to finish? - Can I hear each of my beats clearly? - Are the beats even? - Am I holding any unnecessary tension? - Are the movements optimized to go faster?

GOOD FOR
THE BRAIN & BODY



LEARN THESE STEPS & MORE:
JUSTTAPDANCE.COM



IT'S NEVER TOO LATE
TO START