



# NATIONAL PERFORMING ARTS ALLIANCE

ENTRY LEVEL TAP

FIRST STEPS

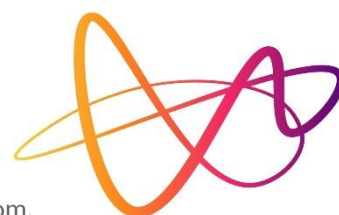
FOUNDATION LEVEL 1

FOUNDATION LEVEL 2

**UPDATED 31/7/2023**

# CONTENTS

PAGE	
<b>3</b>	<b>FIRST STEPS TAP</b>
4	Get Ready Feet!
5	Don't Forget Those Arms
6	Dig, Beat, Step
7	Tap, Stamp, Zap
8	Forward & Backward Taps
9	Yee Ha!
10	Thank You
<b>11</b>	<b>FOUNDATION LEVEL 1 TAP</b>
12	Get Ready Feet!
13	Don't Forget Those Arms
14	Digs & Beats
15	Taps & Stamps
16	Forward & Backward Taps
17	Let's Pickup
18	Tap Step & Ball Change
19/20	At The Circus
20	Thank You
<b>21</b>	<b>FOUNDATION LEVEL 2 TAP</b>
22	Get Ready Feet!
23	Don't Forget Those Arms
24	Digs & Beats
25	Taps & Stamps
26	Shuffles
27	Let's Pickup
28	Tap Step & Ball Change
29	Time Step Preparation
30/31	All Aboard
31	Thank You



# FIRST STEPS TAP

EXERCISE	FORMAT	TEACHER ASSISTANCE?
Get Ready Feet	ALL TOGETHER THROUGHOUT	Teachers are expected to help and assist candidates throughout. Counting, calling out of steps and demonstration all permitted.
Don't Forget Those Arms		
Dig, Beat, Step		
Tap, Stamp, Zap		
Forward & Backward Taps		
Yee Ha!		
Thank You		

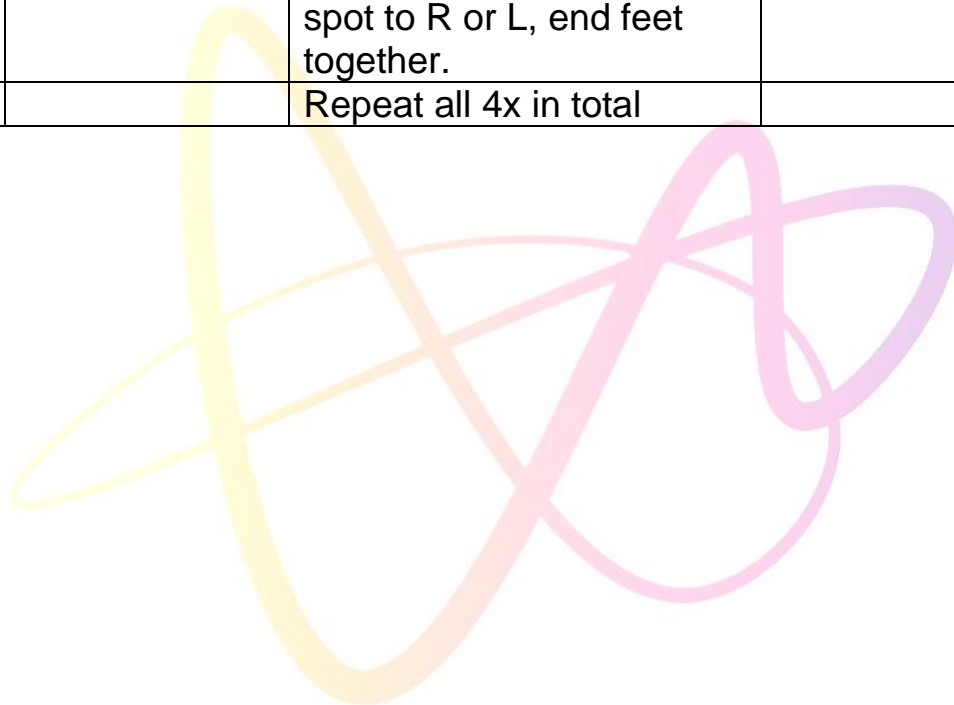
## EXAM TIMINGS – INCLUSIVE OF EXAMINER 'WRITING UP' TIME

NUMBER OF CANDIDATES	EXAM LENGTH
1 - 2	8 minutes
3 - 4	10 minutes

## **GET READY FEET!**

Teachers' choice of pattern and direction.  
Commence feet together.

<b>BAR</b>	<b>COUNT</b>	<b>Commence either foot</b>	
1 - 2	1 2 3 4 5 6 7 8	Feet together	Clap x 8 crotchets
3 - 4	1 2 3 4 5 6 7 8	March forward x 8 on balls of feet, end feet together.	Free
5 - 6	1 2 3 4 5 6 7 8	Hold position	Clap x 8 crotchets
7 - 8	1 2 3 4 5 6 7 8	March x 8 on balls of feet making 1 full turn on the spot to R or L, end feet together.	Free
9 - 32		Repeat all 4x in total	



## **DON'T FORGET THOSE ARMS**

Commence feet together facing front.

<b>BAR</b>	<b>COUNT</b>		
1	1 2	Bend & stretch legs	Swing forward low parallel
	3 4	Bend & stretch legs	Swing back low parallel
2	5 6	Bend & stretch legs	Swing forward low parallel
	7 8	Hold position	Clap x 2 at chest level
3	1 2	Step RF to side, toe tap LF behind RF	Low co-ordination R
	3 4	Step LF to side, toe tap RF behind LF	Low co-ordination L
4	5 6	Step RF to side, toe tap LF behind RF	Low co-ordination R
	7 8	Step LF to side, close RF to LF	To sides
5 - 16		Repeat all x 4 in total	

## DIG, BEAT, STEP

Commence feet together, in a circle.

BAR	COUNT		
1 - 2	1 2 3 4 5 6 7 8	Ball dig & heel beat travelling forward x 4 RLRL	Hands clasped low behind back
3 - 4	1 2 3 4 5 6 7 8	Step RF to side & ball dig LF to RF Repeat to LRL	
5 - 6	1 2 3 4 5 6 7 8	Heel dig & ball beat travelling forward x 4 RLRL	
7 - 8	1 2 3 4 5 6 7 8	Heel dig in front and close x 4 RLRL	
9 - 16		Repeat all	



## TAP, STAMP, ZAP

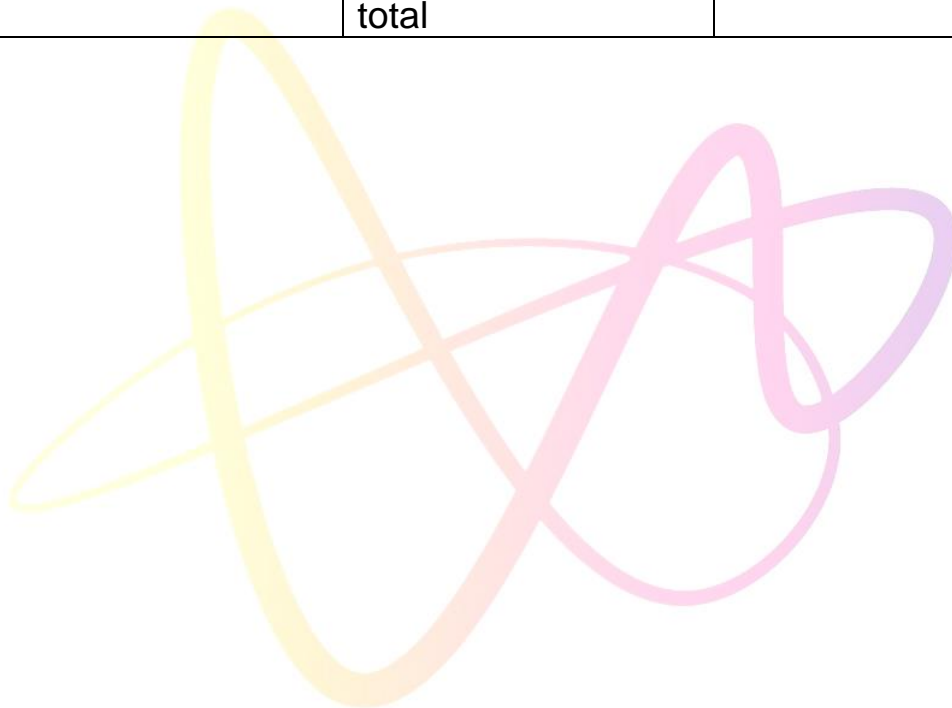
Commence feet together facing front.

BAR	COUNT		
1	1 2	Straight tap RF x 2	Waist
	3	Close RF to LF	
	4	Hold position	Clap
2	5 6 7 8	Repeat bar 1 on L	
3	1 (2)	Stamp RF diagonally forward with weight	'Zap' RA forward at medium level LH to waist
	3 (4)	Stamp LF diagonally forward with weight	'Zap' LA forward at medium level
4	5 (6)	Step RF back	RH to waist
	7 (8)	Close LF to RF	LH to waist
		Repeat x 4	
9 - 32		Repeat all x 4 in total	

## **FORWARD & BACKWARD TAPS**

Commence feet together facing front.

<b>BAR</b>	<b>COUNT</b>		
1 - 6	1 2 3 (4) 5 6 7 (8) 1 2 3 (4) 5 6 7 (8) 1 2 3 (4) 5 6 7 (8)	Commencing RF, forward & backward tap & close x 6	Free
7	1	Jump feet together	
	2 3 (4)	Hold position	Clap x 2 at chest level
8	5 6 7 (8)	Repeat bar 7	
9 - 32		Repeat all x 4 in total	





## YEE HA!

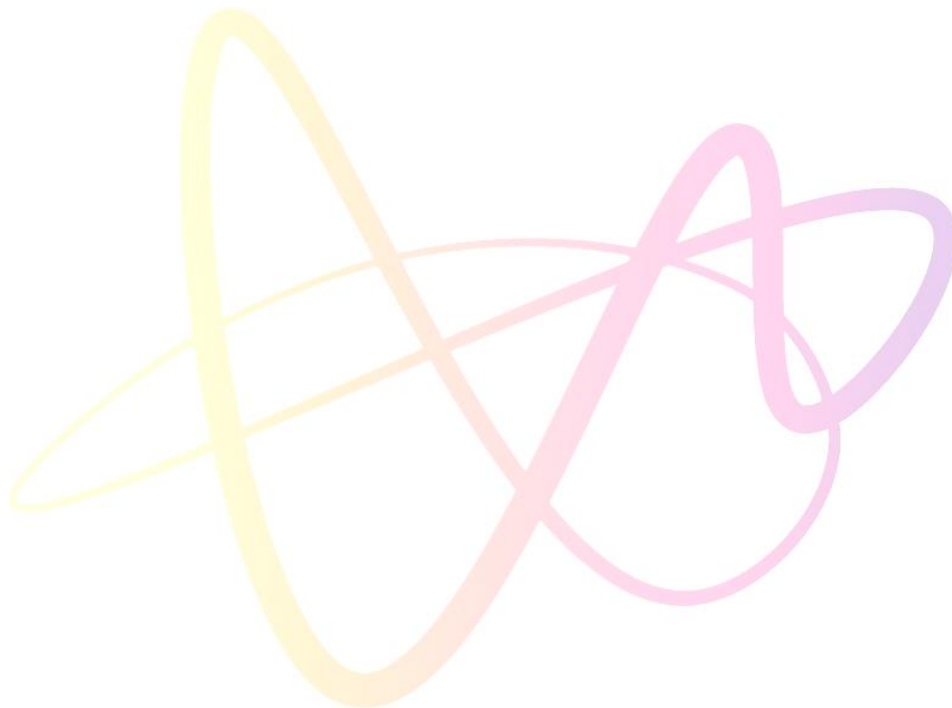
Commence facing front, feet together, arms held at sides.

BAR	COUNT		
1 - 2	1 2 3 4 5 6 7 8	Heel dig & ball beat travelling forward x 4 RLRL	'Holding braces'
3 - 4	1 2 3 (4) 5 6 7 (8)	Forward & backward tap & close x 2 R & LF	Free
5	1	Jump feet together to face RDF	LH to waist. RH held high 'holding rope'.
	2 3 (4)	Hold position	'Circle' rope high x 2 Say 'Yee ha!'
6	5 6 7 (8)	Repeat bar 5 to face LDF	Repeat Bar 7 changing arms
7	1 (2)	Stamp RF diagonally forward with weight	'Zap' R arm forward at medium level LH waist
	3 (4)	Stamp LF diagonally forward with weight	'Zap' L arm forward at medium level
8	5	Jump feet together	Hands to waist
	6	Step LF to L side, bending L knee	Swing R arm out to side, elbow bent, fist clenched. Say 'Yee', LH waist
	7 (8)	RF heel dig to side, leg straight	Swing R arm across body, elbow bent, fist clenched. Say 'Ha', LH waist

# THANK YOU

Commence facing feet together.

BAR	COUNT		
1	1 2	Step RF to side	Free
	3 4	Close LF to RF	
2	5 6	Bow	
	7 8	Recover to standing	
3 - 4	1 2 3 4 5 6 7 8	Repeat bar 1 & 2 to L side	



## FOUNDATION LEVEL 1 TAP

EXERCISE	FORMAT	TEACHER ASSISTANCE?
Get Ready Feet!	ALL TOGETHER THROUGHOUT	Yes
Don't Forget Those Arms		No
Digs & Beats		No
Taps & Stamps		No
Forward & Backward Taps		No
Let's Pickup		Yes
Tap Step & Ball Change		Yes
At The Circus		Yes
Thank You		No

### EXAM TIMINGS – INCLUSIVE OF EXAMINER 'WRITING UP' TIME

NUMBER OF CANDIDATES	EXAM LENGTH
1 - 2	10 minutes
3 - 4	12 minutes

## GET READY FEET!

Commence feet together facing front.

BAR	COUNT		
1	1 2 3 4	Feet together	Clap x 4 crotchets
2	5 6 7 8	March on the spot x 4 on balls of feet RLRL	Natural opposition
3	1 2 3 4	Feet together	Clap x 4 crotchets
4	5 6 7 8	Jump feet together on spot x 4	Hands to waist
5	1 2 3 4	Feet together	Clap 2 x minims
6	5 6	Ball dig RF to LF, flexing both legs	Natural opposition with slight body turn to R
	7 8	Close RF to LF, stretching legs	Arms to sides
7	1 2 3 4	Feet together	Clap 2 x minims
8	5 6 7 8	Repeat bar 6 on LF	Repeat bar 6 to L side
9 - 32		Repeat all x 4 in total	

## **DON'T FORGET THOSE ARMS**

Teachers' choice of pattern and direction.

<b>BAR</b>	<b>COUNT</b>		
1	1 2 3	Natural walk forward RLR	Natural opposition
	(4)	Hold position weight on RF	Hold position
2	5 6 7 (8)	Repeat bar 1 LRL	
3 - 4	1 2 3 (4) 5 6 7 (8)	Repeat bars 1 & 2	
5	1 2	Close RF to LF bending & stretching knees	Maintain RA position, swing LA forward end both medium parallel
5 - 6	3 4 5 6	Bend & stretch x 2	Swing back and forward in low parallel
	7 8	Hold position	Clap x 2 at chest level
7	1 2 3 4	Step RF to side, close LF to RF, step RF to side, toe tap LF behind RF	Low co-ordination to R
8	5 6 7 8	Repeat bar 7 to L side	Low co-ordination to L
9 - 16		Repeat all	

Close RF to LF after final count bar 16.

## DIGS & BEATS

Commence facing the front, feet together, arms held at sides.

<b>BAR</b>	<b>COUNT</b>		
1 - 2	1 2 3 4 5 6	Ball dig & heel beat travelling forward x 3 RLR	Free
2	7 (8)	Stamp LF forward with weight	
3 - 4	1 2 3 4 5 6	Heel dig in front & close feet x 3 RLR	
	7 (8)	Stamp LF forward with weight facing front	
5	1 2	RF ball dig & heel beat travelling to R side	
	3 4	LF ball dig & heel beat closing to RF	
6	5 6	RF ball dig & heel beat to travelling R side	
	7 (8)	Hold position	Free
7 - 8		Repeat bars 5 & 6	
9 -16		Repeat all on same side	

## TAPS & STAMPS

Teachers' choice of pattern and direction.  
Feet together.

<b>BAR</b>	<b>COUNT</b>		
1	1 2 3 4	Straight tap RF x 4	Natural opposition or hands to waist
2	5	Ball dig RF forward	
	6	Heel tap RF	
	7	Heel beat RF	
	8	Hold position	Hold position
3 - 4	1 2 3 4 5 6 7 8	Repeat bars 1 & 2 on LF	Repeat bars 1 & 2
5	1	Step RF to side	Natural opposition or hands to waist
	2	Toe tap LF behind RF	
	3	Step LF to side	
	4	Toe tap RF behind LF	
6	5 6 7 8	Repeat bar 5	
7 - 8	1 2 3 4 5 6 7 8	Stamp with weight on counts 1,3,5,7 RLRL travelling forward	Clap on counts 2,4,6,8
9 - 16		Repeat all	

## **FORWARD & BACKWARD TAPS**

Commence feet together facing front.

<b>BAR</b>	<b>COUNT</b>		
1 - 4	1 2 3 (4) 5 6 7 (8) 1 2 3 (4) 5 6 7 (8)	Forward & backward tap & close feet x 4 RLRL	Natural opposition
5 - 6	1 2 3 4 5 6 7 8	Forward & backward tap, hop & close feet x 2, R & LF	Natural opposition
7	1 (2)	Stamp RF diagonally forward with weight	'Zap' RA forward at medium level. LH to waist
	3 (4)	Stamp LF diagonally forward with weight	'Zap' A forward at medium level
8	5	Jump back feet together	Hold position
	6 7 (8)	Hold position	Clap x 2 chest level
9 - 16		Repeat all	



## LET'S PICKUP

Commence feet together facing front.

<b>BAR</b>	<b>COUNT</b>		
1 - 4	1 2 3 (4) 5 6 7 (8) 1 2 3 (4) 5 6 7 (8)	Heel dig in front, pickup & close feet x 4 RLRL	Natural opposition
5	1 2 3 4	Heel dig in front & pickup RF x 2	Natural opposition
6	5	Close RF to LF	
	6	Hold position	
	7	Hold position	Clap x1 at chest level
	8	Hold position	
7 - 8	1 2 3 4 5 6 7 8	Repeat bars 5 & 6 on LF	
9 -16		Repeat all	

## TAP STEP & BALL CHANGE

Teachers' choice of pattern and direction. Feet together.

<b>BAR</b>	<b>COUNT</b>		
1	1 2	Tap step RF forward	Natural opposition
	3 (4)	Hold position	Clap to R side
2	5 6 7 (8)	Repeat bar 1 on LF	
3 - 4	1 2 3 (4) 5 6 7 (8)	Repeat bars 1 & 2	
5 - 6	1 2 3 4 5 6	Ball change R to L x 3	Natural opposition
	7 (8)	Stamp RF to side with weight. Hold position on count 8	
7 - 8	1 2 3 4 5 6 7 (8)	Repeat bars 5 & 6 on LF	
9 - 16		Repeat all	

## AT THE CIRCUS

Commence feet apart facing front.

BAR	COUNT		
INTRO		FREE ACTION	FREE ACTION
1 - 2	1 - 6	Circle hips to 'hula hoop'	'Hula hoop'
	7 (8)	Jump feet together. Hold position on count 8	Free
3	1 2 3 4	Step RF to side, close LF to RF, step RF to side, ball dig LF to RF	Relaxed low co-ordination
4	5 6 7 8	Repeat bar 1 to L	Relaxed low co-ordination
5 - 6	1 2 3 4 5 6 7 8	Heel dig in front & close RLRL turning to R to face RDF	Natural opposition
7 - 8	1 2 3 4 5 6 7 8	Ball dig & heel beat travelling forwards to RDF x 4 RLRL – 'walking the tightrope'	Free
9	1&a2&a3&a4	Tiny steps on toes turning to R to end facing LDF	Mime 'trying to balance'
10	5 (6)	Jump feet together	
	7 (8)	Hold position	Mime 'pewh!'
11 - 12	1 2 3 4 5 6 7 8	Stamp with weight on counts 1,3,5,7 LRLR travelling forward to LDF	Clap on counts 2,4,6,8
13 - 14	1 2 3 4 5 6 7 8	Forward & backward tap, hop & close feet x 2, L & RF	Natural opposition
15 - 16	1 2 3 4 5 6	Heel dig in front & close x 3 LRL turning to R to face front	Natural opposition
	7 (8)	Stamp RF forward with weight	Natural opposition

17	1 2	LF ball dig & heel beat travelling to L side	RH out to side, palm up 'holding' custard pie. L forefinger to mouth 'ssshh'
	3 4	RF ball dig & heel beat closing to LF	Hold position
18	5 6	LF ball dig & heel beat travelling to L side	Hold position
	7	Maintain bend in L leg	'Push' custard pie across body to LDF, look over R shoulder to front. LH to waist.
	8	Hold position	Hold position 'nod' head

## THANK YOU

Commence feet together facing front.

BAR	COUNT		
1	1 2	Step RF to side	Arms held at sides
	3 4	Close LF to RF	
2	5 6	Bow	Arms held at sides
	7 8	Recover to standing	
3 - 4	1 2 3 4 5 6 7 8	Repeat bar 1 & 2 to L side	Arms held at sides

## FOUNDATION LEVEL 2

EXERCISE	FORMAT	TEACHER ASSISTANCE?
Get Ready Feet!	ALL TOGETHER THROUGHOUT	NO. CANDIDATES ARE EXPECTED TO PERFORM WITHOUT ASSISTANCE.
Don't Forget Those Arms		
Digs & Beats		
Taps & Stamps		
Forward & Backward Taps		
Let's Pickup		
Tap Step & Ball Change		
Time Step Preparation		
All Aboard!		
Thank You		

### EXAM TIMINGS – INCLUSIVE OF EXAMINER 'WRITING UP' TIME

NUMBER OF CANDIDATES	EXAM LENGTH
1 - 2	12 minutes
3 - 4	14 minutes

## GET READY FEET!

Teachers' choice of pattern and direction. Feet together.

BAR	COUNT		
1 - 2	1 2 3 4 5 6 7 8	Hold position	Clap 6 x crotchets, 1 x minim
3 - 4	1 2 3 4 5 6	Commence either RF or LF spring x 6 travelling forward	Free
4	7 8	Jump feet together stretching legs on count 8	
5	a1 a2 a3 (4)	Hold position	Clap 6 quavers
6	a5 a6 a7 (8)	Repeat bar 5	Repeat bar 5
7	a1 a2 a3 (4)	Alternate heel beats x 6 with slight knee bounce. Commence either RF or LF	Free
8	a5 a6 a7 (8)	Repeat bar 6	Repeat bar 6
9 - 32		Repeat all x 4 in total	

## **DON'T FORGET THOSE ARMS**

Commence feet together facing front.

<b>BAR</b>	<b>COUNT</b>		
1	1 2	Bend & stretch knees	Swing forward medium parallel
	3 4	Bend & stretch knees	Swing behind body in low parallel
2	5 6	Bend & stretch knees	Swing forward to medium parallel
	7 8	Hold position	Clap x 2 at chest level
3	1 2 3 4	Ball dig & heel beat travelling forward x 2 R & LF	High V on counts 1 2, hold position 3 4
4	5 6 7 8	Ball dig & heel beat travelling forward x 2 R & LF	Low V on counts 5 6, hold position 7 8.
5	1 2	RF ball dig & heel beat to R side	Low co-ordination to R, slight body turn to R
	3 4	LF ball dig & heel beat closing to RF	Low co-ordination to L, slight body turn to L
6	5 6	RF ball dig & heel beat to R side	Medium co-ordination to R, slight body turn to R
	7 (8)	Hold position	Click fingers or clap to R side
7	1 2	LF ball dig & heel beat to L side	Low co-ordination to L, slight body turn
	3 4	RF ball dig & heel beat closing to LF	Low co-ordination to R, slight body turn to R
8	5 6	LF ball dig & heel beat to L side	Medium co-ordination to L, slight body turn to L
	7 (8)	Hold position	Click fingers or clap to L side
9 - 16		Repeat bars 1 - 8	

## **DIGS & BEATS**

Commence feet together facing RDF.

<b>BAR</b>	<b>COUNT</b>		
1 - 2	1 2 3 4 5 6 7 8	Ball dig & heel beat forward x 4 RLRL travelling to RDF	Natural opposition
3	1 2	Heel dig RF & LF diagonally forward with weight	Free
	3 4	Ball dig RF back, close LF to RF	
4	5 6 7 8	Repeat bar 3 turning to L to end facing front	
5 - 6	1a2 3a4 5a6	Heel dig RF in front, without weight & ball change RF to LF x 3	Natural opposition
	7	Stamp RF to R side with weight	Natural opposition
	8	Hold position	Clap to R side shoulder level
7	1 2 3 4	Ball dig & heel beat LF to L side, ball dig & heel beat RF to R side	Natural opposition with body turn to L R
8	5	Backward tap LF	Free
	6 7 (8)	Toe tap LF x 2 behind RF	
9 - 16		Repeat bars 1 - 8 on other side.	



## TAPS & STAMPS

Commence feet together facing front.

<b>BAR</b>	<b>COUNT</b>		
1	1 2	Straight tap RF x 2	Natural opposition
	3	Ball dig RF forward	
	&	Heel tap RF	
	4	Heel beat	
2	5 6 7 &8	Repeat bar 1 on LF	
3	1	Toe tap RF behind LF	
	&	Heel beat LF	
	2	Stamp RF forward with weight	
3 - 4	3&4 5&6 7&8	Repeat LRL	
5 - 16		Repeat bars 1 - 4 x 3	

## SHUFFLES

Teachers' choice of pattern & direction. Feet together.

<b>BAR</b>	<b>COUNT</b>		
1 - 2	a1 2 a3 4 a5 6 a7 8	Shuffle & close feet x 4 RLRL	Natural opposition
3 - 4	a1 a2 a3 a4 a5 a6 a7 a8	Shuffle hop step x 4 RLRL	
5 - 6	1 2 3 4 5 6 7 8	Travelling forwards spring RF, hop on the spot RF Repeat LRL	Free
7	a1 a2	Ball change RF x 2	
	3	Stamp RF forward with weight	
	4	Hold position	Hold position
8	a5 a6 7 8	Repeat bar 7 on LF	Repeat bar 7 on LF
9 - 16		Repeat all	

## LET'S PICKUP

Commence feet together facing front.

<b>BAR</b>	<b>COUNT</b>		
1 - 2	1 2 3 (4) 5 6 7 (8)	Heel dig in front, pickup & close feet R&LF	Free
3 - 4	1 2 3 4 5 6 7 8	Heel dig in front, pickup, ball dig & heel beat closing feet R&LF	
5 - 6	1 2 3 (4) 5 6 7 (8)	Heel dig in front, pickup & close R & LF	
7	1 2 3 4	Heel dig in front & pickup x 2 RF	
8	a5	Ball change R to L	
	6	Stamp RF forward with weight	
	7		Clap x 1 at chest level
	(8)	Hold position	
9 - 16		Repeat all on other side. Free ending.	

## **TAP STEP & BALL CHANGE**

Teachers' choice of pattern & direction. Feet together.

<b>BAR</b>	<b>COUNT</b>		
1	a1	Tap step RF forward	Natural opposition with body turn
	2	Hold position	Clap x 1 to R side
2	a3 4	Repeat on LF	Repeat to L side
3 - 4	a5 6 a7 8	Repeat bars 1 & 2	
5 - 8	a1a2a3a4 a5a6a7a8	Tap step ball change x 4 travelling forward RLRL	Natural opposition
9 - 12	a1 2 a3 4 a5 6 a7 8	Tap step heel beat forward RLRL	Natural opposition
13 - 15	a1a2a3a4 a5a6	Tap step ball change x 3 RLR making 1 full turn to R	Natural opposition
16	7 (8)		Clap x 1 at chest level
17 - 32		Repeat all on other side	

## TIME STEP PREPARATION

Teachers' choice of pattern and direction. Feet together.

<b>BAR</b>	<b>COUNT</b>		
Intro	1 2 3 4 5 6 7	Hold position	Hold position
	8	Hold position	Clap
1 - 2	&1&(2) &3&(4) &5&(6) &7&(8)	Travelling forwards, tap step RF forward, step back onto LF x 4	Free
3 - 4	1 2 3 4 5 6 7	Commencing RF relaxed step or natural walk x 7 travelling or turning in any direction	Free
	8	Hold position	
5 - 8		Repeat bars 1 - 4 on other side	
9 - 16		Repeat bars 1 - 8	

## ALL ABOARD

Commence feet together facing front.

BAR	COUNT		
INTRO	1 2 3 4	Hold position	Held at sides
	5 6 7 8	Hold position	Raise RH sideways and up to end in a 'salute' LA held at side
	1 2 3 4 5 6 7 8	Heel dig, pickup, ball dig & heel beat closing feet R & LF	Hold position
1 - 2	a1 2 a3 4 a5 6 a7 8	Shuffle step x 4 RLRL	Lower RA to R side
3	1 a 2	Step RF to R side, ball change LF to RF	Hold position
	3	Step LF to L side, bending knee	Reach to R side medium parallel, clasping hands
	4	Heel dig RF to side, R leg straight. Hold position on L leg	'Pull' in rope towards chest
4	5 a 6 7 8	Repeat bar 3	Repeat bar 3
5	1 2 3 4	Ball dig & heel beat x 2 R & LF, travelling forwards to RDF	Natural opposition
6	5 6	Ball change R to LF	
	a7 a8	RF tap step ball change forward to RDF	
7 - 8	1 2 3 4 5 6 a7 a8	Repeat bars 5 & 6 commencing LF	
9 - 10	a1 a2 a3 a4 a5 a6 a7 a8	Shuffle hop step x 4 RLRL turning R end facing front	Natural opposition

11	1 2	Heel dig R & LF diagonally forward with weight to end feet apart	Opposite hands to elbows held at chest height slight inclination to R & L
	3 4	Ball dig RF & LF back to end feet together	Opposite hands to elbows held at chest height slight inclination to R & L
12	5 6 7 8	Repeat bar 11	
13 - 14	1 2 3 4 5 6 7 8	Travelling forwards, spring RF, hop RF Repeat LRL	Swing across mid body in opposition, fists clenched
15	1	Stamp RF diagonally forward with weight	To sides
	2	Stamp LF diagonally forward with weight	Hold position
	3 (4)	Jump feet together	RH 'salute'
16	5 6 7 8	RF heel dig, pickup, ball dig & heel beat closing feet	Hold position
END	a1 a2 a3 a4	Shuffle hop step x 2 L & RF	Lower RA to R side
	5 6 7 8	Travelling to L, side close, side, ball dig RF to LF	Salute RH on count 8

## THANK YOU

Commence feet together facing front.

BAR	COUNT		
1	1 2	Step RF to side	At sides
	3 4	Close LF to RF	
2	5 6	Bow	
	7 8	Recover	
3 - 4	1 2 3 4 5 6 7 8	Repeat bars 1 & 2 to L	