

# A1 DANCE

NATD Stage Branch Tap

Grade Four



Memory Jogger

Candidates should have a thorough knowledge of all previous grades.

## **Preparatory Exercises**

- a) Jump, impulse, contraction & relaxation – Set Exercise

## **Barre Exercises**

- a) Double shuffles
- b) Preparation for pick-up change
- c) Preparation for pick-up on one foot
- d) 6 Beat cramp roll with pull back

## **Arm Movements**

- a) A prepared 8 bar phrase of arm movements from previous grades using pattern & direction.  
To be repeated.

## **Rhythm**

- a) Clapping & Moving to **1 & 2 3 4 & 5 6 & 7 8**

## **Set Amalgamations** - Choice of two

Beginning with –

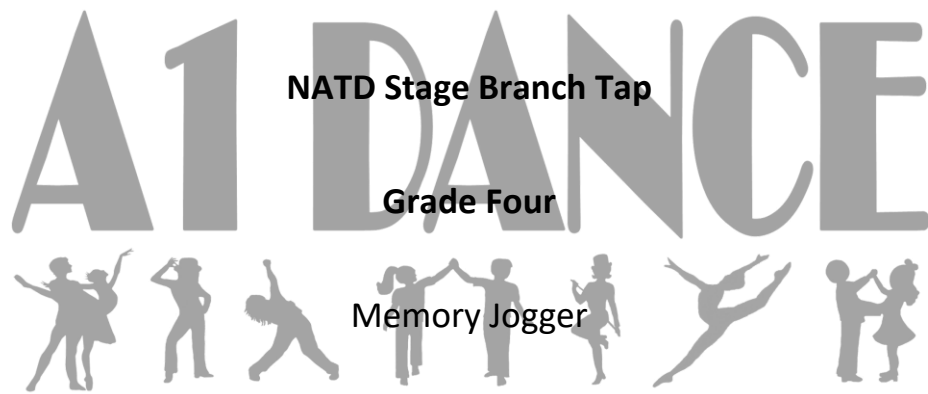
- a) 6 Beat cramp roll, pick-up hop, toe tap ...
- b) Tap step, tap step, heel beat, heel beat ...
- c) Spring shuffle ballchange, spring shuffle ballchange ...
- d) Tap spring toe tap hop ...
- e) Tap step, heel, heel, step close step ...

## **Time Steps**

Triple time step, triple time step, full break...

## **Amalgamations**

Set by the Examiner



## **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. Candidates should know all the glossary definitions & be able to demonstrate the steps from previous grades with the additions of:

### **Pick-up Change:**

Stand on one foot, flex knee, turn up toe of the same foot, slap foot back with elevation, hitting the ground with the ball of the foot, removing the heel & landing on the other foot.

### **Pick-up on One Foot:**

As in Pick-up change but landing on the ball of the same foot. Must NOT be travelled backwards.  
*(Also learn - Stand on one foot, flex knee, turn up toe of the same foot, slap foot back with elevation, hitting the ground with the ball of the foot, removing the heel & landing on the SAME foot.)*

### **Pull Back:**

A pick-up RF, pick-up change LF onto RF ball dig LF.

### **6 Beat Cramp Roll:**

Tap spring RF, tap step LF, heel beat RF, heel beat LF.