

Pre-Requisite to Level 5 Tap

NAME:

DATE:

	KNOW	UNDERSTAND	EXECUTE
All Single Sounds			
Double Sounds: Flap, Shuffle, Digfle, Stompfle, Scuffle, Ball Change, Slap, Cramp, Riff			
Multiple Sounds: Cramp roll, Irish, Buffalo, Maxi Ford, Riffle			
Single, Double, and Triple Standard Time Steps			
Military Time Step			
Standard Full and Half Time Step Break			
Single, Double, and Triple Buck Time Steps			
Standard Full and Half Buck Break			
Traveling Time Steps			
Front, Side, and Back (long and short) essences			
Bombershay (3 and 4 sound)			
Various Cramprolls			
Single, Double, Triple Paradiddles			
Single, Double, Triple Drawbacks			
Single, Double, Triple Cincinnati			
3, 4, 5, 6 count conventional riffs			
Double Pullback			
Single Pullback			
Alternating Pullback (grab off)			
Scattered Pullback			
Advanced riffs (scissor, pendulum)			
Wings			
Ability to turn the basic locomotor tap steps			
Toe Stands			
Other shoe sounds: drag, draw, scrape, slide, inside edge			
Able to identify the basic beat in a song, correct counting with standard steps			

Knows, understands, and executes ALL criteria from Preschool to Level 3, ability to follow directions, focus, obey classroom rules, able to recall 100% of recital dances.

KNOW: can define a term/movement with words

UNDERSTAND: can translate terminology/movement into their body

EXECUTE: performs the terminology/movement with proper alignment, placement, style

ALIGNMENT: skeleton is stacked straight with no sway back, slouch

PLACEMENT: body weight is properly placed over balls of feet

TIMING: how movement is performed in synchronization with rhythm/beat of music

STRENGTH: proper and efficient use of core trunk muscles, adductors, deep rotators

NOTES: