

A1 DANCE

NATD Stage Branch Tap

Grade Three



Memory Jogger

Candidates should have a thorough knowledge of all previous grades.

Preparatory Exercises

- a) Impulse, contraction, relaxation & jump – Set Exercise

Barre Exercises

- a) Shuffles
- b) Cramp roll with pick-up spring step & pick-up spring
- c) Hops, flaps & ballchanges

Arm Movements

- a) Impulse & Contraction

Rhythm

- a) Clapping & Moving to **8 & 1 2 3 4 5 & 6 7**

Set Amalgamations - Choice of two

Beginning with –

- a) Step, heel beat, step behind heel beat, step side, spring step ballchange...
- b) Shuffle ballchange, hop flap tap step...
- c) Flap hold, flap hold, pick-up step, shuffle...
- d) Going backwards – Step pick-up step, step pick-up step, step pick-up step...

Time Steps

Double time step, double time step, full break...

Amalgamations

Set by the Examiner

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 Spring: A pick-up followed immediately by a spring. Cannot be repeated.

Pick-up Hop: A pick-up followed immediately by a hop. Cannot be repeated.

Pick-up Hop Step: A pick-up followed immediately by a hop then a step backwards (can be repeated on alternate feet).

Flap: A forward tap followed immediately by a stamp – weight on working or supporting foot.

Reminder from Grade 2:

Pick-up: Stand with feet slightly apart, turn up the toe of one foot, slap the foot back hitting the ground with the ball of the foot & removing the heel.

Pick-up Step: A pick-up followed immediately by a step backwards (can be repeated on alternate feet).

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Knowledge of Arm Lines & Directions

To prepare candidates to be able to follow the instructions given by the examiner for unseen amalgamations they must understand the following:

Arm Lines

1. An **Opposition** Arm Line – The most natural of movements based upon the law of balance with both arms swinging in opposite directions. The direction (*or which arm is forward*) for opposition is determined by the head.
2. A **Parallel** Arm Line – Both arms make two straight lines which move in the same direction & are always an equal distance apart. (*Like train tracks*)
3. A **Co-ordinated** Arm Line – Both arms move in the same direction at the same time. The line may be taken low, medium or high.
4. A **Horizontal** Arm Line – An arm line forming a right angle to the body.

Directions

LDD - Left Diagonal Down

LDF - Left Diagonal Front

(**DSL** - Downstage Left)

Audience

Front

Downstage

RDD - Right Diagonal Down

RDF - Right Diagonal Front

(**DSR** - Downstage Right)

Stage Left

C

Stage Right

LDU - Left Diagonal Up

LDB - Left Diagonal Back

(**USL** - Upstage Left)

Back

Upstage

RDU - Right Diagonal Up

RDB - Right Diagonal Back

(**USR** - Upstage Right)