



TAP THEORY QUESTIONS Stage 5

A candidate will be asked to demonstrate/answer 2 questions in the examination

1. **Q.** Describe a Pick-up Change
A. From the ball or flat of one foot, spring upwards with the weight well forwards and catch the toe plate against the floor, land on the other leg
2. **Q.** Describe a Pick-up on one foot
A. As above but landing back onto the same foot
3. **Q.** Describe Nerve Taps
A. Continuous beating of the toe plate with a totally relaxed ankle, using the inner thigh muscle
4. **Q.** Describe a 3 Beat Wing action
A. A scrape on the outside of the foot, tap the toe plate inwards towards the supporting leg and land on the ball of the foot
5. Demonstrate continuous Shuffle Step on an even rhythm
6. Demonstrate continuous Shuffle Step on an accented rhythm
7. Demonstrate Tap Step Heel Beat on an even rhythm
8. Demonstrate an example of Syncopation
9. **Q.** What is a Drop?
A. To fall forward onto the ball or the flat of the foot
10. Demonstrate a 2 Beat Riff action
11. **Q.** How many beats are in a Double Wing action?
A. 6
12. **Q.** How are beats made lighter or stronger?
A. By increasing or decreasing the use of the knees or body weight
13. **Q.** Does the back leg turnout in a Triple Time Step?
A. No
14. **Q.** Does the back leg turnout in a Triple Time Step Break?
A. No
15. **Q.** Are the legs relaxed or straight in a Cramp Roll/Drum Beat?
A. Relaxed