

FIRST STEPS IN TAP

Age: From 3 years up

Dress: Girls and Boys: Appropriate fitted class wear

Timing: 15 mins

A maximum of 8 students.

The class will be conducted by the Teacher, Assistant Teacher or Student. The above person will enter the room and hand the report forms to the Examiner. The children will enter the room to the set music, and upon instruction will be introduced to the Examiner.

The following format will then be conducted by the Instructor:
(Any of the sequences may be interactive)

1. Warm it up!
2. Shake it up!
3. Hands and Feet
4. Dancing Time
5. Moving Time
6. Themed Dance
7. Bow
8. Exit from the room to the set music.

1. Warm it up!

To include continual knee bounces with optional thigh slaps using both or alternate hands, and small crotchet jumps on the balls of the feet to the front or with use of direction.

2. Shake it up!

A simple combination exercise using shaking movements of hands, feet and body

3. Hands and Feet! (choice of medium/quick tempo)

Claps using one or more of the following (can incorporate quiet or loud sounds):

Semi breves, minims, crotchets, quavers, pauses

This then to be '**Echoed**' by using stamps or digs on the spot

e.g. 4 minim claps followed by 4 minim stamps/digs, 8 crotchet claps followed by 8 stamps/digs

4. Dancing Time!

A simple combination of movements 'on the spot' to include a minimum of 2 from the following: steps, runs on the balls of the feet, stamps, heel and close, toe tap and step, straight taps, ball beats, heel beats.

5. Moving Time! (Travelling to music)

Cat (characterised walks with flexed knees), Buzzy Bee (runs), Horse (gallops on balls of feet with knees flexed), Duck (heel ball walks)

6. Themed Dance to reflect the music – choice A or B. Small props may be used.

7. Thank You

8. Exit the room to the set music

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FIRST STEPS IN TAP

First Steps in Tap – Examination music	First Steps in Tap – Class Version
Introduction	
1. Entrance	
2. Warm it Up	15. Warm it Up Class Version
3. Shake it Up	16. Shake it Up Class Version
4. Hands and Feet - Medium tempo	17. Hands and Feet Class Version Medium tempo
5. Hands and Feet - Quick tempo	18. Hands and Feet Class Version Quick tempo
6. Dancing Time	19. Dancing Time Class Version
7. Moving Time Cat	20. Moving Time.... Cat Class Version
8. Buzzy Bee	21. Buzzy Bee Class Version
9. Horse	22. Horse Class Version
10. Duck	23. Duck Class Version
11. Themed Dance A	
12. Themed Dance B	
13. Thank You	
14. Exit	

Music composed and performed by
RICHARD WETHERALL – WW PRODUCTIONS LTD

Commentary by Richard Weatherall

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