

PREPARATORY TAP

BARRE

1. Ankle lifting and dropping
2. Heel Beats

CENTRE

3. Stagecraft - Walks & Claps
4. Stagecraft - Walks & Beats
5. Parallel Arms Swings
6. Straights Taps
7. Forward & Backward Taps
8. Jumps
9. Stamps
10. Shuffles
11. Set Exercise 1: Heel Digs
12. Set Exercise 2: Ball Heel & Toe Taps
13. Bow