

# A1 DANCE

NATD Stage Branch Tap

Grade Five



Candidates should have a thorough knowledge of all previous grades.

## Preparatory Exercise at the Barre

- a) Wing preparation & 3 beat wings

### Arms

A prepared 16 bar phrase of arm movements using pattern & direction & the teacher's own choreography in 3/4 time.

### Rhythm

- a) Clap & 1 & a 2 & a 3 4 & 5 & & a 6 & a 7 8  
b) Free Tap interpretation of the above rhythm arranged by the teacher

### Set Amalgamations

Beginning with –

- |  |                  |
|--|------------------|
| a) Stamp without weight pull back          | 3/4 Jazz         |
| b) 5 Beat cramp roll tap step heel heel    | 4/4 Medium Tempo |
| c) Tap spring toe hop                      | 4/4 Quick Tempo  |
| d) 6 Beat cramp roll, toe clip & heel clip | 4/4 Blues        |
| e) 3 Tap springs                           | 4/4 Bright tempo |

### Time Steps

- a) Pick-up Time Steps  
b) 3/4 Time Steps  
c) 3/4 Time Steps with shuffle pick-up on one foot

### 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:

- 3 Beat Riff:** Stand on one foot, forward brush, heel dig followed by a ball beat.
- 3 Beat Ripple:** Stand on one foot, pick-up change preceded by a forward tap.
- Toe Clip:** Stand with feet slightly apart. Lift the balls of both feet, clip the toes together & finish with ball beat RF & ball beat LF.
- Heel Clip:** Stand with feet slightly apart. Lift the heels of both feet, clip the heels together & finish with heel beat RF & heel beat LF.
- Wing Preparation:** Stand with feet together; using ankle slide RF out to side by scraping outside edge of foot finishing off the ground; with ball of RF tap ground inwards towards LF finishing with RF beside LF
- 3 Beat Wing:**  
(from both feet) Stand with feet together; flex knees; using ankles shoot both feet outward by scraping outside edges of feet finishing off the ground; with balls of the feet tap the ground inwards landing on the balls of both feet.
- 3 Beat Wing:**  
(from one foot) Stand on one foot; flex knee; using ankle shoot foot outward by scraping the outside edge of the foot finishing off the ground; with the ball of the foot tap the ground inwards landing on the ball of the same foot.
- 3 Beat Wing:**  
(changing) Stand on one foot; flex knee; using ankle shoot foot outward by scraping the outside edge of the foot finishing off the ground; with the ball of the foot tap the ground inwards landing on the ball of the other foot.