

## TAP GLOSSARY – YOU MUST LEARN THE WORDS FROM YOUR GRADE AND REVISE WORDS FROM PREVIOUS GRADES

### GRADE 1

**Straight tap** – strike the ground with the ball of foot and up (ankle only)

**Forward tap** – strike the ground with the ball of foot forward and up (ankle only)

**Backward tap** – strike the ground with the ball of foot backward and up (ankle only)

**Hop** – stand on one foot, spring into air and land lightly on the ball of the same foot

**Jump** – feet together, flex knees, spring into air and land with feet together in any direction

**Spring** – stand on one foot, spring into air and land lightly on the ball of the other foot

**Drop** – stand on one foot, spring into air and drop heavily on the ball or flat of the other foot

**Stamp** – heavy downward beat onto flat of foot. Weight on supporting or working foot

**Heel beat** – flex knee, strike ground with heel finishing on ground with a heavier tone. Can be taken standing on one foot or with ball of working foot on ground

**Heel tap** – flex knee, strike ground with heel and up sharply. Can be taken standing on one foot or with ball of working foot on ground

**Toe beat** – bend knee, strike ground with toe finishing down on ground with a heavier tone

**Toe tap** – bend knee, strike ground with toe and up sharply

**Step** – transfer weight from one foot to ball of the other foot

**Shuffle** – a two beat step consisting of a forward and backward tap given to the count of &1 or less (eg &a or &&)

**Ballchange** – a two beat step changing balance from the ball of one foot to the ball or flat of the other foot, in any direction to the count of &1 or less (eg &a or &&)

**Tap step** – a forward tap followed immediately by a step. Weight on working or supporting foot

### GRADE 2

**Ball tap** – strike ground with ball of foot and up sharply, can be taken standing on one foot or with heel of working foot on ground.

**Ball beat** – as in ball tap but ball finishes down on ground and is heavier in tone

**Forward brush** – broader movement than a forward tap as swing comes from knee and hip

**Backward brush** – broader movement than a backward tap as swing comes from knee and hip

**Stomp** – stand on ball of the foot, push foot forward finishing with a heavy heel beat

**Scuff** – a flat stamp carried forward and off ground, supporting knee flexed

**Tap spring** – a forward tap followed immediately by a spring. Travelled or on one spot and very lightly executed

**Pick up** – stand with feet slightly apart, turn up toe of one foot, slap foot back hitting ground with ball of foot and removing heel

**Pick up step** – pick up followed immediately by a step, can be repeated on alternate feet

**4 beat cramp roll** – spring onto right foot, ball dig left foot, heel beat right foot, heel beat left foot

**5 beat cramp roll** – tap spring on to right foot, ball dig left foot, heel beat right foot, heel beat left foot

### GRADE 3

**Pick up spring** – a pick up followed immediately by a spring. Cannot be repeated

**Pick up hop** – a pick up followed immediately by a hop, cannot be repeated

**Flap** – a forward tap followed immediately by a stamp. Weight on working or supporting foot.

### Grade 3 contd –

**Opposition arms** – the most natural of movements based upon the law of balance with both arms swinging in opposite directions. The direction of opposition is determined by the head

**Parallel arms** – both arms make two straight lines which move in the same direction and are always an equal distance apart

**Co ordinated arms** – both arms move in the same direction at the same time. Low, medium or high

**Horizontal arms** – an arm line forming a right angle to the body

### GRADE 4

**Pick up change** – stand on one foot, flex knee, turn up toe of same foot, slap foot back with elevation hitting ground with ball of foot, removing heel and land on the ball of other foot

**Pick up on one foot** – as in pick up change, but landing on the ball of same foot, must not be travelled backwards

**Pull back** – pick up on right foot, pick up change left foot onto right foot, ball dig left foot

**6 beat cramp roll** – tap spring right foot, tap step left foot, heel beat right foot, heel beat left foot

### GRADE 5

**3 beat ripple** – stand on one foot, forward tap and then pick up change

**3 beat riff** – stand on one foot, forward brush, heel dig followed by a ball beat

**Toe clip** – stand with feet slightly apart, lift the balls of both feet, clip the toes together and finish with a ball beat R and ball beat L

**Heel clip** – stand with feet slightly apart, lift the heels of both feet, clip the heels together and finish with a heel beat R and heel beat L

**Wing preparation** – stand with feet together, using ankle slide right foot out to side by scraping outside edge of foot finishing off the ground, with ball of right foot, tap ground inwards

towards left foot, finishing with right beside left

**3 beat wing from both feet** – stand with feet together, flex knees, using ankles shoot both feet outward by scraping outside edges of feet finishing off ground, with balls of feet tap ground inwards landing on both balls of feet

**3 beat wing from one foot** – stand on one foot, flex knee, using ankle shoot foot outward by scraping outside edge of foot finishing off ground, with ball of foot tap ground inwards landing on ball of same foot

**3 beat wing change** – stand on one foot, flex knee, using ankle shoot foot outward by scraping outside edge of foot finishing off ground, with ball of foot tap ground inwards landing on ball of other foot

### INTERMEDIATE FOUNDATION

**4 Beat wing from one foot with toe tap or heel beat** – stand on right foot, flex knee, using ankle shoot right foot outward by scraping outside edge of foot finishing off ground, with ball of foot tap ground inwards landing on ball of right foot, toe tap left foot behind right foot or lower right heel after landing

**5 Beat wing from one foot** – execute wing as above landing on ball of same foot, lower heel, then toe tap other foot behind.

Both of above can be performed as wing changes.