

ELITE GROOVERS

LEVEL I ELITE GROOVERS ACCELERATE THEIR TRAINING WITH INDIVIDUAL HIP-HOP AND TAP CLASSES. ELITE GROOVERS HARNESS THEIR ENERGY TOWARDS STRENGTHENING THEIR MOTOR SKILLS, FLEXIBILITY, CORE STRENGTH AND DANCE BASICS AS WE EDUCATE THEM ON THE 5 ELEMENTS OF HIP-HOP AND THE 5 FUNDAMENTALS OF TAP DANCE.

LEVEL II ELITE GROOVERS EXPAND THEIR HIP-HOP AND TAP TRAINING WITH STREET JAZZ AND BODY PERCUSSION.



THE ULTIMATE GROOVER'S JOURNEY

MINI GROOVERS

Hip-Hop

LITTLE GROOVERS

Groove 'N Shuffle

ELITE GROOVERS I

Hip-Hop

Tap

ELITE GROOVERS II

LIMITLESS

Street Jazz

Hip-Hop

Tap

Body Percussion

NextSTEP

X-TREME GROOVERS

UNLIMITED

TLC

Street Jazz

Hip-Hop

Tap

Body Percussion

Tap Improvisation

FutureSTEP

TAG Team

SUPREME GROOVERS

UNLIMITED

TLC

Street Jazz

Hip-Hop

Tap

Body Percussion

Tap Improvisation

FutureSTEP

TAG Team

ULTIMATE GROOVER'S JOURNEY CONDUCTOR'S NOTES

	MINI GROOVERS	LITTLE GROOVERS	ELITE GROOVERS	X-TREME GROOVERS	SUPREME GROOVERS	ULTIMATE GROOVER
Age / Duration	3-5 years old (1) 40 min class/wk	5-7 years old (1) 45 min class/wk	7-10 years old (2+) 45-60 min classes/wk 1-2 days/wk	10+ years old (2+) Hip-Hop classes/wk (2+) Tap classes/wk 2+ days/wk	13+ years old (3+) Hip-Hop classes/wk (3+) Tap classes/wk 2+ days/wk	Senior Year Ultimate Groover Graduating Class of XX
Positive Characteristics	Brand new and ready to be shaped. Super cute.	They "get it" and can do more.	Lots of energy.	Desire to learn and progress quickly.	Experienced and responsible.	Identity Red Ultimate Groover Hoodie (they receive this Junior year, from the Seniors during the Concert)
Negative Characteristics	Separation anxiety. Not fully socialized.	Kids have opinions. Like to challenge the rules.	Comparisonitis (age, height, skill). Pushing boundaries. Feed off the negative energy of others in the room.	Anxious. Harsh on themselves. Potential to Bully.	Giving excuses. Sometimes lazy.	Social Proof Graffiti wall photoshoot (group and individual) On the wall in the Lobby Shared with them for social
Aspirations / Desires / Needs	Parents want their children to socialize. Kids want to have fun.	Kids want to dance like the people they see on TV. Parents want to keep them active and involved.	Kids want to be the best. Parents want to see what they're learning.	Kids want to nail their choreography with confidence. Parents want to see strength and improvement.	Parents want to see how dance is going to influence their future. Kids want to dance like the influencers they see on social media.	"Ultimate Groover Send Off" Senior Roses (Formal Dress) Senior Group Dance Pass down the Hoodie
Challenges	Parents don't trust the process and they want proof before it's time.	Height comparisons. Age comparisons.	Parents want them to do everything. Fear of too much choreo to remember in the recital.	Too much homework. Balancing the jump to middle school. Fear of overload. Mitzvah preparation.	Struggle with time management for homework, social life, school activities, and dance. Parents want them to "have a life" and do "extracurriculars".	Grooves Yearbook Everyone goes in the yearbook, but current seniors stay on the wall for the year (and then go into the yearbook)
Identity Status Symbols	Certified MG Shirt Low Top Converse	Certified LG Shirt Patent Tap Shoes	Certified EG Shirt Single-Sole Oxfords High Top Converse	Certified XG Shirt Custom Color Tap Shoes High Top Converse	Certified SG Shirt Custom Color Tap Shoes High Top Converse	
Values in Action	Educate them on how to take the class. Energize their love of movement. Excite them about music/dance.	Educate them in Hip-Hop and Tap. Energize them to shuffle. Excite them for the "best of both worlds". Confidence to own the stage.	Educate them on the 5 Elements of Hip-Hop and the 5 Fundamentals of Tap Dance. Energize them to take more classes. Excite them to dive deeper into the opportunities available to them. Build their confidence to do more.	Educate them deeper on culture. Energize them to be in the studio 2+ days per week. Excite them to say yes to more opportunities, including assisting and masterclasses.	Inspire a life-long passion.	
Mission in Action: Magical Moments that Matter	Giving them the confidence to step on stage.	"Best of Both Worlds". Igniting a passion for both Hip-Hop and Tap Dance.	"... all Street Dance Culture". Cyphers. Choreo Challenges.	More chances to own the stage, including Company or YouTube Dance Stars.	More chances to own the stage, including specialty pieces and additional companies.	
Pathway Options	Click here for Class Progressions	Click here for Class Progressions	Click here for Class Progressions	Click here for Class Progressions	Click here for Class Progressions	

ELITE GROOVERS TAP

Warm-Up

Elite Groovers Tap is a Tap technique program for Groovers ages 7+. The focus is on developing their coordination, rhythmic understanding, and musicality. Groovers learn the technique and history of Rhythm Tap, with emphasis on musicality through warm-ups, timesteps, and historical choreography.

Circle Warm-Ups:

Warm-Up exercises should be consistent and done to the same music on a weekly basis. If you move to the next progression in a warm-up, feel free to change the song.

Rhythm/Ear Training

Stomps -March it out

Claps: Half Time and Double Time

Pats

Call and Response *I Go - You Go*

Tap Your Toe: Front, Side, Toe in the back and stomp down

- 8 of each, right side and left side
- Then progress to 4 of each, right side and left side
- Then progress to 2 of each, right side and left side
- Then progress to singles
- Then progress to "1 + 2"
- Then progress to front, side, toe in the back, dig, touch, drop the heel, lift the toe, stomp
- Then progress to single/double of the above (1, 2, 3, 4 then 1 + 2 + 3 + 4 +)

Digs and Toes

- Dig Step
- Toe Step
- Dig Dig Step
- Toe Toe Step

ELITE GROOVERS TAP

Warm-Up

Center Warm-Ups

Heel Toe / Step Heel

8 forward and back, 4 forward and back, 2 forward and back

Call and Response I Go, You Go

Using tap vocabulary, 4 count phrases

Body Percussion Basics:

4 stomps on the floor, 4 knee pats, 4 claps, 4 snaps , then 2 of each, 1 of each 2x

Note: Technique exercises eventually become warm-ups as you progress throughout the year.

ELITE GROOVERS TAP

Traditional Steps

Shuffle

Shuffle Ball Change

Slaps: Slap, Slap Slap, Step Together

Paradiddle:

-Dig Spank Step

-Dig Spank Step Heel

Heel Click Jumps

Maxiford:

Maxiford

Maxiford Step Clap Clap to switch

Buffalo- Step Shuffle Up (1 + a 2)

Step Heel Turn- Step Heel, Step Heel, Step Heel, Stomp

Waltz Clog- Step, Shuffle, Ball Change

Paddle Turn- Spank step 3x, step clap

Flap Heel Turn- Flap Heel, Flap Heel, Flap Heel, Stomp

Military Time Step

ELITE GROOVERS TAP

Signature Steps

Digs and Toe

Dig Dig Step, Toe Toe Step, Dig Dig Toe Toe Dig Dig Step (two to the front, two to the back, two to the front, step clap)

Heel Toe / Step Heel

8 forward and back, Then progress to 4 forward and back, Then progress to 2 forward and back

Shuffles:

- Shuffle Step
- Shuffle Shuffle Shuffle Step (3, 3, 1, 1, 1, 1)
- Shuffle Ball-Change
- Shuffle Ball-Change (3 and switch with shuffle step)
- Shuffle Ball-Change Shuffle Step
- Shuffle hop steps
- Hop shuffles (no steps in between)
- Swinging the shuffle (a1 a2 a3 a4)
- Swing the shuffle in 7 - 7 - 3 - 3 - 1 - 1 - 1 - 1
- Swing shuffle ball-change
- Double shuffle step (1 e + a 2)

ELITE GROOVERS TAP

Fun Phrases

1. Dig Dig Toe Toe Dig Dig Step Clap | Repeat on the left
Have them say "two to the front, two to the back, two to the front, step and clap"
2. Shuffle Shuffle Shuffle Step | Shuffle Shuffle Shuffle Step
R L
3. Jump Cross Turn | Toe Toe Step | Toe Toe Step
R L
4. Step Step Heel Heel | Step Step Heel Heel | Step Step Heel Heel | Stomp Clap Clap
R L R L R L R L R L R L R
5. Maxiford, Maxiford, Step Clap
6. Paradiddle x 3, step step (repeat on the left)
7. Shuffle Step, Shuffle, Step, Shuffle, Ball Change, Shuffle, Step
8. Heel Click Jump - R heel, L heel, step down R, step down L, heel jump, land, click jump, land (with arms).
9. Paradiddle 2x, Heel spank front, Heel Spank side, Paradiddle.
10. Heel Toe Step 2x, Heel Toe Ball Change, Heel Toe Step
11. Pivot to the L side, march march | Shuffle, Hop, Step 2x | Pivot to the R side, march march | Shuffle, Hop, Step 2x
12. Rolling Shuffles
Hop shuffle s alternating 6x step 7 clap 8, repeat on the other side,
Hop, shuffle step clap 34, Hop, Shuffle, Ste, Clap 78 | Hop shuffle s alternating 6x step 7 clap 8

ELITE GROOVERS TAP

Floor Progressions

Heel Toe: Heel Toe walks, Then progress to heel toe ball change, Then progress to heel, toe, ball change, scuff heel stomp.

Step Heel:

- Moving backwards, Facing the mirror, step heel stomp (1 + 2)
- Facing the mirror, step heel step heel (1 + 2 +)

Toe Step:

- Toe Step (1 2)
- Toe Toe Step (1 + 2)
- Toe Toe Step Step (repeat on the other side)
- Toe Toe Step Clap
- Toe Step, Toe Step, Toe Toe Step (1+2+3+4)

Chasse:

- Chasse wait wait
- Chasse Clap Clap

Flap:

- Flap (a 1)
- Flap Heel (a 1 2. a 3 4)
- Flap heel toe
- Flap Ball-Change (a 1 + 2)
- Then progress by removing the pause
- Flap heel, heel (back heel 1st)

Front Irish:

- Shuffle hop cross, wait wait (a1 a2, 34),
- 2 Irish, wait 4 counts (a1 a2, a3 a4, wait 234)
- Then progress by removing the pauses

Riff Walk -Toe Scuff Heel Toe (1 2 3 4)

ELITE GROOVERS TAP

Floor Progressions

Waltz Clog with Walks- Step Shuffle Ball-Change, Step Shuffle Ball-Change, Walk Walk (1 e + a 2, + a 3 e +, 4 +)

Buffalo-Step Shuffle Up (1 + a 2) facing the mirror

ELITE GROOVERS TAP

Activities

No Peeky Peeky

I Go You Go- Mirror and Repeat

Dance Pop Quiz

Freestyle Round -Pick your Favorite Step Cypher