

Grade Five - required

Q. Where do we place our hands in a Backward Walkover to make it easier?

www.a1dance.co.uk

A. As close as possible to the feet.

www.a1dance.co.uk

Grade Five - required

Q. Where do we place the arms in an Elbow Balance to sustain the balance?

www.a1dance.co.uk

A. Equal distance apart, underneath the shoulders.

www.a1dance.co.uk

Grade Five - required

Q. Describe how you perform EITHER a
A) Passing Walkover OR B) Tick Tock

www.a1dance.co.uk

A. A) a forward walkover changing leg in the air.
OR B) a forward walkover stopping when the 2nd leg touches the floor, straight back into a backward walkover.
Or B) can be a forward walkover where 2nd leg doesn't touch the floor but throws straight back into a backward walkover.

Grade Five - required

Q. Explain the difference between a Back Drop and a Back Bend?

www.a1dance.co.uk

A. You go straight back in a back bend but you spiral the body in a back drop.

www.a1dance.co.uk

Grade Five - required

Q. What is a Tail Spin?

www.a1dance.co.uk

A. Spin on the bottom completing one turn.

www.a1dance.co.uk