

**TAP**

**HOMEWORK SHEET**

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Class \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­\_\_\_\_\_\_\_\_\_\_

\*Exercises are to be done daily\*

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Exercise | Repetitions | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
| Toe Taps | 8 on each foot |  |  |  |  |  |  |  |
| Heel taps | 8 on each foot |  |  |  |  |  |  |  |
| Cramp Rolls | 8 each |  |  |  |  |  |  |  |
| Brushes | 8 on each foot |  |  |  |  |  |  |  |
| Scuffs | 8 on each foot |  |  |  |  |  |  |  |
| Flaps | 8 on each foot |  |  |  |  |  |  |  |
| Shuffle Heels | 8 on each foot |  |  |  |  |  |  |  |
| Shuffle Hops | 8 on each foot |  |  |  |  |  |  |  |
| Flap Hops | 8 on each foot |  |  |  |  |  |  |  |
| Heel Toe Heel Step | 8 on each foot |  |  |  |  |  |  |  |
| Shuffles | 8 on each foot |  |  |  |  |  |  |  |
| Flap Heels | 8 on each foot |  |  |  |  |  |  |  |