

A1 DANCE

NATD Stage Branch Tap

Grade Four



Candidates should have a thorough knowledge of all previous grades.

Preparatory Exercises

- a) Jump, impulse, contraction & relaxation – Set Exercise

Barre Exercises

- a) Double shuffles
- b) Preparation for pick-up change
- c) Preparation for pick-up on one foot
- d) 6 Beat cramp roll with pull back

Arm Movements

- a) A prepared 8 bar phrase of arm movements from previous grades using pattern & direction.
To be repeated.

Rhythm

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

Set Amalgamations - Choice of two

Beginning with –

- a) 6 Beat cramp roll, pick-up hop, toe tap ...
- b) Tap step, tap step, heel beat, heel beat ...
- c) Spring shuffle ballchange, spring shuffle ballchange ...
- d) Tap spring toe tap hop ...
- e) Tap step, heel, heel, step close step ...

Time Steps

Triple time step, triple 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 Change: Stand on one foot, flex knee, turn up toe of the same foot, slap foot back with elevation, hitting the ground with the ball of the foot, removing the heel & landing on the other foot.

Pick-up on One Foot: As in Pick-up change but landing on the ball of the same foot. Must NOT be travelled backwards.
(Also learn - Stand on one foot, flex knee, turn up toe of the same foot, slap foot back with elevation, hitting the ground with the ball of the foot, removing the heel & landing on the SAME foot.)

Pull Back: A pick-up RF, pick-up change LF onto RF ball dig LF.

6 Beat Cramp Roll: Tap spring RF, tap step LF, heel beat RF, heel beat LF.