



Hop

Stand on one foot, spring into the air & land lightly on the ball of the same foot, knee flexed.



Spring

Stand on one foot, spring into the air & land lightly on the ball of the other foot, knee flexed.



Forward Tap

Strike the ground with the ball of the foot forward & up sharply (ankle only).



Backward Tap

Strike the ground with the ball of the foot backward & up sharply (ankle only).



Shuffle

A Forward & Backward Tap given to the count of &1 or less.





Ball Dig

Can be taken with or without transference of weight. Lift & sharply dig the ball of the foot into the ground.

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Ballchange

A change of balance between the ball of one foot & the ball or flat of the other foot, in any direction, given to the count of &1 or less.

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Stamp

Heavy downward beat onto the flat of the foot. Weight on supporting or working foot.

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A Beat Stays Down

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A Tap Comes Back Up!

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A Beat is Heavy

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A Tap is Light!

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