

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 L.

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 L.

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 L.F. finishing with R.F. beside L.F.

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

**3 – Beat Wing:
[from one foot]** Stand on one foot; flex knee; using ankle shoot foot outward 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:
[changing]** Stand on one foot; flex knee; using ankle shoot foot outward by scraping outside edge of foot finishing off ground; with ball of foot tap ground inwards landing on ball of other foot.