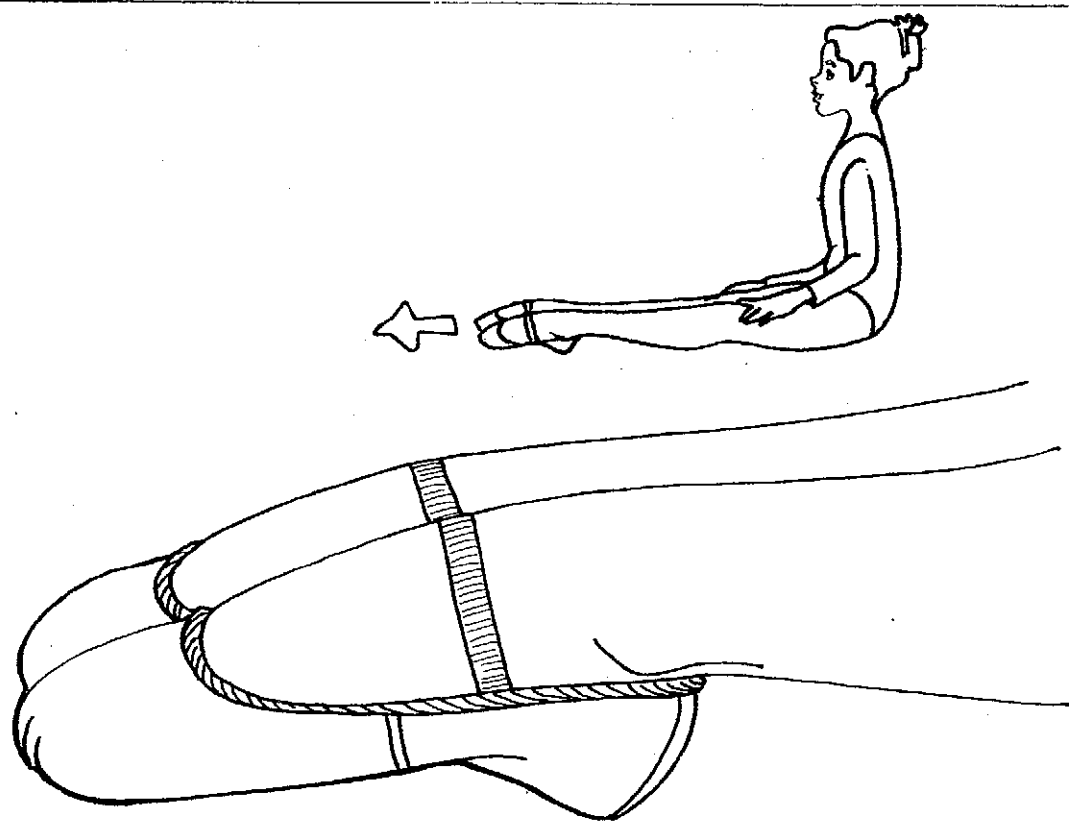
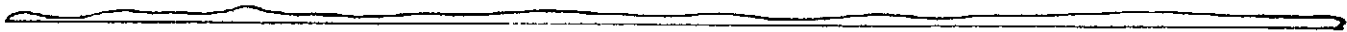
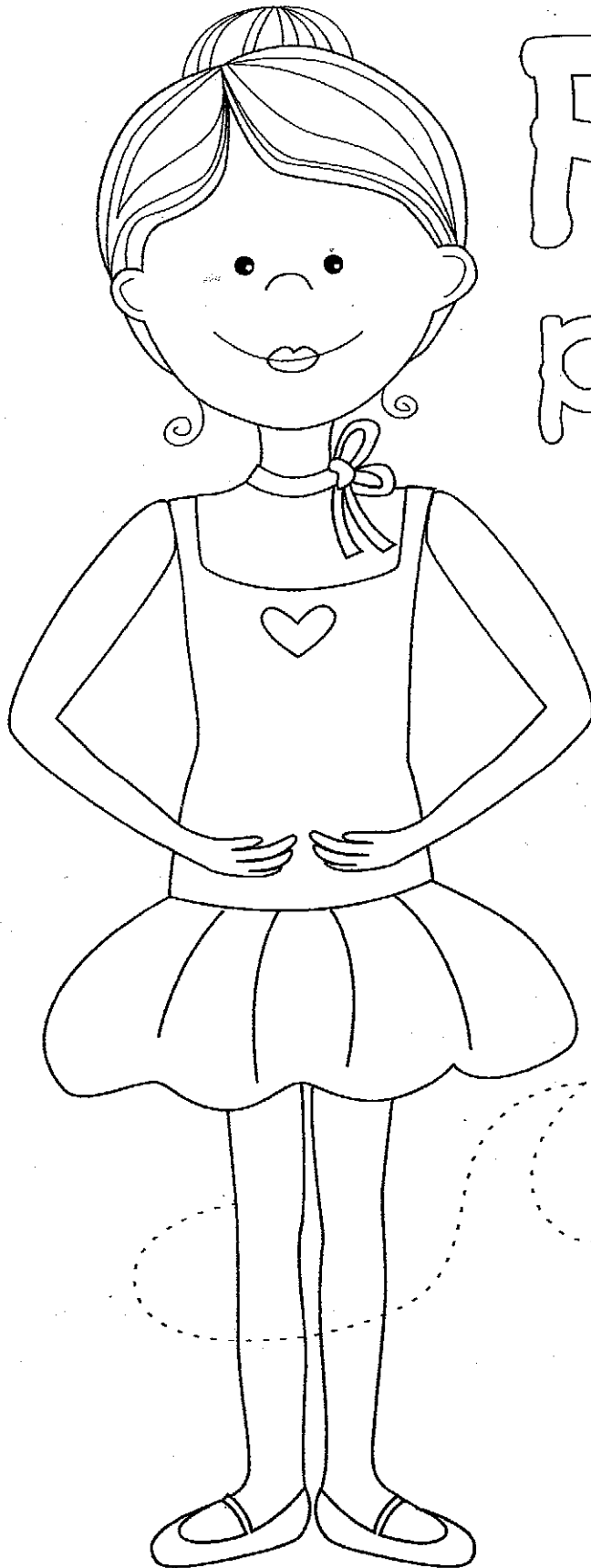


FLEX

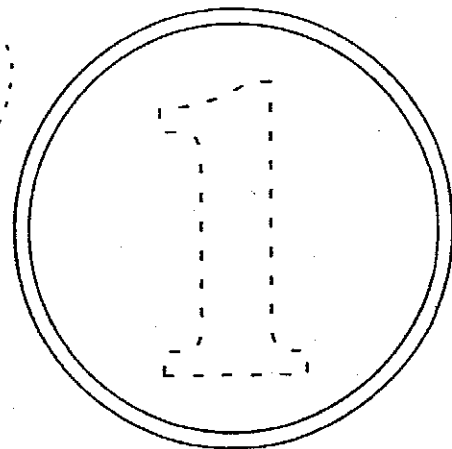
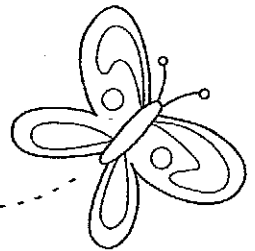


POINT



FIRST position

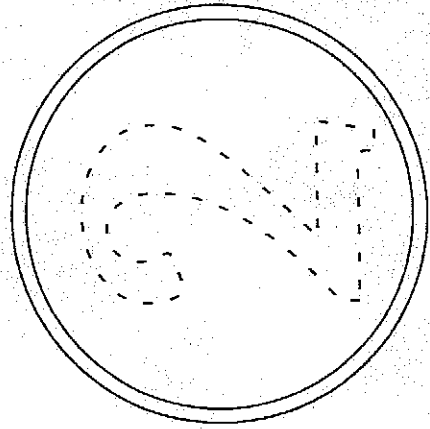
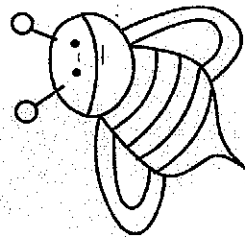
In first position
your feet should be,
heels together in the
shape of a "V"



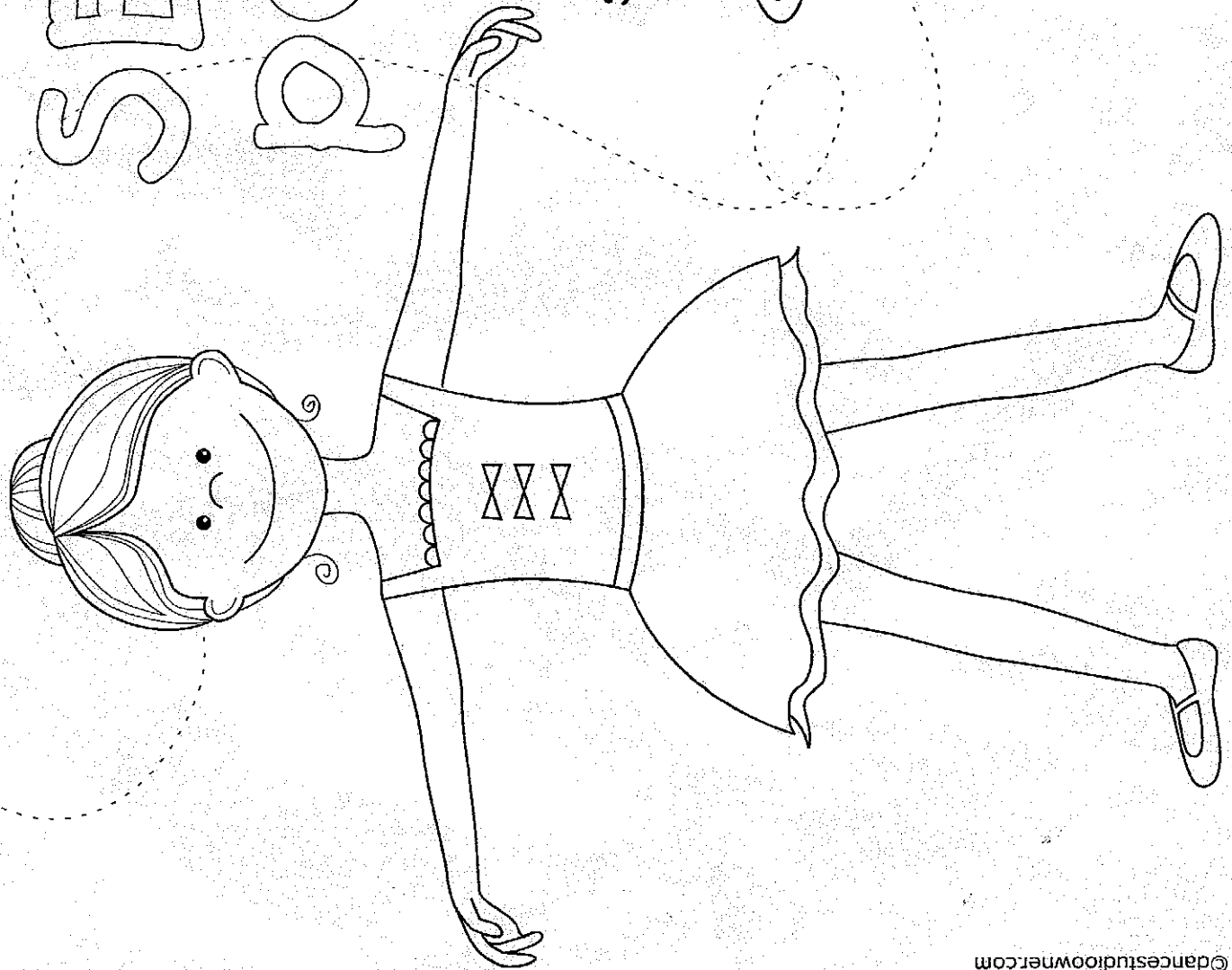
Trace the number one.

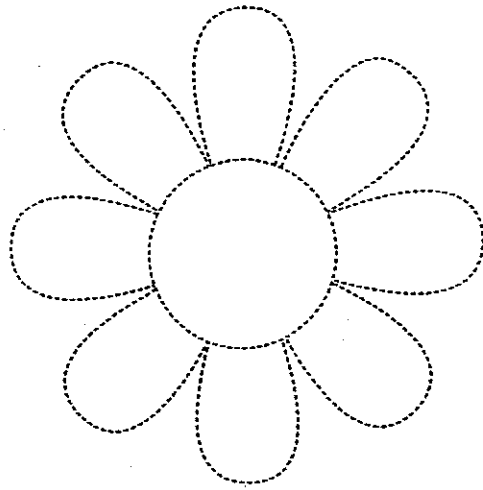
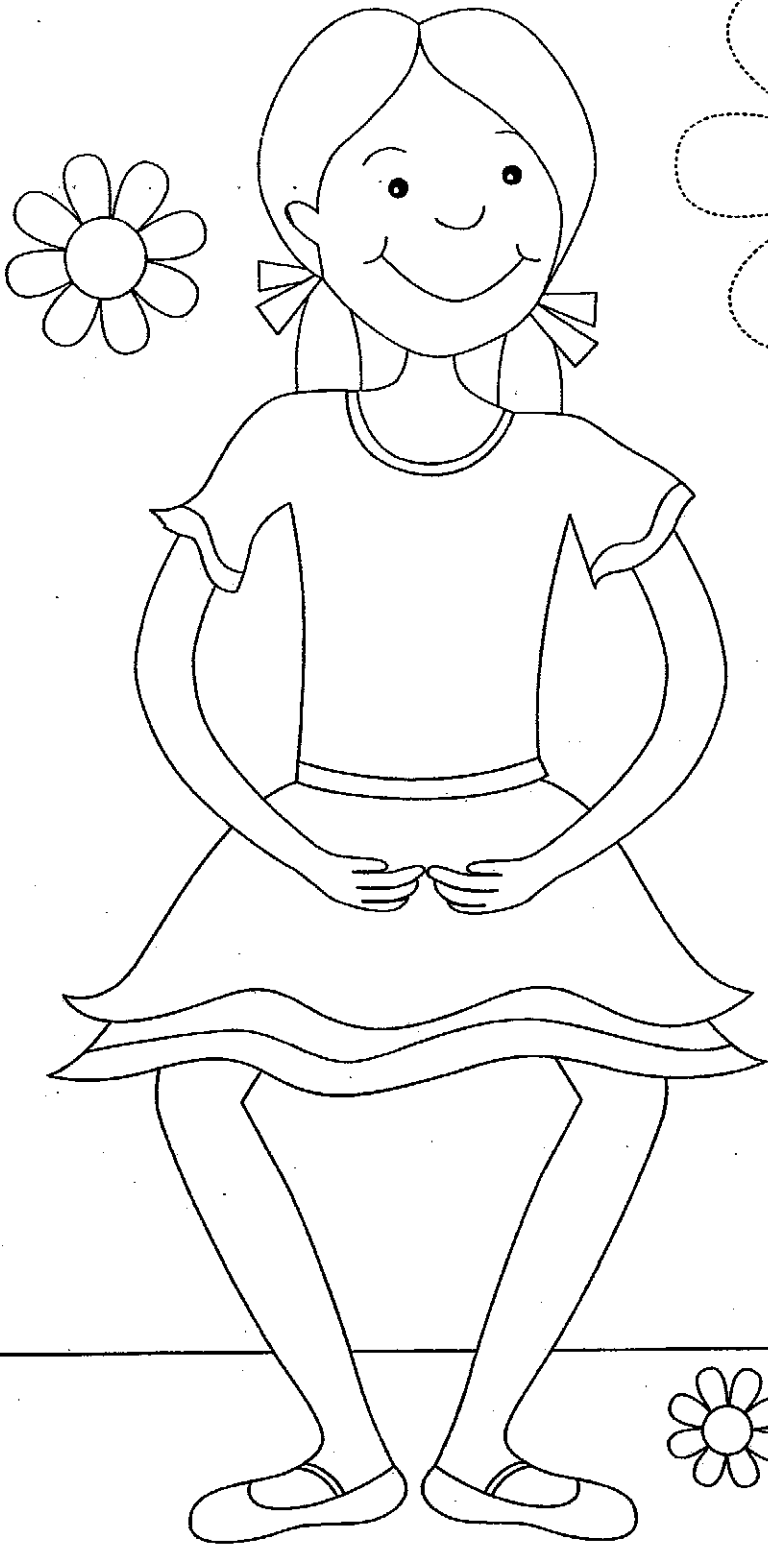
SECOND position

In second position
with your feet apart wide,
stand up straight and
stretch your arms to the side.



Trace the number two.



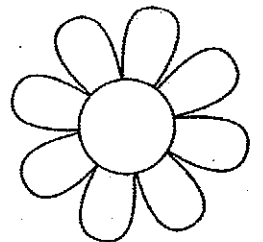
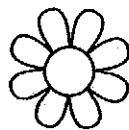


plié

Plié (plee-AY)

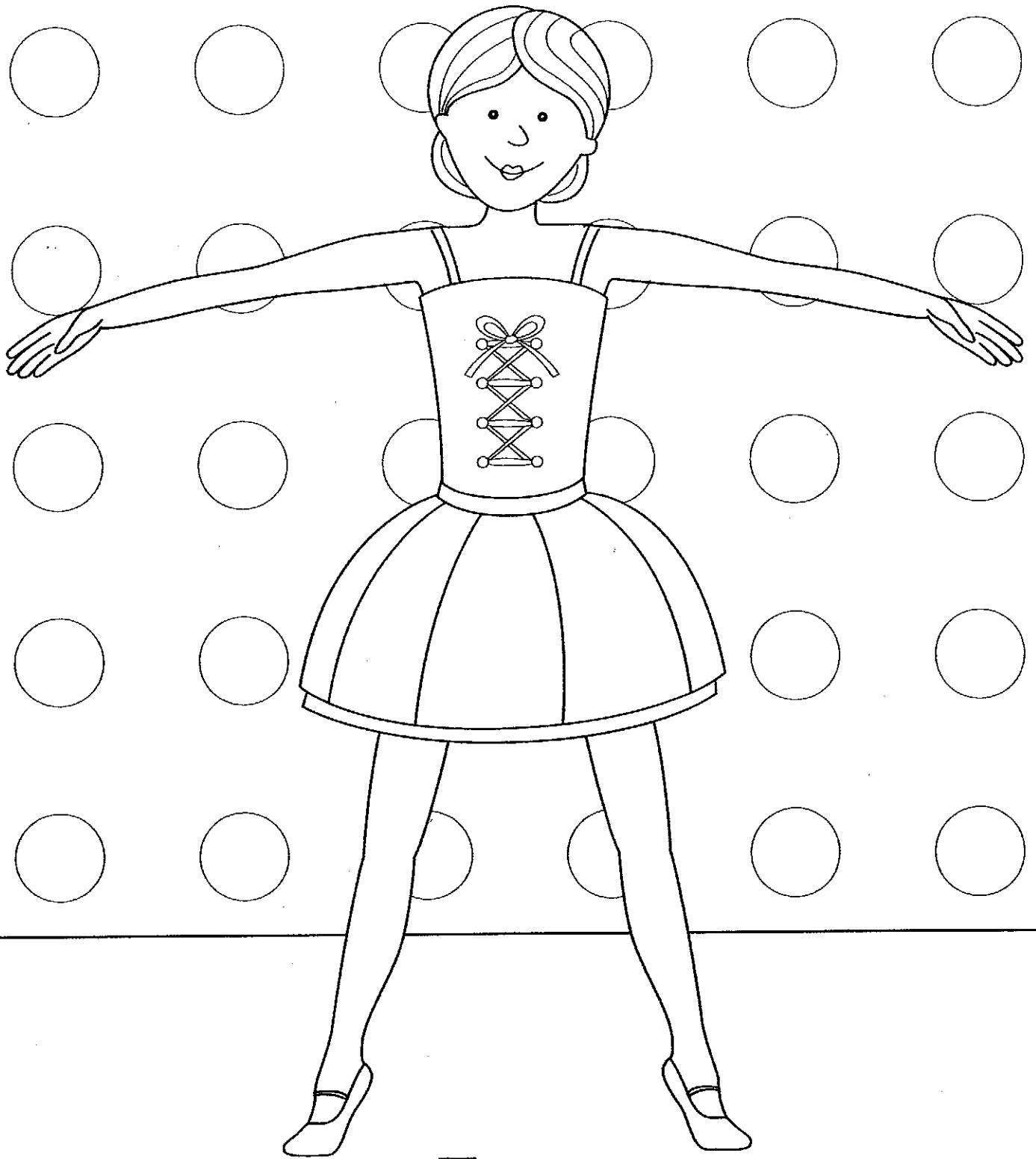
means to bend.

A movement in which the knees are bent, with the back held straight. Plié is done in all five positions of the feet.





**BATTEMENT TENDU
(STRETCHED)**



relevé

Relevé (rel-uh-VEY) means to rise.

A rising up onto full or half point from the flat of the feet.

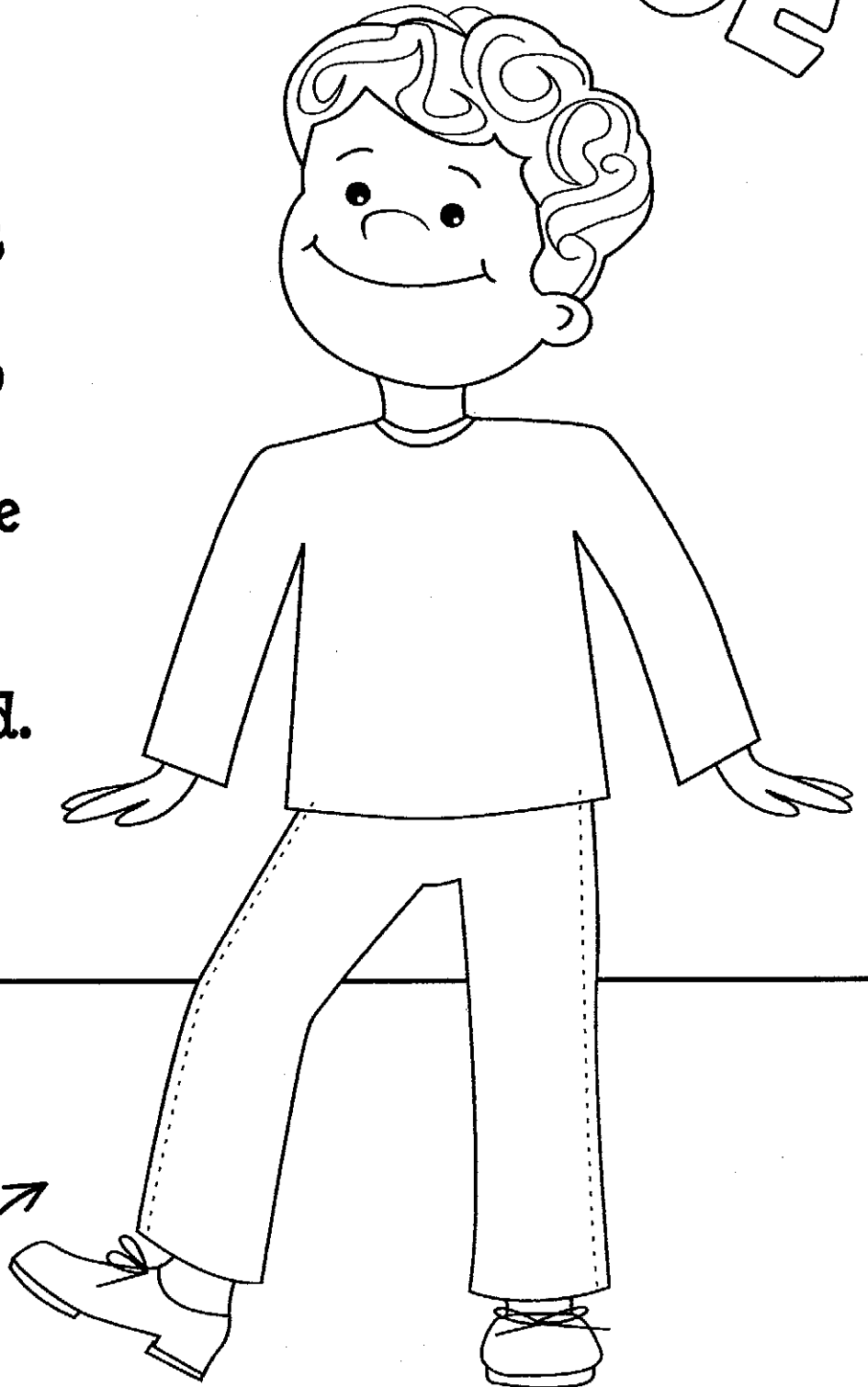


arabesque

Arabesque(a-ra-BESK) means a line.
While supported on one leg, the other leg
is extended straight behind.

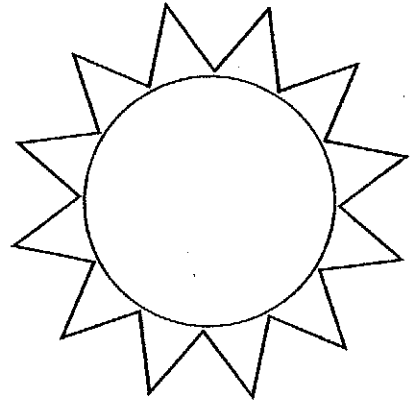
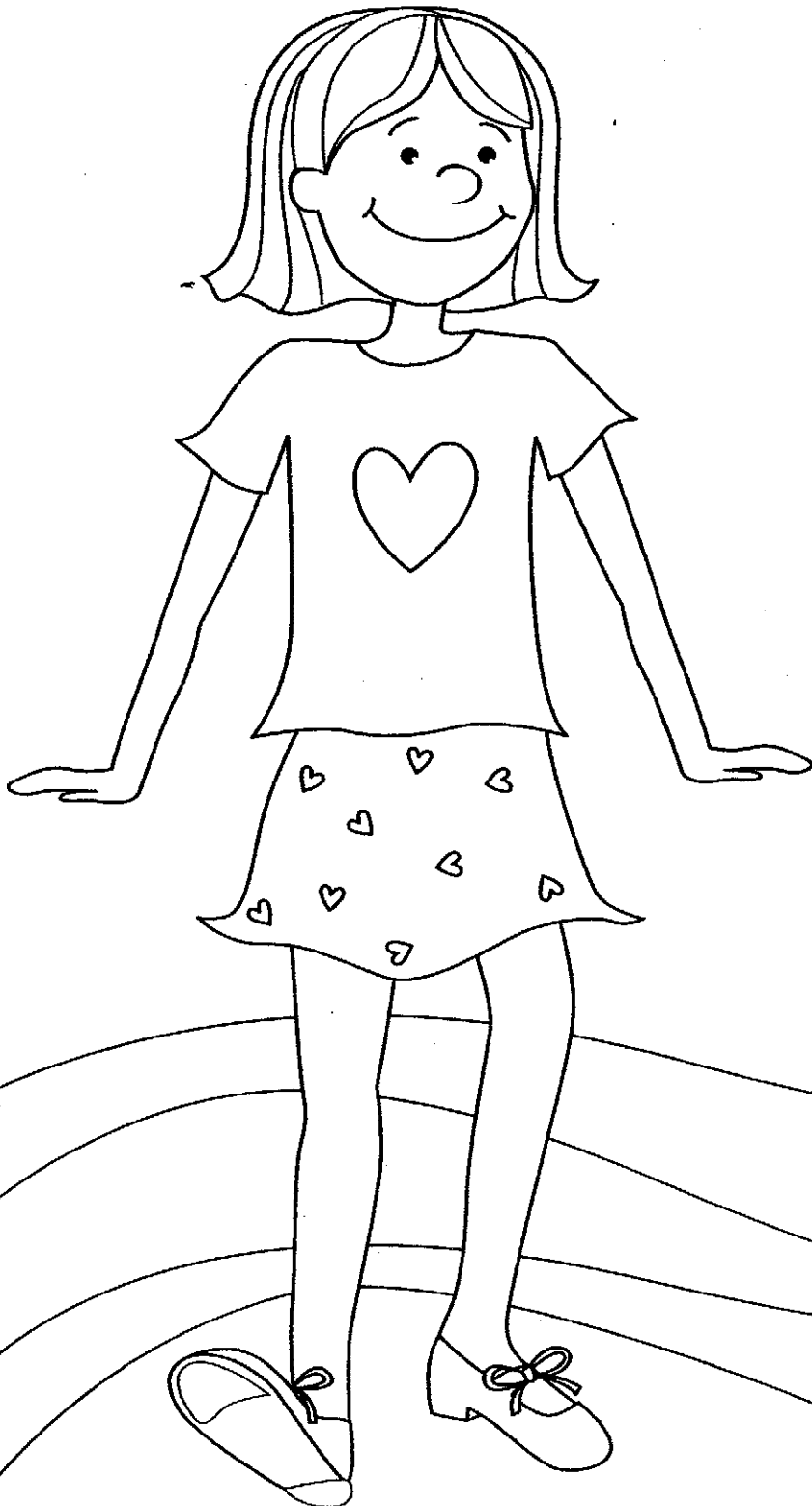
TAP YOUR TOE

Lift your foot
off the floor
and flex it up
like so.
Dance your toe
up and down
to make the
"tap-tap" sound.

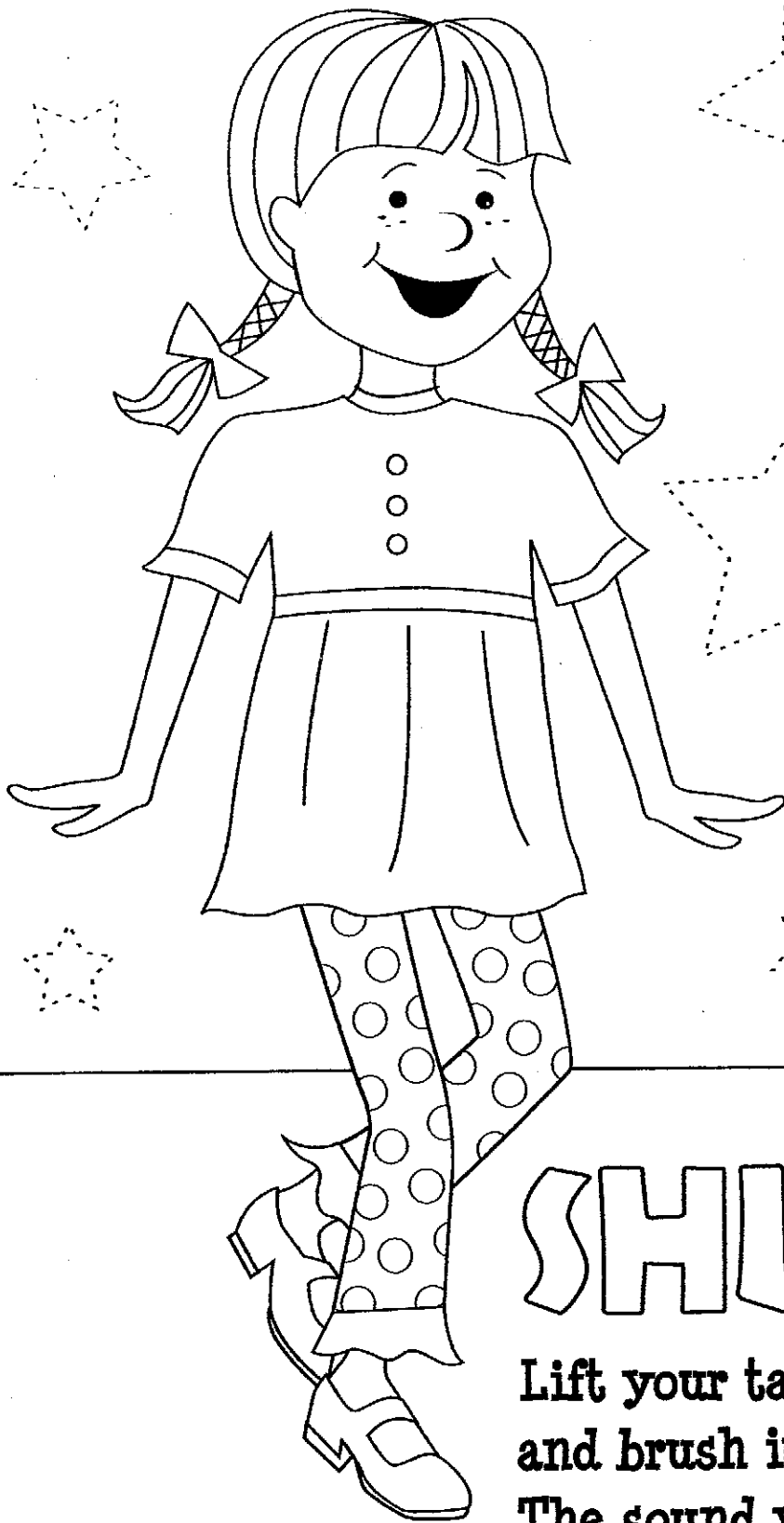


TAP
TAP
TAP

HEEL DIG



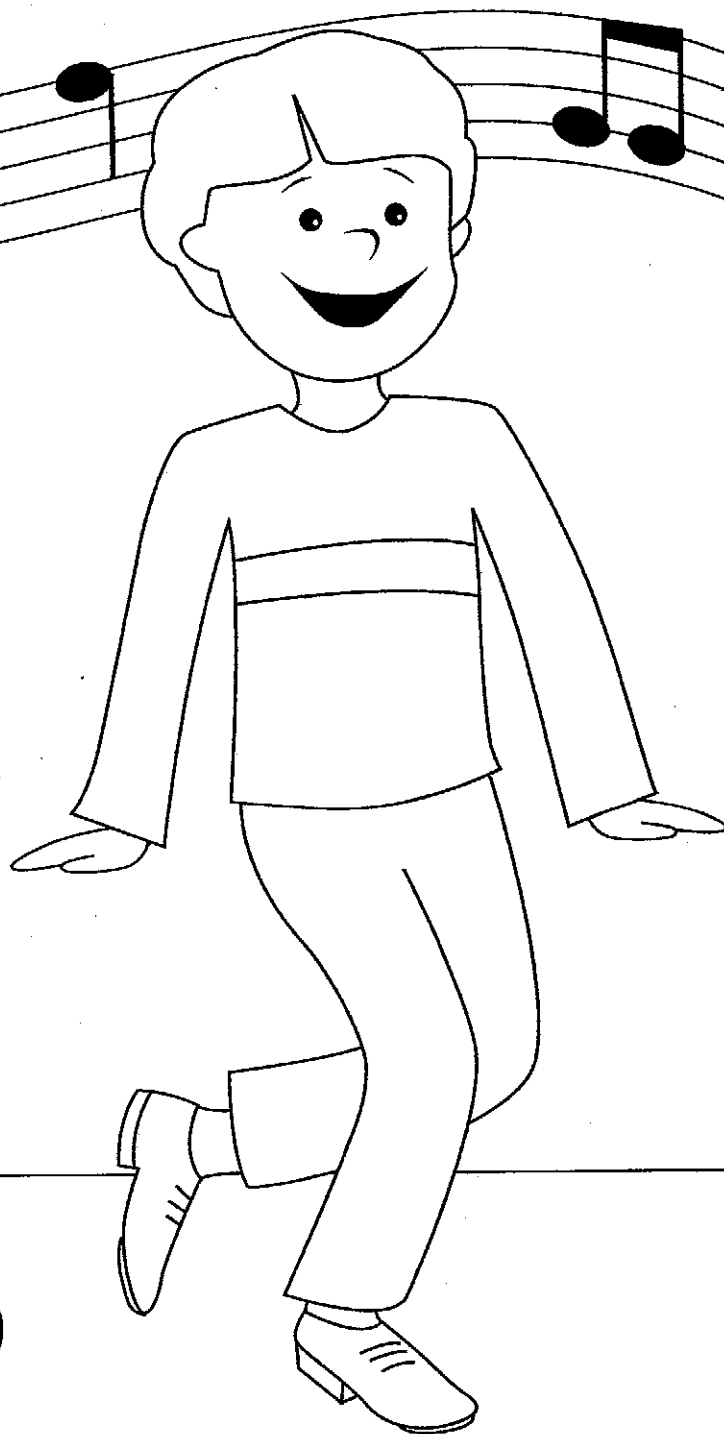
**Flex your foot
out in front
then place your
heel tap down.
Lift your knee
then drop your foot
to make the
heel dig sound.**



SHUFFLE

Lift your tap shoe to the back
and brush it front and rear.
The sound you make is 'tick-tock'
it should be crisp and clear.

Lift your foot
up in the back
and drop the
tip of your toe.
It makes a sound
upon the floor,
a 'toe tip' you
now know!



TAP DANCING