

# A1 DANCE

NATD Stage Branch Tap

Grade Two



Memory Jogger

Candidates should have a thorough knowledge of all previous grades.

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). A candidate may be asked for a max. of three definitions.

**Heel Tap:** Flex knee, strike the ground with the heel & up sharply. Can be given three ways: – standing on one foot; standing on one foot or with the ball of the working foot on the ground or as a sharp dig.

**Heel Beat:** Flex knee, strike ground with heel finishing on ground with a heavier tone. Can be given three ways: – standing on one foot; with ball of working foot on ground; as a sharp dig.

**Toe Beat:** Bend the knee, strike the ground with the toe finishing down on the ground with a heavier tone.

**Ball Tap:** Strike the ground with the ball of the foot & up sharply. Can be given three ways: – standing on one foot; with heel of working foot on ground; as a sharp dig.

**Ball Beat:** As in Ball Tap but Ball finishes down on the ground & is heavier in tone. (*or you can say: Strike the ground with the ball of the foot finishing down with a heavy tone.* Can be given three ways: – standing on one foot; with heel of working foot on ground; as a sharp dig.)

**Forward Brush:** A broader movement than a Forward Tap as the swing comes from the knee & hip.

**Backward Brush:** A broader movement than a Backward Tap as the swing comes from the knee & hip.

**Stomp:** Stand on the ball of the foot, push foot forward finishing with a heavy heel beat, knee flexed.

**Scuff:** A flat stamp carried forward & off the ground, supporting knee flexed. May be taken across the body, to the front or the side.

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**Tap Spring:** A forward tap followed immediately by a spring. Travelled or on the spot & very lightly executed.

**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.

**4 Beat Cramp Roll:** Spring on RF, ball dig LF, heel beat RF, heel beat LF.

**5 Beat Cramp Roll:** Tap spring on RF, ball dig LF, heel beat RF, heel beat LF.

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## **Preparatory Exercises**

- a) Springs & side springs
- b) Jumps & bounces

## **Barre Exercises**

- a) Shuffles
- b) Brushes, hops & springs
- c) Preparation for pick-ups
- d) Preparation for cramp roll
- e) Tap steps & tap springs

## **Arm Movements**

- a) Set exercise

## **Rhythm**

- a) Clapping & Moving to **&1, 2, &3**, pause on **5 6 7 8**

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## **Set Amalgamations** - Choice of two

Beginning with –

- a) Step, heel beat, step, hop, step behind side, tap step ballchange...
- b) Shuffle ballchange, tap step ballchange, ball dig...
- c) 4x walks back, 4x pick-up steps...
- d) 2x tap springs, Tap step stomp, tap step stomp...
- e) Stamp, pick-up, step, heel beat, stamp pick-up step...

## **Time Steps**

- a) Single time step, single time step, full break...

## **Dance**

## **Bow**

