

# A1 DANCE

NATD Stage Branch Tap

Grade One



Memory Jogger

Candidates should have a thorough knowledge of all previous grades.

## Preparatory Exercises

- a) Springs, Jump and Clap
- b) Step, Ball dig and Jump

## Barre Exercises

- a) Forward and Backward Taps and Shuffles (sideways to the barre)
- b) Shuffles and Ballchange (Facing the barre)
- c) Toe Taps, Hop, Step and Heel Beat (Facing the barre)
- d) Shuffle, Hop Step and Ballchange (away from the barre)

## Arm Movements

- a) Opposition arm swings with head movement
- b) Co-ordinated and Horizontal arm lines - set exercise

## Rhythm

- a) Clapping & Walking to **1, 2, 3**, pause on **4**
- b) Set exercise **1, 2, 3, 4, 5 & 6 7 & 8**

## Set Amalgamations - Choice of three

Beginning with –

- a) Forward & Backward Tap, Shuffle, Step...
- b) Shuffle, Step, Shuffle, Hop, Step, Shuffle, Hop, Step, Shuffle, Ballchange...
- c) Tap Step, Ballchange, Step, Ball Dig...
- d) Step, Shuffle, Hop, Step, Step, Shuffle, Hop, Step, Stamp...
- e) Tap Step, Ballchange, Step across... (3/4 time)
- f) Ballchange out, Ballchange in, Walk 2 3 4, Tap Step...

## Dance

## Bow



Candidates will be asked to demonstrate steps from the Glossary and give their definitions as listed below (learning them off by heart [while understanding the meaning] is recommended as it saves confusion). Each candidate may be asked for a maximum of three definitions.

- Straight Tap:** Strike ground with ball of foot & up - ankle only.
- Forward Tap:** Strike ground with ball of foot forward & up - ankle only.
- Backward Tap:** Strike ground with ball of foot backward & up - ankle only.
- Hop:** Stand on one foot, spring into air & land lightly on ball of same foot, knee flexed.
- Jump:** Taken from one foot or two feet, flex knee(s), spring into air & land with feet together in any direction.
- Spring:** Stand on one foot, spring into air & land lightly on ball of other foot, knee flexed.
- Drop:** Stand on one foot, spring into air & drop heavily on to ball or flat of other foot.
- Heel Beat:** Flex knee, strike ground with heel finishing on ground with a heavier tone. Can be given three ways: – standing on one foot; with ball of working foot on ground; as a sharp dig.
- Toe Tap:** Raise the working leg, bending from the knee. Strike ground with toe & up sharply.
- Step:** Transfer of weight from one foot to the ball of other foot.
- Shuffle:** A forward & backward tap given to the count of &1 or less.
- Ballchange:** Change of balance from the ball of one foot to the ball or flat of the other foot, in any direction, to the count of &1 or less.
- Tap Step:** A forward tap followed immediately by a step onto the ball of the foot. Weight on working or supporting foot.