

## Acapella Steps

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## Intermediate Steps

### Rocking Bucks

S – T – BALL – S – S – S – T – BALL – S – S – S – T – BALL – HEEL – S – TOE – BALL – HEEL – S – TOE – BALL – HEEL – S  
L R R L R L R R L R L R R L L R R L L R R L L  
1 e & 2 & 3 e & 4 & 5 e & a 6 e & a sev en & a 8

### Slider

DS – DRAG/K – RS – DRAG/K – RS – DS – STOMP – S – STAMP – H – H – H – H  
R R L LR R L LR L R L R L R L R  
&a1 & 2& 3 &4 &a5 & 6 & sev en & 8

## Advanced Steps

### Double Touch Touch

DS – DBL – HOP – TCH – TCH – HOP – DBL – HOP – TCH – TCH – HOP – DBL – HOP – TCH – HOP – DBL – HOP – TCH – S  
L R L R R R L R L L L R L R R L R L L  
&a1 e& a 2 & 3 e& a 4 & 5 e& a 6 & a sev en & 8

### Crimp Roll, Rock, Scuff, Flap, Pull Back, Doubles, Toe

T – T – H – H – R – S – SCUFF – HOP – FLAP – STEP – TOE – PULL BACK – S – S – S – DBL – S – DBL – S – DBL – S – T – S – S  
R L R L R L R L R R L R L R L R R L L R R L L R  
& a 1 & 2 e & a 3 e & a 4 & a 5 & 6 & 7 & a 8

## Tips & Tricks

- Stay on your toes! This will help prevent any “extra” sounds from your heels and makes and over-all crisper presentation of your footwork.
- Maintain a consistent speed. Unless you have choreographed tempo changes in your routine, try to maintain a consistent pace. It is easy to unintentionally speed up as you dance. This may make it difficult to execute steps well toward the end of your routine. It also makes it more difficult for members of a group to stay well synchronized.
- Tape yourself. Then, play it back and just listen to your sounds. This helps you find steps you may need to practice more. It can also help you evaluate your routine for the variety and interest of your steps. Remember that it doesn't matter what your routine looks like ~ only what it sounds like!