

A1 DANCE
Pick-up spring
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*A pick-up followed immediately by a spring.
Cannot be repeated.*
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A1 DANCE
Pick-up hop
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*A pick-up followed immediately by a spring.
Cannot be repeated.*
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A1 DANCE
Pick-up hop step
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*A pick-up followed immediately by a
spring then a step. Generally travels backwards
& can be repeated on alternate feet.*
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A1 DANCE
Opposition arm line
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*The most natural of movements
based upon the law of balance with both arms
swinging in opposite directions.
The direction of opposition is determined by the head.*
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A1 DANCE
Parallel arm line
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*Both arms make two straight lines which
move in the same direction,
& are always an equal distance apart.*
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Co-ordinated arm line

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Both arms move in the same direction
at the same time.
The line may be low, medium or high.

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Directions of the stage

see if you can remember the different names & point to
where they are in your room

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Check the chart on the Grade 3 Memory Jogger to see
if you got them right.

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Good to know

Shirley Temple

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(side) Tap ball beat RF, heel beat LF, heel beat RF,
pick-up LF, heel beat RF, toe tap LF, heel beat RF.

Say - Tap ball, heel, heel, pick-up, heel, toe, heel.

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Good to know

Paradiddle

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A variation on Paddle & Roll where you start with
e.g. a heel beat RF then the LF performs
the heel dig, backward tap, ball beat.
(this gives a different accent to the step)

Good to know

Waltz Clog

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Can use spring or step.
(side) Spring RF, Shuffle LF, Ballchange L R.

Say - Spring, shuffle, ballchange.

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