

# 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

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## 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.