

## Grade 1 Tap

### **Bouncy warm up**

Lift right foot hop scotch, hop scotch, jump in out in, clap

Tap step right, slap thighs

Tap step left, double slap thighs

3 tap steps

Repeat starting on the other foot

### **Close work warm up**

4 ball digs right

4 heel beats right

4 heel beats right turned out

4 heel beats right parallel

Repeat on left with 2 sounds in each position

Repeat on right 1 sound in each position

Repeat on left 1 sound in each position

Spring to repeat exercise on the other foot

### **Shuffles**

Right foot: forward, back, together, clap

Left foot: forward, back, together, clap clap

Right foot: shuffle, shuffle & 1 \_ & 3 \_

Step side, together, side, heel dig L foot

Repeat exercise on left

### **Flaps**

3 toe flaps to right, step & bend, click

3 toe flaps to left, step & bend, click

Full foot flap right, left

Step back right, left

Full foot flap right, left

Jump back feet together

Full foot flap right, left

Step back right, left

Full foot flap right, left

Jump back feet together

Repeat whole exercise on the left

### **Close work crawl**

Alternate ball beats out and in 1 2 3 4 5& &7

Two foot crawl to right side 8 1 2 3

Step right foot to side one foot crawl to side 4 5 6 7

Repeat whole thing on left

### **Paradiddles**

Heel dig pick up x3 step heel

Repeat L

4 paradiddles heel, pick up, step heel (say 'paradiddle' when practising)

### **Rhythm**

#### **Accented eighths**

Clap: &1 &2 &3 \_ &4 &5 &6 \_ &1 &2 &3 \_

Tap rhythm: &1 &2 &3 &4

#### **Step heel beat**

Step heel alternate feet: 1 2 3 4

Heel ball alternate feet: 5 6 7 8

Step heel alternate feet: 1& &3

Heel ball alternate feet: 5& &7

#### **Pick up step**

6 pick up steps travelling backwards

Stamp forward, ball beat out in

#### **Tap step hell & tap step ball change**

Tap step heel right

Tap step heel left

Tap step ball change x2

Tap step heel right

Tap step heel left

Tap step ball change, stamp

**Ball changes**

2 ball changes to the front

1 ball change to the side

1 ball change to the back

Step behind side front

Repeat with left foot

**Amalgamation**

Two foot crawl to right side 1 \_ 3 \_ 5 6 7 \_

Step heel alternate feet starting on the right: 1 2 3 4

Heel ball alternate feet: 5& &7

Travel to right diagonal front tap step ball change x2, stamp right, stamp left, clap &1&2&3&4 5 6 7 \_

6 runs round the room to face the front, bounce feet together & clasp hands 1 2 3 4 5 6 7 \_

**Bow**