

# GRADE III

(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
Flick Ball Change RLR.Flick RF Forward,Close RF to LF	1
Flick Ball Change LRL. Flick LF Forward,Close LF to RF	2
Flick Ball Change RLR.Flick RF Forward,Close RF to LF	3
Flick Ball Change LRL. Flick LF Forward,Close LF to RF,RF to side	4

Using a figure or eight hip action in isolation to the upper body:

	Bars
Transfer full weight onto RF,Circle R Shoulder forward to backward	5
Transfer full weight onto LF,Circle L Shoulder forward to backward	
Transfer full weight onto RF,Circle R Shoulder forward to backward	
Transfer full weight onto LF,Circle L Shoulder forward to backward	
Transfer full weight onto RF,Circle R Shoulder forward to backward	6
Transfer full weight onto LF,Circle L Shoulder forward to backward	
Repeat bars 5 and 6	7-8
Lift R knee Forward,across body then return to R side without weight	9
Lift R knee Forward,across body then return to R side	
Lift L knee Forward,across body then return to L side without weight	10
Lift L knee Forward,across body then return to L side	
Repeat bars 9 and 10	11-12
RF crossed behind LF,LF to side with part weight,replace weight to RF	13
LF crossed behind RF,RF to side with part weight,replace weight to LF	
Repeat bars 13	14
Punch R arm up stretching R side of body, retract L arm. Bend R knee	15
Punch L arm up stretching L side of body, retract R arm. Bend L knee	
Punch R arm up stretching R side of body, retract L arm. Bend R knee	
Punch R arm up connecting to R hand. Both knee straight	

With hip facing forward:

Twist upper body to R side. Twist upper body to L side	16
Circle joined arms anti-clockwise to chest as body returns to face front	
To be performed twice	

### 3.Dance Demonstration

Demonstrate all routines twice to music with a partner.

#### Rumba

Commence in Open Position with L to R hand hold

Steps		Timing
1-6.	Open hip twist	2341 2341
7-12.	Hockey Stict	2341
10-12.	1-3 Basic Movement	2341
16-21.	Six backward walks in Open position with L to R hand hold	2341 2341
22-24.	7-9 Natural Top	2341
25-30.	Opening Out to Right and Left	2341 2341
31-36.	Spiral	2341 2341

#### Samba

Commence on LOD in Open PP with L to R hand hold

Steps		Timing
1-6.	Shadow Botafogos	1a21a2
7-13.	Travelling Voltas to R	1a2a1a2
14-20.	Continuous Volta spot turn to L	1a2a1a2
21-23.	Whisk to L	1a2
24-30.	1-7 Corta Jaca turning 3/8 R	SQQQQQQ
31-37.	1-7 Corta Jaca (man commencing LF back) turning 3/8 R	SQQQQQQ
38-40.	1-3 Open Rock to R and L	SQQ
41-46.	Reverse Turn	1a2 1a2
47-49.	Promenade Botafogo	1a2
50-52.	Side Samba Walk	1a2

#### Cha Cha Cha

Commence in Open Position with L to R hand hold

Steps		Timing
1-10.	Open Hip Twist	234&1 234&1
11-20.	Hockey Stict	234&1 234&1

21-25.	1-5 Open Basic	234&1
26-28.	Cha Cha Cha Lock Backward RLR	2&3
29-56.	3-30 Turkish Toewl	4&1 234&1 234&1 234&1 234&1
57-59.	Cha Cha Cha Lock Forward LRL	2&3
60-62	Cha Cha Cha Lock Forward RLR	4&1
63-69	1-7 Cuban Break in Open Position	2&3&4&1
70-74	7-11 Time Step	234&1
75-79	2-6 Time Step	234&1
80-84.	Spot Turn to Left	234&1
Note:	(Lady steps 63-74) 1-12 Cuban Break in open position	234&1 2&3&4&1

## Jive

Commence in Open Position with L to R hand hold

Steps		Timing
1-10	Stop And Go	QQ QaQ QaQ
11-18.	Overtured Change of Place Left to Right	QQ QaQ QaQ
19-24.	2 Ball Change with flick action	QaQ QaQ
25-30.	3-8 Change of Place Left to Right	QaQ QaQ
31-38.	American Spin	QQ QaQ QaQ
39-43.	1-5 Link	QQ QaQ
44-50.	Double Corss Whip	QQQQ QaQ
51-60	Reverse Whip	QQ QaQ QQ Qa
61-66	Promenade Walks Quick	QQQQQQ
67-72	3-8 Change of Place Right to Left	QaQ QaQ

## 4.Knowledge and Understanding

Rumba - Demonstrate and count music; a preparatory step followed by 1-6 Basic Movement (4&1&2&3&4&1&2&3&4&1&)

Jive - Demonstrate and count music; the basic in Fallaway. Then repeat this figure re-placing the Jive Chasse with a single step timed Slow. Repeat again replacing the Jive Chasse with a tap step movement timed QQ

## 5.Skill

Dance twice, with music, the following Solo Callisthenic Exercise in Cha Cha Cha.

Commence by taking a preparatory step back on LF, timed 1.

Backward Walk RF – Weight transfer in place LF – Cha Cha Cha Lock Forward RLR	234&1
Forward Walk LF – Forward Walk Turning RF – Cha Cha Cha Lock Backward LRL	234&1
RF closed to LF – Forward Walk LF – Cha Cha Cha Lock Forward RLR	234&1
Check Forward Walk LF – Weight transfer in place RF– Cha Cha Cha Lock Backward LRL	234&1

## 6.Exit

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