

### **ADVANCED ONE (continued)**

**6 – Beat Riff:** As for a 5 – Beat Riff but adding a heel beat with R.F. on end.

**7 – Beat Riff:** As for a 5 – Beat Riff but adding a heel beat with L.F. then a heel beat with R.F. on end.

**Cramp Roll Changes:** As in a basic cramp roll but heel beats are reversed to allow a change of foot.

### **ADVANCED TWO**

Questions may be asked from any previous grade.

**Inverted Cramp Roll :** Spring onto R heel, step onto L heel, ball beat R foot, ball beat L foot, step R.