

Grade Four - required
Q. Define the word Rhythm?

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A. The regular occurrence of an accented beat or beats in a bar of music.

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Q. Why do we use a variety of arm lines whilst dancing?

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A. To develop style & presentation & to aid balance.

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Q. Describe the position of the body as you bend the knees in the body roll exercise?

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A. The back is held upright with the knees parallel over the toes.

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Q. In the exercise for turns where do we place the chassé?

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A. Sideways to keep us travelling in a straight line to the corner.

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Q. What is meant by U.S.?
(see full list of directions on G4 Memory Jogger)

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A. Upstage
(upstage is at the back of the stage, away from the audience).

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Q. What is meant by D.S.?

(see full list of directions on G4 Memory Jogger)

A. Downstage

*(downstage is at the front of the stage,
near to the audience).*

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
underneath 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.**