

GRADE I

(Minimum age 7 years)

1.Entry

Each candidate will greet the examiner and hand the examination report to him/her.

2.Preparation for dance (with music in character, appropriate for the genre)

| | Bars |
|---|--------|
| Forward and backward arm swings with Plies, arms in parallel position | 2 Bars |
| Forward and backward arm circles alternating arms, with Plies | 2 Bars |
| RF to side, 2 Hip Bumps to R, 2 Hip Bumps to L,move hips RLRL | 2 Bars |
| Repeat Hip Bumps | 2 Bars |

Pointing the toe during the first three movements,each movement takes 2 counts of music:

| | Bars |
|---|--------|
| Extend RF forward - Extend RF back - Extend RF to R side – Close RF to LF | 2 Bars |
| Repeat using LF | 2 Bars |
| Extend RF back - Extend RF forward - Extend RF to R side – Close RF to LF | 2 Bars |
| Repeat using LF | 2 Bars |

To be performed twice.

3.Dance Demonstration

Demonstrate all routines twice to music with a partner.

The Basic Movement in Rumba and Cha Cha Cha may be dance with or without the standard amount of turn.

Rumba

Start in Close Hold.

| Steps | | Timing |
|--------|---|-----------|
| 1-6. | Basic Movement | 2341 2341 |
| 7-9. | 1-3 Basic Movement | 2341 |
| 10-12. | Underarm Turn to Right finished in Open CPP | 2341 |
| 13-15. | Underarm Turn to Left | 2341 |
| 16-18. | 4-6 Basic Movement finished in Open CPP | 2341 |
| 19-21. | Check from Open CPP | 2341 |
| 22-24. | Check from Open PP | 2341 |
| 25-27. | Check from Open CPP | 2341 |
| 28-30 | Spot Turn to Left | 2341 |

Samba

Start in Close Hold facing Wall.

| Steps | | Timing |
|--------|--|--------------------|
| 1-6. | Reverse Basic Movement | 1a2 1a2 |
| 7-12. | Reverse Basic Movement | 1a2 1a2 |
| 13-15. | Samba Whisk to L | 1a2 |
| 16-18. | Samba Whisk to R | 1a2 |
| 19-21. | Samba Whisk to L | 1a2 |
| 22-24. | Samba Whisk to R ended in PP | 1a2 |
| 25-36. | 4 Promenade Samba Walks | 1a2 1a2 1a2 1a2 |
| 37-39. | Samba Whisk to L turning to face Partner | 1a2 |
| 40-42. | Samba Whisk to R | 1a2 |
| 43-45. | Samba Whisk to L | 1a2 |
| 46-48. | Samba Whisk to R | 1a2 |

Cha Cha Cha

Start in Close Hold.

| Steps | | Timing |
|-------|---|----------------|
| 1-10 | Close Basic | 234&1 234&1 |
| 11-15 | 1-5 of Close Basic | 234&1 |
| 16-20 | Underarm Turn to Right finished in Open CPP | 234&1 |
| 21-25 | Underarm Turn to Left | 234&1 |
| 26-30 | 6-10 Close Basic finished in Open CPP | 234&1 |
| 31-35 | Check from Open CPP | 234&1 |
| 36-40 | Check from Open PP | 234&1 |
| 41-45 | Check from Open CPP | 234&1 |
| 46-50 | Spot Turn to Left | 234&1 |

Jive

Start in Close Hold.

| Steps | | Timing |
|--------|--------------------------------|------------------------|
| 1-8. | Basic in Fallaway | QQ QaQQaQ |
| 9-16. | Change of Place Right to Left | QQ QaQQaQ |
| 17-24. | Change of Place Left to Right | QQ QaQQaQ |
| 25-40. | 2 Changes of Hands behind Back | QQ QaQQaQ QQ QaQQaQ |
| 41-48. | Change of Place Left to Right | QQ QaQQaQ |
| 49-56. | Link | QQ QaQQaQ |

4.Knowledge and Understanding

Clap to music the Jive rhythm QQ QaQQaQ QQ QaQQaQ

Demonstrate with music the basic hip action used in the Rumba showing the transfer of weight from one foot to the other.

| Steps | | Timing |
|-------|-------------------|--------|
| 1. | RF to side | 41 |
| 2. | LF closed to RF | 2 |
| 3. | Transfer wt to RF | 3 |
| 4. | LF to side | 41 |
| 5 | RF closed to LF | 2 |
| 6. | Transfer wt to LF | 3 |
| 7. | RF to side | 41 |

5.Skill

Dance twice solo with music, the Jive Basic in Place.

6.Exit

Candidates will acknowledge and thank the Examiner before leaving the examination room.

