

# Tennis Shoe Tap Dance

by Lisa O'Dear Lewis, Ed.D.  
[lewisl@apsu.edu](mailto:lewisl@apsu.edu)

Music: "In the Mood" by Glenn Miller

#	Step
Intro	Hold intro <b>1-8 and 1-8</b>
	<b>1 hold 2,3                      4 hold 6,7,8</b> Fred Astaire drag pose to right : Drop arms down drag left foot into left dig pose
	<b>1 hold 2,3                      4 hold 6,7,8</b> Fred Astaire drag pose to left : Drop arms down drag right foot into right dig pose
#	Step
1	<b>&amp; 1&amp;    2        3,4                      5                      6                      7</b> To the right: flap ball change ball change (lindy) twist right, twist left (sugars) kick <b>&amp;    8</b> ball change
2	<b>&amp; 1&amp;    2        3,4                      5                      6                      7</b> To the left: flap ball change ball change (lindy) twist right, twist left (sugars) kick <b>&amp;    8</b> ball change
3	(Sugars) twist R & L while moving forward <b>8 counts</b> with arms moving up with shaking hands
4	<b>1        2        3        4                      5 6 7 8</b> Jump back clap Jump back clap /point fingers down while bring heels up
5	<b>&amp;1 2        &amp; 3 4        &amp;5 6        &amp; 7 &amp; 8</b> Circle right: flap heel (R) flap heel (L) flap heel (R) shuffle ball change (L)
6	<b>&amp;1 2        &amp; 3 4        &amp;5 6        &amp; 7 &amp; 8</b> Circle left: flap heel (R) flap heel (L) flap heel (R) shuffle ball change (L)
7-12	Repeat steps 1-6
13	<b>1        2        3        4                      5        &amp; da                      6        &amp; da                      7</b> Stomp right left heel heel heel / leap right :shuffle left; leap left: shuffle right; leap right <b>&amp;    8</b> Ball change left (weight is on the right foot). <b>Note:</b> you can perform only the leaps and not shuffles.

14	<b>1 2 3 4 5 6 &amp;7 &amp; 8</b> Cross left over right to right lift toe up while twisting heel 3X; shuffle left ball change
15	<b>1 2 3 4 5 &amp; da 6 &amp; da 7 &amp; 8</b> Stomp left right heel heel heel / leap left :shuffle right; leap right: shuffle left; leap left & 8 Ball change right (weight is on the left foot). <b>Note:</b> you can perform only the leaps and not shuffles.
16	<b>1 2 3 4 5 6 &amp;7 &amp; 8</b> Cross right over left to left lift toe up while twisting heel 3X; shuffle right ball change
17-20	Repeat Steps 1-4
21	<b>1 2 3 4 5 6 7 8</b> Moving to stage right: toe heel right to side; cross toe heel left; toe heel right to side; cross toe heel left
22	<b>1 2 3 4 &amp; 5 &amp; 6 &amp; 7 &amp; 8</b> Cont. Moving to stage right: toe heel right to side; cross toe heel left; shuffle ball change right flap ball change right
23	<b>1 2 3 4 5 6 7 8</b> Charleston: Kick left leg to front drop right heel; bring left leg back toe heel; touch right toe in back of left drop left heel; toe heel right beside of left.
24	Repeat 23
25	<b>1 2 3 4 5 6 7 8</b> Moving to stage left: toe heel left to side; cross toe heel right; toe heel left to side; cross toe heel right
26	<b>1 2 3 4 &amp; 5 &amp; 6 &amp; 7 &amp; 8</b> Cont. Moving to stage left: toe heel left to side; cross toe heel right; shuffle ball change left flap ball change left
27	<b>1 2 3 4 5 6 7 8</b> Charleston: Kick right leg to front drop left heel; bring right leg back toe heel; touch left toe in back of right drop right heel; toe heel right beside of right.
28	Repeat 27
29	<b>1 2 3 4 5 6 7 8</b> Three point turn(right, left, right) to the right clap (hold); Cross left over right (arms up); Cross right over left (arms down)
30	<b>1 2 3 4 5 6 7 8</b> Three point turn(left, right, left) to the left clap (hold); Cross right over left (arms up); Cross left over right (arms down)
31	<b>&amp; da 1 2 3 4 &amp; da 5 6 7</b> Shuffle right step right step left step right hold; Shuffle left step left step right step left

	8 hold
32	& da 1 2 & da 3 4 & da 5 6 Shuffle right step right hold; shuffle left step left hold: shuffle right step right step left 7 8 step right hold
33	Reverse to left 31
34	Reverse to left 32
35	1 2 3 4 5 6 7 8 Fred Astaire drag pose to right; left toe tap in, out ; in ,out
36	1 2 3 4 5 6 7 Cross left over right clap; Cross right over left clap: Step left to left clap; Step right to 8 right clap
37	1 2 3 4 5 6 7 8 Fred Astaire drag pose to left; right toe tap in, out ; in ,out
38	1 2 3 4 5 6 7 Cross right over left clap; Cross left over right clap: Step right to right clap; Step left to 8 left clap
39	1 2 3 4 5,6 7,8 Flap Right Left Right Left Jump feet apart arms up
40-44	Repeat 1-5
45	1 2 3 & 4 Face stage right: Flap right; Flap left; Flap ball change right 5 6 7 & 8 Flap left; Flap right; Flap ball change left
46	1 2 3 & 4 Face up stage: Flap right; Flap left; Flap ball change right 5 6 7 & 8 Flap left; Flap right; Flap ball change left
47	1 2 3 & 4 Face stage left: Flap right; Flap left; Flap ball change right 5 6 7 & 8 Flap left; Flap right; Flap ball change left
48	Three step turn to right point left; three step turn to left point right
49	Hold pose THE END