

Novice Tap



1. Walking on spot

a) On toes

b) On flat (do not stamp!!!!)

i. Do 8 toes/flat

ii. Do 4 of each.

2. Claps – various combinations then combine with toes and flats.

3. Tap (in front) beat

4. Twists (with heels if possible)

5. Heel (dig) beat

6. Running on the spot on your toes

7. Beat beat, clap/click

8. Steps to the side (x4)

9. Knock flat

10. Toe heel (on the spot)

11. Brush back (slow)

12. Heel toe (coming forward)