Grade Four

Questions may be asked from previous grades and from the following: -

Pick-up change: stand on one foot, flex knee, turn up toe of same foot, slap foot

back with elevation hitting ground with ball of foot, removing

heel and land on the other foot.

Pick-up on one foot: as in pick-up change but landing on the ball of same foot. Must

not be travelled backwards.

Pull back: pick-up on r.f; pick-up change l.f. on to r.f; ball dig l.f.

6-beat cramp roll: tap spring r.f; tap step l.f; heel beat r.f; heel beat l.f.

Grade Five

Questions may be asked from previous grades and from the following: -

3- beat ripple: stand on one foot; pick-up change preceded by a forward tap

3-beat riff: stand on one foot; forward brush; heel dig followed by a ball beat.

Toe clip: stand with feet slightly apart. Lift the balls of both feet; clip the toes

together and finish with a ball beat r. And ball beat I.

Heel clip: stand with feet slightly apart. Lift the heels of both feet; clip the heels

together and finish with a heel beat r. And heel beat I.

Wing preparation: stand with feet together; using ankle slide r.f. out to side by scraping

outside edge of foot finishing off the ground; with ball of r.f. tap ground

inwards towards I.f. finishing with r.f. beside I.f.

3 – beat wing: stand with feet together; flex knees; using ankles shoot both

[from both feet] feet outward by scraping outside edges of feet finishing off ground;

with balls of feet tap ground inwards landing on both balls of feet.

3 – beat wing: stand on one foot; flex knee; using ankle shoot foot outward

[from one foot] by scraping outside edge of foot finishing off ground; with ball of foot

tap ground inwards landing on ball of same foot.

3 – beat wing: stand on one foot; flex knee; using ankle shoot foot outward

[changing] by scraping outside edge of foot finishing off ground; with ball

of foot tap ground inwards landing on ball of other foot.