

A1 DANCE
Grade One - required

Q. On the side stretch, do the hips move?

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A. No, the hips are still.

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Q. When lying on the floor on your back what must you be careful to do?

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A. Press the spine into the floor, aiming to have no space between the floor & your back.

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Q. In the preparation for turns, what must you be sure to use?

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A. The head & eye line.

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A1 DANCE
Demonstrate - show

Parallel arms

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Both arms make two straight lines which move in the same direction & are always an equal distance apart (like train tracks).
May be low, middle or high.

A1 DANCE
Demonstrate - show

Opposition arms

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Where both arms move in opposite directions at the same time. May be low, middle or high.

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A1 DANCE
Demonstrate - show
Co-ordinated arms
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A1 DANCE
Both arms move in the same direction at
the same time
May be low, middle or high.
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A1 DANCE
Show
Stretched pointed feet
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A1 DANCE
This is the same as good toes, a nice stretch
through the ankle to the tips of the toes.
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A1 DANCE
Show
Flexed feet
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A1 DANCE
This is the same as naughty toes,
your feet pulled back towards your face.
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A1 DANCE
Show
Spring points
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A1 DANCE
Jump up and down on your back foot
and point your other foot straight out.
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A1 DANCE
Show
Runs (kicking your bottom)
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A1 DANCE
Remember to point your toes right up to
the sky at the back.
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