

A1 DANCE

NATD Stage Branch Tap
Preliminary



Memory Jogger

In addition to all work from previous grades.

Preparatory Exercises

- a) Walking & Skipping in a circle
- b) Bounces & Jumps

Barre Exercises

- a) Straight Taps & Steps
- b) Toe Taps & Steps
- c) Hops & Springs
- d) Forward and Backward Taps & Shuffles
- e) Forward and Backward Taps, Hops & Step

Arm Movements

- a) Parallel arm swings
- b) Opposition arm swings

Rhythm

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

Set Amalgamations - Choice of three

Beginning with –

- a) Forward & Backward Tap, Hop, Step etc.
- b) Step Ballchange, Step Heel etc
- c) Shuffle Step, Shuffle Hop Step etc.
- d) Step Heel Beats, Step, Toe Taps etc.
- e) Walks, Skips, Shuffle Ballchanges etc.
- f) Gallops, Springs, Steps, Shuffles etc.

Dance

Bow