

ADT-NJ Tap Testing Study Guide

(Inspired by Dance Masters of America)

Examination Note

This study guide is intended as an outline of topics that may appear on the examination. Candidates should be prepared to define, demonstrate, and explain the listed concepts, as well as discuss their application in teaching situations.

Tap Fundamentals

Candidates should be able to demonstrate and explain the importance of:

- Relaxed knees and ankles
 - Proper balance and body placement
 - Clean, clear sounds
 - Exact timing
 - Maintaining weight on the balls of the feet when appropriate
 - Proper weight transfer
 - Coordination and rhythmic accuracy
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General Structure of a Tap Class

1. Warm up (center floor &/or barre)
 2. Center Floor Rudiments
 3. Across the Floor Progressions
 4. Combination or Routine
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Tap Styles & Historical Forms

Candidates should be able to name, define, differentiate, and discuss the following tap styles:

- Soft Shoe
- Military
- Waltz Clog
- Buck and Wing
- Rhythm Tap

For each style, candidates should understand:

- Historical background
 - Typical time signature
 - Energy and performance quality
 - Musical characteristics
 - Distinguishing features
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Single-Sound Tap Skills

1. Step
 2. Stamp
 3. Stomp
 4. Heel Drop
 5. Heel Tap
 6. Heel Dig
 7. Toe/Ball Drop
 8. Toe/Ball Tap
 9. Toe/Ball Dig
 10. Toe Tip
 11. Chug
 12. Brush
 13. Spank
 14. Scuff
 15. Slam
 16. Toe Stand
 17. Lunge
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Double-Sound Tap Skills

1. Shuffle
 2. Flap
 3. Slap
 4. Riff
 5. Scuffle
 6. Stomple
 7. Pullback/ Pick Up
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Triple-Sound Tap Skills

1. Riffle
2. Wing

Tap Rudiments

1. Scuff
 2. Ball Change
 3. Chug
 4. Cramp Roll
 5. Irish
 6. Buffalo
 7. Cincinnati
 8. Riff
 9. Paddle Turn
 10. Toe Stand
 11. Pullback/ Pick Up
 12. Drawback
 13. Wing
 14. Maxi Ford
 15. Bombershay
 16. Trench
 17. Shim Sham
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Essences

1. Basic Front Essence
 2. Basic Back Essence
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Time Steps

Fundamental Time Steps

1. Standard Time Step
2. Standard Break
3. Buck Time Step/ Rhythm Time Step
3. Waltz Clog Time Step
4. Military Time Step
5. Traveling Time Step

Time Step Variations

Candidates should be able to:

- Double a Time Step
- Triple a Time Step

- Demonstrate additional Time Step variations such as (but not limited to):
 - Soft shoe time step
 - Cramp roll time step
 - Toe tip time step
 - Pull back time step
 - Pick up time step
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Other Tap Knowledge

Candidates should be able define, demonstrate and explain the differences between:

- Step
- Stamp
- Stomp

and...

- Hop
- Leap
- Jump

Teachers should be able to:

- Name and demonstrate four different tap turns.
 - Explain how to teach spotting to a tap student.
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General Dance Teacher Info

The following information is on every ADT-NJ exam, regardless of the dance style the teacher is testing in. You may see a repeat of this information already incorporated into the study guide in a different section.

Seven Movements of Dance

1. Plier (to bend)
2. Glisser (to glide)
3. Sauter (to jump)
4. Élancer (to dart)
5. Relever (to rise)
6. Étendre (to stretch)
7. Tourner (to turn)

Eight Body Positions

1. Croisé devant (crossed in front)
2. Quatrième Devant (to the fourth front)
3. Écarté (thrown wide apart, separated. Cecchetti uses only devant but other schools use derriere as well)
4. Effacé shaded (Cecchetti uses only devant but other schools use derriere as well)
5. A la seconde (to the second position)
6. Epaule (shouldered)
7. Quatrième Derrière (to the fourth back)
8. Croise derriere (crossed in back)

Five Positions of the Head

1. Head En Face/Erect
2. Head Turned
3. Head Inclined
4. Head Raised
5. Head Lowered

Five Ballet Positions of the Feet

1. First Position (premier)
2. Second Position (a la seconde)
3. Third Position (troisieme)
4. Fourth Position (quatrieme)
5. Fifth Position (cinquieme)

Five Ballet Positions of the Arms

1. First Position (premiere)
2. Second Position (a la second)
3. Third Position (troisieme)
4. Fourth Position (quatrieme en avant, quatrieme en haut)
5. Fifth Position (cinquieme en bas, cinquieme en avant, cinquieme en haut)

Stage Directions

Upstage (US)

Downstage (DS)

Stage Right (SR)

Stage Left (SL)

Center stage (CS)

Down stage right (DSR)

Down stage left (DSL)

Upstage right (USR)

Upstage left (USL)

Fixed Points of the Practice Room (Cecchetti)

#1 right front corner

#2 left front corner

#3 left back corner

#4 right back corner

#5 mirror

#6 left wall

#7 back wall

#8 right wall

Fixed Points of the Practice Room (Vaganova)

#1 mirror

#2 right front corner

#3 right wall

#4 right back corner

#5 back wall

#6 left back corner

#7 left wall

Teaching & Application Questions

Physical Development

- How would you develop a student's flexibility?
- How would you develop a student's strength & endurance?
- How would you develop a student's balance?

Choreography

- How would you use directions in choreography?
- How would you use patterns & formations in choreography?
- How would you use levels in choreography?
- How would you use theatrical elements in choreography?

Musical Theory

1. Time
2. Tempo
3. Rhythm
4. Tag
5. Measure / Bar
6. Pickup/ Vamp
7. Synchopation

Teachers must also have a general knowledge of the types of time signatures that are needed for the particular dance style they are testing in.

Other Important Elements of Teaching Dance

- Teachers need to have a general knowledge of human anatomy/kinesiology
- Teachers need to know how to break down skills from beginner to intermediate to advanced