

Grade Three - required

Q. What is an isolation?

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A. When we use only one part of the body.

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Q. In the general conditioning exercise on the barre, what position do we place the feet in for the lunge & foot pushes?

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A. The feet are straight to maximise the stretch.

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Q. When lifting the head & shoulder blades in the abdominal & contraction exercise, where do we hold the head?

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A. Chin tucked into the chest so we don't strain the neck.

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Q. What does contraction mean?

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A. To shorten.

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Q. Is the leg turned out in 2nd in the side extension & side kick exercise?

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A. Yes, to maximise the movement in the hip socket.

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Good to know

Q. In the first controlled thigh exercise, should your knee touch the floor?

A. No, you use your thighs & instep your knee should NOT touch the floor.

Good to know

Q. What three steps make a forward leap?

A. A forward kick, a spring & a back kick.

Good to know

Q. At the height of the kicks in the side extension & kicks exercises, should the supporting leg be straight?

A. Yes, definitely!

Good to know

Q. When rising on the balls of the feet, what must you be sure to do?

A. Keep the weight going through the middle of the ankle, the middle of the ball of the foot & the pads of the toes.

Good to know

Q. What's another name for step ballchange?

A. Gallop & step