

# Pittsfield Tap

April 2011

## 1. Runaround Sue - Intro: 4 x 8 beats

Warm-up - [2 circles + 1 rep to front - don't turn the last time]

Begin with right foot, alternate sides for each step

1x	heel-tap toe-back, heel-tap toe-back, grapevine (3 steps to the right)	1 2 3 4 5 6 7 (8)
1x	heel-tap toe-back, heel-tap toe-back, grapevine (3 steps to the left)	1 2 3 4 5 6 7 (8)
4x	heel toe (Move forward in 1/4 circle)	1 2 3 4 5 6 7 8
4x	toe heel (backward)	1 2 3 4 5 6 7 8

## 2. Stuck On You - Intro: 2 x 8 beats

[speed: 122]

Steps: flap step step, pull-step step step

Start with right foot and alternate feet.

4x	flap step step	&1 2 3 (4) &5 6 7 (8); &1 2 3 (4) &5 6 7 (8);
2x	rock recover step	1 2 3 (4); 5 6 7 (8)
4x	pull-step step step	&1 2 3 (4) &5 6 7 (8); &1 2 3 (4) &5 6 7 (8)
1x	step, pivot-left 1/4, step	1 2 3 (4);
1x	step, pivot-right 1/2, step	5 6 7 (8)

## 3. No News - Intro: 2 x 8 beats

[speed 143]

Steps: shuffle step; step shuffle step step

Start on right foot, alternate feet

4x	step shuffle step step	1 2&3 4 5 6&7 8; 1 2&3 4 5 6&7 8
4x	heel-tap, step (turning 1/4 left)	1 2 3 4 5 6 7 8
8x	shuffle step	1&2 3&4 5&6 7&8; 1&2 3&4 5&6 7&8
4x	heel-tap, step (turning 1/4 left)	1 2 3 4 5 6 7 8

## 4. New York New York Intro: 4 x 8 beats (start after vocal)

[speed 118]

Steps: flap heel-drop; combination pull-toe-heel, flap heel

7x:	flap heel heel to the right (start on right foot)	&1&2 &3&4 &&5 6 &7&8; &12 &34 &5&6
1x	Step L, Step R	7 8
7x:	flap heel to the left (start on left foot)	&1&2 &3&4 &&5 6 &7&8; &12 &3&4 &5&6
1x	Step R, Step L	7 8
4x	pull toe heel, tap heel	&1 2 3 4
2x	Step R, kick L, step L, kick R	1 2 3 4 5 6 7 8
1x	Jazz Box (starting with right foot - toe-heel style)	1 2 3 4 5 6 7 8

**5. Must've Had a Ball**      Intro: 20 beats

[speed 124]

Steps: shuffle step step step, fan

Start on right foot

4x	shuffle step step, step	&1 &2 3 (4) &5 &6 7 (8);	&1 &2 3 (4) &5 &6 7 (8);
4x	stomp fan fan fan		1 2 3 4 5 6 7 8; 1 2 3 4 5 6 7 8;
1x	flap heel heel, flap heel heel, pull-step step step, pull-step step step (1/4 turn left) flap heel heel, flap heel heel		&1 &2 &3 &4; &5 6 7 (8); &1 2 3 (4); &5 &6 &7 &8

**6. Down By The Station**      Intro: 8 counts after rhythm starts

[speed 122]

3 paradiddles, heel-tap heel-tap	1&2&3&4&5&6& 7 8
3 paradiddles, stomp	1&2&3&4&5&6& 7 [8]
Repeat	

Heel-toe swivels to right: toe-toe-heel-heel; toe-toe-heel-heel	1 2 3 4 5 6 7 8
Heel-toe swivels to left: toe-toe-heel-heel; toe-toe-heel-heel	1 2 3 4 5 6 7 8

Step step step scuff - repeat till rhythm changes

**7. Chiki Cha**

Start with right foot

4x: Point front, point back, flap step step	1 2 &3 &4
turn 90 degrees when starting the flap step step	
4x: step shuffle step step, toe hee, toe heel	1 2& 3 4 5 6 7 8
3x; step step step, brush hop	1 2 3 4&
Step step step	123
2x: shuffle step, shuffle step, shuffle step, pose	1&2 3&4 5&6 7

**8. El Rey Del Dancing**      Intro: 4 x 8 beats

[speed: 95]

Steps practiced: shuffle hop step (use heel-drop rather than hop for low-impact)

Start on right foot, alternate feet

2x	shuffle hop cross-step step step	&1 &2 3 4; &5 &6 7 8
2x	R&L rock (front) recover, pull-step step step	1 2 &3 &4; 5 6 &7 &8
2x	R&L strut back 3 times (toe-heel), stomp forward	1& 2& 3& 4; 5& 6& 7& 8
8x	walks (Make ½ circle to the right)	&1 &2 &3 &4; &5 &6 &7 &8

**9. Who's Been Sleepin in My Bed**      Intro: 4 x 8 beats

[speed: 100]

Steps: shuffle step step - flap step step combination

Start with right foot

2x	shuffle step step flap step step	&1 &2 &3 &4 &5 &6 &7 &8
2x	flap step step	&1 &2 &3 &4
1x	pivot turn	5 6
1x	flap step step	&7 &8
4x	pull-step step step	&1 &2 &3 &4 &5 &6 &7 &8
4x	pull step	&1 &2 &3 &4
4x	walk forward	5 6 7 8

**Repeat pattern, starting with left foot****10. Volcano**      Intro: 4 x 8 beats (start dancing when singing starts)

[speed: 89]

Steps: basic time step

Start with right foot, alternate feet

4x	time steps (any variation)	1 2 3&4; 5 6 7&8; 1 2 3&4; 5 6 7&8
1x:	touch step (rt), touch step (L)	1 2 3 4
1x:	touch step (rt), touch step (L) with ½ turn (monterey)	5 6 7 8
1x	3 paradiddles (pull-toe-heel-heel), ending with step stomp(R)	1&2& 3&4&; &5&6& 7 8

**11. Give Me That Old Soft Shoe**      Intro: start after spoken introduction

[speed: 112]

Soft-shoe style dance

**Basic =**      *Step brush step step, (Start 1<sup>st</sup> with right foot, then alternate feet)*  
*step brush step step,*  
*step brush step step pull step step brush step step*

**Basic with circle =** *Step Brush step step step, (Start with left foot)*  
*step pull step step,*  
*step brush step step, brush step step, brush step (circle to left)*

**Dance:**

3x    Basic soft shoe step  
 1x    Basic with circle (circle to left)

Vine to right (4 counts), step shuffle ball-change ball-change

Vine to left (4 counts), step shuffle ball-change ball-change

Repeat pattern

3x    Basic soft shoe step  
 1x    Basic with circle (circle to left)

4x    Flap Heel, Flap Heel, Flap step step, Flap step step  
 (Do one complete circle to the right)

3x    Step brush, step brush, cross, step back, step back, hold  
 Finish with 1 basic with circle (5 counts), step step

**12. Sail on Sailor**      Intro: 2 x 8 beats  
Complete dance, not repeating pattern

[speeds: 83, 95]

**Section 1:**

2x	R&L	4 heel bounces	1 2 3 4 5 6 7 8
4x	R&L	4-count riff walks	&1 &2 &3 &4; &5 &6 &7 &8
2x	R&L	side behind & heel & cross (heel jack combination)	1 2 &3 &4; 5 6 &7 &8
2x	R&L	step touch (turning left)	1 2 3 4
2x		flap step step	&5 &6 &7 &8

**Section 2: [Repeat Section 1]**

2x	R&L	4 heel bounces	1 2 3 4 5 6 7 8
4x	R&L	4-count riff walks	&1 &2 &3 &4; &5 &6 &7 &8
2x	R&L	side behind & heel & cross (heel jack combination)	1 2 &3 &4; 5 6 &7 &8
2x	R&L	step touch (turning left)	1 2 3 4
2x		flap step step	&5 &6 &7 &8

**Section 3:**

2x		Rock recover, sailor half-turn, flap step step, flap step step	1 2 3 &4; &5 &6 &7 &8
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**Section 4:**

2x		Vining right - brush step, pull step, pull step, brush step Paddle turn (½ left)	&1 &2 &3 &4; &5 &6 &7 &8 9 10
2x		Vining right - brush step, pull step, pull step, brush step Paddle turn (½ left)	&1 &2 &3 &4; &5 &6 &7 &8 9 10
4x	R&L	4-count riff walks	&1 &2 &3 &4; &5 &6 &7 &8
2x	R&L	side behind & heel & cross (heel jack combination)	1 2 &3 &4; 5 6 &7 &8
2x	R&L	step touch (turning left)	1 2 3 4
2x		flap step step	&5 &6 &7 &8

**Section 5: [Repeat Section 1]**

2x	R&L	4 heel bounces	1 2 3 4 5 6 7 8
4x	R&L	4-count riff walks	&1 &2 &3 &4; &5 &6 &7 &8
2x	R&L	side behind & heel & cross (heel jack combination)	1 2 &3 &3; 5 6 &7 &8
2x	R&L	step touch (turning left)	1 2 3 4
2x		flap step step	&5 &6 &7 &8

**Section 6: [Repeat Section 4]**

2x		Vining right - brush step, pull step, pull step, brush step Paddle turn (½ left)	&1 &2 &3 &4; &5 &6 &7 &8 9 10
2x		Vining right - brush step, pull step, pull step, brush step Paddle turn (½ left)	&1 &2 &3 &4; &5 &6 &7 &8 9 10
4x	R&L	4-count riff walks	&1 &2 &3 &4; &5 &6 &7 &8
2x	R&L	side behind & heel & cross (heel jack combination)	1 2 &3 &3; 5 6 &7 &8
2x	R&L	step touch (turning left)	1 2 3 4
2x		flap step step	&5 &6 &7 &8

**Ending [Repeat Section 3]**

2x		Rock recover, sailor half-turn, flap step step, flap step step Flap step steps till end	1 2 3 &4; &5 &6 &7 &8
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**13. Favorite Boyfriend of the Year** Intro: 4 x 8 beats - start when singing starts **[speed: 84]**

1x	Heel toe, heel toe (slow)	1 2 3 4
3x	heel toe (fast)	5& 6& 7&
1x	touch	8
Repeat		
2x	Toe heel (back), heel dig, heel dig	1 2 3 4 5 6 7 8
4x	Paradiddles (starting with brush-back)	1& 2& 3& 4& 5& 6& 7& 8
8x	Toe heel (make a figure 8)	1 2 3 4 5 6 7 8; 1 2 3 4 5 6 7 8
4x	Heel toe ®), Heel (L)	&2&3&4&5&6&
	Toe heel	7 8
Repeat		

**14. Stuff You Gotta Watch**

2x	Hold 2; Jump-out, hold2, Jump-in, heel-drop step step step; heel-drop step step stp	[&1]&2[&3]&4&5&6&7&8
4x	flap step step	&1&2&3&4&5&6&7&8
2x	flap heel heel, pull heel toe-back heel	&1&2&3&4&5&6&7&8
2x	Heel, L-heel, toe(across), L-heel, Heel, L-heel, toe(center), L-heel, heel, L-heel, toe(across), L-heel; Flap step step	&1&2&3&4&5&6&7&8

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