

ABD GRADE 1 TAP SYLLABUS

Centre

1. Warm Up

Barre

2. Ankle Circling
3. Shuffles
4. Preparation for Pickup

Centre

5. Rhythm (clapping, beating and walking with progressive use of counts & pauses)
6. Parallel Arm Swings with Knee Bend
7. Flaps
8. Tap Step Heel Beats
9. Tap Step Ballchange combined with Tap springs
10. Shuffle springs in series
11. Timestep Amalgamation (simple timestep and break)
12. Teachers Amalgamation
13. Set Exercise (Tap step heels)
14. Rhythmical ballchanges combined with shuffle
15. Hop Flap with transfer of weight
16. Dance
17. Tap Bow