



TAP GRADED EXAMINATIONS LEVEL 2

UPDATED SEPTEMBER 2024 VERSION 2

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GRADE 4 TAP

EXERCISE	FORMAT	TEACHER ASSISTANCE?
Barre	All together	NO. CANDIDATES ARE EXPECTED TO PERFORM WITHOUT ASSISTANCE.
Welcome	All together	
Shuffles	In pairs	
Pickups	All together	
Riff 'n' Roll	In pairs	
Arm Amalgamation	All together	
Clap, Beat, Repeat	All together	
Wings	In pairs	
Travel & Turn	All together	
Timesteps	In pairs	
This Is Me	Solo	
Thank You	All together	

EXAM TIMINGS

GGAL REGULATED FULL GRADE

NUMBER OF CANDIDATES	EXAM LENGTH
1 - 2	24 minutes
3 - 4	28 minutes

Please refer to our **CLASS GRADES** document
for details of exam content

NUMBER OF CANDIDATES	EXAM LENGTH
1 - 2	16 minutes
3 - 4	18 minutes

SHUFFLES & CLIPS

Commence feet together facing barre. Hands on barre.

MUSIC : 'Remains of the Day'

16 counts (4 bar) introduction

BAR	COUNT	
1	1	Hop RF
	&a2	Shuffle LF & close
2	3&a4 5&a6 7&a8	Repeat L,R,LF
3	1	Step LF to side
	&a2	Elevated heel clip R to LF
	3 4	Step R & LF on spot
4	5&a678	Repeat to R side
5 - 32		Repeat all 7x

PICKUPS

Commence feet together side to barre.

LH hand on barre. RA 2nd palm down.

MUSIC : 'Halling etfer Per Loof'

8 counts (2 bar) introduction

BAR	COUNT	
1	1&2	Ball dig RF back, pickup LF, heel beat RF
	&3&	Repeat commencing LF
	4	Toe tap RF
2	5&6&7&8	Repeat bar 1
3 - 4	&a1	Ripple pickup (forward tap, pickup change) RF
	2	Hold position
	&a3 - 8	Repeat ripple pickup & hold L,R,LF
5 - 6	1 - 8	Repeat bars 1 & 2
7	&a1	Ripple pickup RF
	2	Hold position
	&a34	Repeat ripple pickup & hold LF
8	5 6 7	3 steps RLR turning to face other side
	8	Hold position
9 - 16		Repeat bars 1 - 8 on other side
17 - 32		Repeat all 1x

WINGS

Commence feet together facing barre. Both hands on barre.

MUSIC : 'Hope'

32 counts (8 bar) introduction

BAR	COUNT	
1	&a1	2 steps on spot ending feet together, balls of feet, knees flexed
	&a2	Double wing
	3	Jump feet together
	&a4	Double wing
2	5 6 7	Spring R,L,RF
	&a8	Wing change R to LF
3 - 4	&1&a23&a4567	Repeat bars 1 & 2 up to counts 5 6 7 omitting wing change
	8	Hold position
5 - 8		Repeat bars 1 - 4 on other side
9 - 16		Repeat all 1x

WELCOME

Commence feet together, facing front. Arms relaxed at sides.

MUSIC : 'Yeah 3x'

32 counts (8 bar) introduction

BAR	COUNT	
1	&1&2	Tap spring x 2 R & L
	&3&4	Tap step ball change
2	5&a6	Hop RF shuffle down LF
	7&a8	Repeat LF
3	1&a2	Step LF to side into elevated heel clip step LF side
	3&a4	Repeat RF
4	a5a6	Shuffle ball change L to RF back to front
	7	Stamp LF forward with weight
	8	Chug LF forward
5	1	Step RF back
	&2	Pickup LF hop RF
	3	Step LF back
	&4	Pickup RF hop LF
6	5&6&7&	Continuous step pickup hop
	8	Step back RF
	&	Heel beat RF
7	1	Ball dig LF behind
	&	Heel beat LF
	2	Ball dig RF to side
	&	Heel beat RF
	3	Ball dig LF in front
	&	Heel beat LF
	4	Toe tap RF
8		Repeat bar 7 to L side
9 - 16		Repeat bars 1 – 8 on other side
17 - 32		Repeat all 1x

SHUFFLES

Commence feet together facing front. Arms relaxed at sides.

MUSIC : 'Room Service'

16 counts (4 bar) introduction

BAR	COUNT	
1	a1&a2	Double shuffle RF & close to LF
2	a3a4a5	Shuffle x 3 LF forward side back
	6	Spring LF
	7	Toe tap RF in front
	8	Drop forward RF
3	1	Drop LF
	&a2&a3&a4	Shuffle spring x 3
4	&5&a6	Double shuffle LF & close to RF
	a7&8	Single shuffle RF & close to LF
5	a1a2	Shuffle hop step LF travelling back
	&a3	Shuffle hop RF
	4	Step back RF
6 - 7		Repeat bar 5 2x
8	a5a6	Ball change L to RF in front and side
	7 8	Drop L & RF
9 - 16		Repeat all on other side

PICKUPS 'A'

Commence feet together facing front. Arms relaxed at sides.
MUSIC : 'Spring In Her Step'
16 counts (4 bar) introduction

BAR	COUNT	
1	1&2&	Heel dig pickup ball dig heel beat RF
	3&4&	Repeat LF
2	5&	Heel dig pickup RF
	6&	Heel beat LF, toe tap RF
	7	Heel beat LF
	8	Stamp RF
3 - 4	1 - 8	Repeat bars 1 - 2 commencing LF
5	1&2 3&4	Drop forward onto RF, pickup change R to L 2x
6	&a5	Ripple pickup RF
	6	Hold position
	&a7 8	Repeat ripple pickup and hold
7	1a2 3a4	Repeat bar 5
8	&a5	Ripple pickup
	6	Hold position
	a7	Heel beat RF, beat inside edge LF to side
	8	Hold position
9 - 16		Repeat bars 1 – 8 on other side
17 - 32		Repeat all 1x

PICKUPS 'B'

Commence feet together facing front. Arms relaxed at sides.

MUSIC : 'Jump Session'
16 counts (4 bar) introduction

BAR	COUNT	
		'Shirley Temple':
1	&1	Tap step RF side
	&2	Heel beat L & RF
	&	Pickup LF
	3	Heel beat RF
	&	Toe tap LF
	4	Heel beat RF
2 - 4	&5 - 8 &1 - 8	Repeat 'Shirley Temple' to L,R,L side
5	1	Step RF diagonally back
	&2	Pickup spring L to RF
	3&4	Repeat
6	5	Step RF diagonally back
	&6&7&8	Pickup spring x 2 & step
7	a1	Flap LF without weight
	2	Hold position
	a3	Flap LF with weight
	4	Chug LF forward to LDF
8	a5	Backward tap RF step behind LF with weight
	6	Drop LF to side
	7	Drop RF to side
	8	Hold position
9 - 16		Repeat bars 1 - 8 on other side
17 - 32		Repeat all 1x

RIFF 'N' ROLL

Commence feet together facing front. Arms relaxed at sides.

MUSIC : 'Blue Drag'

16 counts (4 bar) introduction

BAR	COUNT	
1	a1a2a3a4	Commencing RF 4 beat cramp roll x 2
2	&a5	3 beat riff RF
	6	Hold position
	&a7 &a8	3 beat riff L & RF
3 - 4		Repeat bars 1 - 2 commencing LF
5	&&a1	4 beat cramp roll
	2	Hold position
	&&a3	4 beat cramp roll feet apart
	4	Hold position
6	&&a5	4 beat cramp roll feet together
	6	Hold position
	a7a8	4 beat riff x RF
7 - 8	&&a1 - 8	Repeat bars 5 & 6 commencing LF
9 - 16		Repeat bars 1 – 8
17 - 32		Repeat all 1x

ARM AMALGAMATION

Teacher choreography and choice of music.

16 bar routine to show a variety of arm lines/positions/actions.

Simple steps should be included to create pattern and direction.

CLAP BEAT REPEAT

Teachers' choice of pattern and direction.

MUSIC : 'Nassina Hal Alam'

16 counts (4 bar) introduction

Counts in brackets denote 'hold'.

No sound or movement should be made.

Bar	Count		
1 - 2	1 (2) &a3 4 5&a6 7a8	Hold position	Clap the rhythm
3 - 4	1 (2) &a3 4 5&a6 7a8	Beat the rhythm	Free
5 - 8	1 (2) &a3 4 5&a6 7a8 1 (2) &a3 4 5&a6 7a8	Dance the rhythm	Free
9 - 10	1&2&3 &a4 5 (6 7) a8	Hold position	Clap the rhythm
11 - 12	1&2&3 &a4 5 (6 7) a8	Beat the rhythm	Free
13 - 16	1&2&3 &a4 5 (6 7) a8 1&2&3 &a4 5 (6 7) a8	Dance the rhythm	Free
17 - 32	Repeat all		

WINGS

Commence feet together, facing front.

MUSIC : 'Showtime Hustle'

16 counts (4 bar) introduction

BAR	COUNT	
1	&1	2 steps forward ending feet together balls of feet, knees flexed
	&a2	Double wing
	3	Jump feet together
	&a4	Double wing
2	&a5&a6&a7	3 beat wing RF 3x
	8	Step onto RF
3 - 4	a1 - 7	Repeat bars 1 - 2 commencing LF
		Toe tap LF behind RF
5	&	Heel beat RF
	1	Stamp LF
	&2	Hop LF toe tap RF
6	&3&4 &5&6 &7&8	Repeat L,R,LF
7	a1	Stamp L & RF forward with weight, feet slightly apart
	a2	Double pickup
	a3a4	Repeat
8	a5	Heel beat RF stamp with weight LF
	a6a7	Repeat L, RF
	8	Hold position
9 - 16		Repeat bars 1 - 8
17 - 32		Repeat all 1x

KEEP IT CLOSE

Commence feet together facing front.

MUSIC : 'Believer'

16 counts (4 bar) introduction

Bar	Count	
1	1	Chug RF forward
	2	Hold position
	3 4	Chug LF forward 2x
2	5 6	Ball beat out & in RF
	a7	Ball beat R & L
	8	Hold position
3	&1&	Tap step heel beat RF to side
	2	Toe tap LF behind RF
	3 4	Step LF side & close RF to LF
4	a5	Heel beat out L & RF
	6	Hold position
	a7	Heel beat in L & RF
	8	Double chug forward
5	&1	Travelling to R side heel beat R & LF
	&2	Ball beat R & LF
	&3	Heel beat R & LF
	4	Hold position
6	&5 - 7	Repeat to L
	8	Flam (inside edge of whole foot to side without weight) LF to L side
7	1 2	Stamp LF side & close RF
	&3&a4	Heel beats feet together L,R,L,R,L
8	&5&6	Ball beats out out in in R,L,R,L
	&7	Heel beats R & L
	8	Hold position
9 - 16		Repeat bars 1 - 8 on other side
17 - 32		Repeat all 1x

TRAVEL & TURN

Commence feet together facing RDF. Arms relaxed at sides.

MUSIC : 'Santa Maria'

16 counts (4 bar) introduction

BAR	COUNT	
1 - 2	1a2a3 4a5a6	Commencing RF basic waltz step x 2 travelling to RDF (spring, shuffle to side, ball change front to back)
3	a7a8 a1a2	Tap step R,L,R,LF making 1 full turn to R
	a3a4	Tap step ball change RF to RDF
4	a5	Tap step LF forward
	6	Turning R step RF to LDB
	a7	Tap step LF forward to LDB
	8	Turning R step RF to RDF
5	1	Spring LF to side facing front
	a2a3	Shuffle hop step RF over LF
6	4 5	Open turn to L
	6	Completing the turn to L drop LF to side facing front
	a7	Pickup change
	8	Hold position
7 - 8	1 - 8	Repeat bar 5 & 6
9 – 16	Walk upstage to reset whilst next candidate performs	
17 - 32	Repeat bars 1 - 16 on other side	

TIMESTEPS

Commence feet together facing LDF. Arms relaxed at sides.

MUSIC : 'Heebie Jeebies'
16 counts (4 bar) introduction

BAR	COUNT		
1	8&12&3&	1 x single shuffle timestep RF turning ¼ to face RDF	
2	4&5&6&7&	1 x double shuffle timestep LF turning ¼ to face LDF	Free
3	8&1	Shuffle RF hop LF	
	2 3	Hold position	
	4	Spring onto RF facing front	
4	&5&6&7	Shuffle close L & RF	
5 - 8		Repeat bars 1 – 4 on other side	
9 - 10	8&1&a2a3a 4&5&a6a7a	2 x triple shuffle timestep R & LF turning ¼ each time	
		OPEN BREAK	
11	8&1	Shuffle RF hop LF	
	&a2	Shuffle step RF diagonally back	
	&3&	Pickup LF spring forward onto LF step back RF	
12	4&5	Shuffle close LF to R facing front	
	&6&	Shuffle spring RF	
	7	Ball dig or toe tap LF	
13 - 16		Repeat bars 9 - 12 on other side	
17 - 32		Repeat all 1x	

THIS IS ME

Teacher / candidate choreography. Maximum time limit 3 minutes

Each candidate should present a solo in ONE of the following styles:

MUSICAL THEATRE
URBAN
CHARLESTON

Please note that it is NOT necessary for all candidates to perform the same routine. Please select and choreograph to their strengths. Where appropriate props may be used.

THANK YOU

To be choreographed by the teacher. 8 bars in total

GRADE 5 TAP

EXERCISE	FORMAT	TEACHER ASSISTANCE?
Barre	All together	NO. CANDIDATES ARE EXPECTED TO PERFORM WITHOUT ASSISTANCE.
Welcome	All together	
Shuffles	In pairs	
Pickups	All together	
Riff 'n' Roll	In pairs	
Arm Amalgamation	All together	
Clap, Beat, Repeat	All together	
Travel & Turn	All together	
Timesteps	In pairs	
This Is Me	Solo	
Thank You	All together	

EXAM TIMINGS

GQAL REGULATED FULL GRADE

NUMBER OF CANDIDATES	EXAM LENGTH
1 - 2	26 minutes
3 - 4	30 minutes

Please refer to our **CLASS GRADES** document
for details of exam content

NUMBER OF CANDIDATES	EXAM LENGTH
1 - 2	18 minutes
3 - 4	20 minutes

CLIPS

Commence feet slightly apart facing barre. Hands on barre.

MUSIC : 'Pineapple Suite'

8 counts (2 bar) introduction

BAR	COUNT	
1	1	Clip toes together
	&2	Ball beat R & L
	3	Clip heels together
2	&4	Heel beat R & L
	5	Step RF to side
	&a6&a7	Elevated heel clip 2x L to RF travelling to R
	8	Hold position
3	1	Step LF to end feet slightly apart on balls of feet
	&2	Heel clip x 2
	3	Hold position
	&4	Repeat heel clips
4	5 6	Heel beat R & LF
	&7	Clap x 2
	8	Replace hands to barre
5 - 8		Repeat bars 1 - 4 to other side
9 - 16		Repeat all 1x

SHUFFLES & SCUFFLES

Commence feet together side to barre. LH on barre. RA 2nd palm down.
MUSIC : 'Angus The Winemaker'
16 counts (4 bar) introduction

BAR	COUNT	
1	&a	Shuffle RF forward
	1	Heel beat L
	&a	Shuffle RF side
	2	Heel beat LF
	&a3 &a4	Repeat 1x
		Scuffle:
2	5	Forward tap RF
	&	Heel dig R forward with weight
	a	Ball dig LF
	6&a	Repeat 1x
	7	Stamp RF forward with weight
	8	Hold position
3	1	Drop LF turning to face barre
	&a2 &a3 &a4	Shuffle spring R,L,RF
4	5&a 6&a	Twisted scuffle LF 2x turning to face L side
	7 8	Drop L & RF
5 - 8		Repeat bars 1 – 4 on other side
9 - 16		Repeat all 1x

PICKUPS

Commence feet together side to barre. LH hand on barre.

RA free action.

MUSIC : 'Bom Bom Instrumental'

16 counts (4 bar) introduction

BAR	COUNT	
1	&a1	Ripple pickup R to LF
	&2	Ball change L to RF
	&a3&4	Repeat commencing LF
2	&a5	Ripple pickup R to LF
	&a6	Ripple pickup L to RF
	&7	Ball change R to LF
	8	Hold position
3 - 4	1 - 8	Repeat bars 1 - 2
5	1 2 3	3 steps R,L,RF turning to face barre
	4	Drop LF to side facing barre
6	a5	Pickup change L to RF
7	6a7 8a1	Repeat drop & pickup change L to RF 2x
	2 3 4	3 steps L,R,LF turning to face other side
8	a5 a6 a7	Pickup change L,R,LF
	8	Hold position
9 - 16		Repeat bars 1 – 8 on other side
17 - 32		Repeat all

WINGS

Commence feet together facing barre. Both hands on barre.

MUSIC : 'A Cool Cat In Town'

16 counts (4 bar) introduction

BAR	COUNT	
1	&	Spring RF
	1	Toe tap LF
	&	Hop RF
	2	Toe tap LF
	&3&4	Repeat LF
2	&a5 &a6 &a7	Wing change x 3 L,R,LF
	8	Hold position
3 - 4		Repeat bars 1 & 2 commencing LF
5	*&1	2 steps on spot R & LF
	&a2 &a3	Double wing 2x
	4	Hold position
6 - 7	&5&a6&a78 &1&a2&a34	Repeat from * 2x
8	5&	Step back RF & close LF to RF on balls of feet releasing hold of barre
	6	Stamp RF forward with weight
	7	Replace hands to barre
	8	Hold position
9 - 16		Repeat bars 1 - 8 on other side
		Repeat all 1x

WELCOME

Commence facing front. Feet slightly apart. Arms relaxed at sides.

MUSIC : 'Uptown Funk Instrumental'

16 counts (4 bar) introduction

BAR	COUNT	
1	&	Hop RF
	a1	Flap with weight LF
	a2	Ball change R to LF
2	&a3a4 &a5a6	Repeat R & LF
	&7	Ball change (ball to ball of foot)
	8	Heel beat LF
3	1	Flam RF to side
	a	Spring onto RF
	2	Hold position
	3	Flam LF to side
	a	Heel beat RF
	4	Flam LF
4	5	Step LF side
	&6	Twisted scuffle RF
	&7&	Repeat
	8	Step LF to side
5	a	Heel beat LF
	1	Scuff RF to LDF
	2	Hold position
	a	Heel beat LF
	3	Stamp RF forward with weight to LDF
	a	Heel beat RF
	4	Stamp LF to side with weight facing front
6	5	Step RF diagonally forward
	&a6	Elevated heel clip to R
	7&a8	Repeat to L
7	1&a2	Repeat R
	a	Stamp forward with weight LF
	3 4	Hold position
8	5	Step back onto RF
	&6&7&8	Commencing LF pickup hop step back x 2 ending with toe tap RF
9 - 16		Repeat bars 1 - 8 on other side
17 - 32		Repeat all 1x

SHUFFLES

Commence feet together facing front. Arms relaxed at sides.

MUSIC : 'Warriors'

16 counts (4 bar) introduction

BAR	COUNT	
1	&a	Shuffle RF side
	1	Heel beat LF
	&a2&a3&a4	Repeat RF shuffle & LF heel beat forward, side, forward
2	a5a6&a	RF shuffle 'on clock' to end behind
	7	Place inside edge of RF behind LF
	8	Hold position
3	a	Spring RF behind LF
	1	Toe tap LF in front of RF
	a	Spring LF
	2	Toe tap RF behind LF
	a	Spring RF
	3&a4	Shuffle hop step back LF
4	5	Drop RF
	&a	Side shuffle LF
	6&a7&a	Repeat L & RF
	8	Spring LF
5	a1&a2	Double shuffle forward RF & close to LF
	a3&a4	Repeat LF
6	&a5&a6&a7	Single shuffle forward & close R,L,RF
	8	Hold position
7	a1a2a3	Triple shuffle LF
	a4	Ball change
8	a	Heel beat RF
	5	Stamp LF forward with weight
	6	Drop RF to side
	7	Toe tap LF behind RF
	8	Hold position
9 - 16		Repeat bars 1 - 8 on other side
17 - 32		Repeat all 1x

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PICKUPS

Commence feet together facing front. Arms relaxed at sides.

MUSIC : 'Get Happy'

16 counts (4 bar) introduction

BAR	COUNT	
		'BOOMERANG' bars 1 - 2
1	&	Stamp RF diagonally forward with weight
	1	Step LF in place
	&2	Pickup step RF
2	&3 - &8	Repeat L,R,LF
3	1	Step RF back
	&	Pickup LF
	2	Cross LF over RF
	&	Step RF back
4	3 – 8&	Repeat L,R,LF
5	1	Drop RF side
	a2	Pickup change R to LF
6	3a45a6	Repeat 2x
	a	Step RF behind L
	7	Side L
	8	Cross RF in front
7	&1&2&3&4	Shirley Temple to L side
8	&a5&a6&a7	Ripple pickup R,L,RF
	8	Hold position
9 - 16		Repeat bars 1 - 8 on other side
17 - 32		Repeat all 1x

RIFF 'N' ROLL

Commence facing RDF. Feet together. Arms relaxed at sides.

MUSIC : 'Queens'

16 counts (4 bar) introduction

BAR	COUNT	
1	a1a2	4 beat riff RF
	&a3a4	5 beat riff LF
2	&a5&a6&a7	3 x 3 beat riff R,L,RF
	8	Stamp LF forward with weight
3	&&a1&&a2&&a3	4 x 3 beat cramp roll ending feet apart, together, apart
	a4	Ball change R to LF
4	a5&a6	5 beat cramp roll commencing RF
	a7a8	4 x heel beats RLRL
5 - 6	a1&a2 a3&a4 a5&a6	Progressive tap step heel forward x 3 R,L,RF (forward tap, 2x straight tap, ball heel travelling forward)
	&a7	3 beat riff L
	8	Hold position
		Traveling in a circle to R:
7	a1a2	4 beat riff RF
	&a3&a4	3 beat riff L & RF
8	a5a6	4 beat riff LF
	&a7	3 beat riff RF
	8	Hold position
9 - 16		Repeat bars 1 - 8 on other side

ARM AMALGAMATION

Teacher choreography and choice of music.

16 bar to show a variety of arm lines/positions/actions.

Simple steps should be included to create pattern and direction.

CLAP BEAT REPEAT

Teachers' choice of pattern and direction. Free choice of music.

Counts in brackets denote 'hold'.

No sound or movement should be made.

Bar	Count		
1 - 2	1&a2&a3a4 5&a6 7a8	Hold position	Clap the rhythm
3 - 4	1&a2&a3a4 5&a6 7a8	Beat the rhythm	Free
5 - 8	1&a2&a3a4 5&a6 7a8 1&a2&a3a4 5&a6 7a8	Dance the rhythm	Free
9 - 10	1a2a3a4 5&&a6 7a8	Hold position	Clap the rhythm
11 - 12	1a2a3a4 5&&a6 7a8	Beat the rhythm	Free
13 - 16	1a2a3a4 5&&a6 7a8 1a2a3a4 5&&a6 7a8	Dance the rhythm	Free
17 - 32	Repeat all		

WINGS & PULLBACKS

Commence feet together, facing RDF. Arms relaxed at sides.

MUSIC : 'Golden Nugget'

16 counts (4 bar) introduction

BAR	COUNT	
1	a	Spring LF
	1	Stamp RF forward without weight
	&a2&a3&a4	Pullback R to LF 3x (step on the 4 th beat)
2	a5 - 8	Repeat on other side, spring onto RF to face LDF on count 'a'
3	1&2	Pas de bouree under to end facing front
	a3	2 steps forward ending feet together
	&a4	Double wing
4	5	Jump feet together
	&a6&a7	Double wing x 2
	8	Hold position
5	&1	Spring RF toe tap LF
	&2	Hop R toe tap LF
	&	Hop RF
	3	Hold position
	&a4	Wing change R to LF
6	a5-&a8	Repeat bar 5
7 - 8	&a1	Wing change L to RF
	2	Hold position
	&a3 - 6	Repeat wing change & hold R to LF & L to RF
	7	Stamp LF forward with weight
	8	Hold position
9 - 16		Repeat bars 1 - 8 on other side

KEEP IT CLOSE

Commence feet together facing front. Arms relaxed at sides.

MUSIC : 'Barrio De Amor'
16 counts (4 bar) introduction

Bar	Count	
1	a1a	Tap step heel RF forward
	2a	Toe tap LF, heel beat RF
2	3a4	Step LF back, RF pickup close to LF
3 - 4	a5a6a7	Shuffle close L & RF
	a8	Ball heel on spot LF
5 - 8		Repeat bars 1 - 4 travelling slightly to R
9	1	Heel dig with weight R across LF
	a	Step LF in place
	2	Step RF to side
10	a3a	Repeat to L
	4	Ball dig RF in 'lunge' line to RDF
	a	Heel clip L to RF
11	5	Heel beat RF
	6	Stamp LF forward with weight
12	7	Hold position
	&&a8	4 beat cramp roll commencing RF
13	1a	Heel tap RF without weight across LF 2x
	2	Close R to L
14	a3a	Repeat LF
	4	Stamp RF forward with weight
15	a	Twisted forward tap LF
	5	Heel beat R
	a	Twisted backward tap LF
	6	Heel beat R
16	a7a8	Repeat bar 15
17 - 32		Repeat bars 1 - 16 on other side

TRAVEL & TURN

Commence feet together facing front. Arms relaxed at sides.

MUSIC : 'The Swing Phenomenon'

16 counts (4 bar) introduction

BAR	COUNT	
1	1 2	Ball heel RF side
	3 4	Ball heel LF over R
2	5 a6a7 8	Travelling to R side drop shuffle hop, 2 steps making 1 full turn to R to end facing front
3	1	Step LF behind RF
	2	Step RF side
	3	LF stamp with weight across RF
4	4 5 6 7	Spring toe tap x 2 turning to R
	8	Spring RF forward to RDF
5	1 2 3 4	Ronde LF making 1 full turn to R to end facing RDF (bend RL, extend LL out to 'sweep' around)
6	5a6&a	Travelling sideways to LDF turning maxiford (omitting the ball change) turning to L
	7 8	Step L & RF to complete turn to end facing RDF
7	1 - 4	Repeat bar 6
8	5 6	Ball change back to front L to RF
	7	Stamp LF forward to LDF with weight
	8	Hold position
9 - 16		Repeat bars 1 - 8 on same side
Walk upstage to reset whilst next candidate performs		
17 - 32		Repeat bars 1 - 16 on other side

TIMESTEPS WITH A TWIST

Commence feet together facing LDF. Arms relaxed at sides.

MUSIC : 'Coupe De Ville'

16 counts (4 bar) introduction

BAR	COUNT	
	8	Stamp RF without weight
1	8&12&3&	1 x single pickup timestep ¼ turn to R
2	4&5&6&7&	1 x double pickup timestep ¼ turn to L
3 - 4	8&1&a2&3&4&5&6&7	1 x triple pickup break
5 - 6	8&a1&2&3 4&a5&6&7	½ Suzie Q to R & L side (hop RF, shuffle LF, stamp LF across RF turning foot in, tap step RF to side facing front twisting LF out on heel, toes raised, tap LF back, stamp LF across RF inverted – repeat to L side)
7 - 8	8&a1&2&3&4&5&6&7	Triple shuffle break turning to L to end facing RDF
9 - 10	8&12&3& 4&5&6&7&	2 x single shuffle ½ break facing front
11	8&1	Shuffle hop
	2 3	Hold position
	a	Spring R
12	4&5	Shuffle close L to RF
	&6&7	Shuffle ball change R to LF
13 - 14	8&a1&2&3 4&a5&6&7	½ Suzie Q to L & R side
15 - 16	8&a1&2&3&4&5&6&7	Triple shuffle break turning to R
17 - 32		Repeat bars 1 - 16 on other side

THIS IS ME

Teacher / candidate choreography. Free choice of music.
Maximum time limit 3 minutes

Each candidate should present a solo in ONE of the following styles:

- MUSICAL THEATRE
 - URBAN
 - RHYTHM

Please note that it is NOT necessary for all candidates to perform the same routine. Please select and choreograph to their strengths.
Where appropriate props may be used.

THANK YOU

To be choreographed by the teacher. 8 bars in total