

# A1 DANCE

NATD Stage Branch Tap

Grade Three



Memory Jogger

Candidates should have a thorough knowledge of all previous grades.

## **Preparatory Exercises**

- a) Impulse, contraction, relaxation & jump

## **Barre Exercises**

- a) Shuffles
- b) Cramp roll with pick-up spring step & pick-up spring
- c) Hops, flaps & ballchanges

## **Arm Movements**

- a) Impulse & Contraction

## **Rhythm**

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

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

Beginning with –

- a) Step, heel beat, step behind heel beat, step side, spring step ballchange...
- b) Shuffle ballchange, hop flap tap step...
- c) Flap hold, flap hold, pick-up step, shuffle...
- d) Going backwards – Step pick-up step, step pick-up step, step pick-up step...

## **Time Steps**

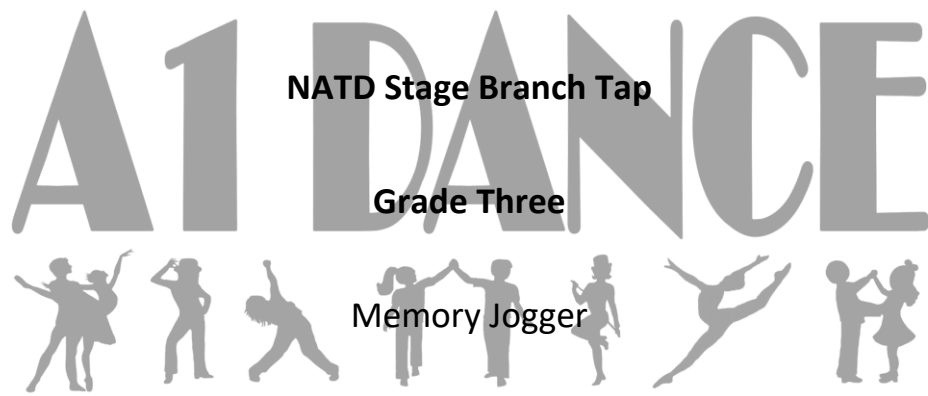
Double time step, double time step, full break...

## **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 Hop:** A pick-up followed immediately by a hop (cannot be repeated).

**Pick-up Spring:** A pick-up followed immediately by a spring (cannot be repeated).

**Pick-up Hop Step:** A pick-up followed immediately by a hop then a step backwards (can be repeated on alternate feet).

**Flap:** A forward tap followed immediately by a stamp – weight on working or supporting foot.

Reminder from Grade 2:

**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).