

**A1 DANCE**  
**Straight Tap**  
www.a1dance.co.uk

*Strike the ground with the ball of the foot & up (ankle only)*

**A1 DANCE**  
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**A1 DANCE**  
**Forward Brush**  
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*Broader movement than a Forward Tap as swing comes from the knee & hip.*

**A1 DANCE**  
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**A1 DANCE**  
**Backward Brush**  
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*Broader movement than a Backward Tap as swing comes from the knee & hip. The movement finishes with the working leg bent.*

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**A1 DANCE**  
**Heel Dig**  
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*Lift & sharply dig the heel of the foot into the ground.*

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**A1 DANCE**  
**Toe Tap**  
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*Raise the working leg, bending from the knee. Strike ground with the toe & up sharply.*

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## Step

*Transfer of weight from one foot to the ball of the other.*



## Jump

*Taken from one foot or two feet, flex knee(s), spring into the air & land with feet together in any direction.*



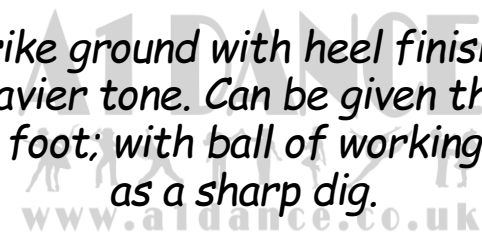
## Ball Beat

*Strike the ground with the ball of foot with ball finishing down with a heavier tone. Can be given three ways: standing on one foot; with heel of working foot on ground; as a sharp dig. Or - As in Ball Tap but ball finishes down & is heavier in tone.*



## Heel Beat

*Flex knee, strike ground with heel finishing on ground with a heavier tone. Can be given three ways: standing on one foot; with ball of working foot on ground; as a sharp dig.*



## Crocodile Walks

*Another name for a succession of Heel Beat followed by Ball Beat on alternate feet.*

