

Grade 3 Tap Glossary

Amalgamations (2-4 bars) will be given by the Examiner with steps chosen from the following and previous grades.

Heel Tap: One sound. By bending the knees lift the heel from the floor and strike the heel sharply down and up. Weight on supporting or working foot.

Ball tap: One sound. Lift the ball of the foot from the floor and strike sharply down and up. Weight on supporting or working leg.

Scuff: One sound. A sustained stamp carried forward and up.

Pick-up change: Two sounds. Stand on one foot with toe up tilted, pickup and land through the ball of the other foot.

Drop: One sound. Springing movement from one foot landing on the whole of the other foot, with knees flexed.

3 beat wing preparation: Slide the outside of the foot sideways along the floor, inward tap and ball beat.

Relaxation: To release tension and all conscious effort in the muscles.

Poise: An uplifted feeling in the upper part of the body.