

GRADE V

(Minimum age 9 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)

The 3 candidates will work together, prior to the examination, to prepare one “ Preparation for Dance” 16 bars (not 3 separate ones). This will encourage working together and can be overseen by the teacher.

To be performed twice

3.Dance Demonstration

Demonstrate all routines twice to music with a partner.

Rumba

Commence in Open Position with R to R hand hold

Steps		Timing
1-6.	Alemana from Open Position with R to R hand hold	2341 2341
7-12.	Close Hip Twist	2341 2341
13-24.	Sliding Doors replacing 7-9 with the Advanced Opening Out Movement	2341 2341 23412341
25-30.	Spiral from Shadow Position to Open Position	2341 2341
31-33.	1-3 Basic Movement	2341
34-36	7-9 Natural Top	2341
37-42.	Rope Spinning	2341 2341
43-54.	Continuous Circular Hip Twist turned to Open CPP	2341 2341 2341 2341
55-57.	Check from Open CPP	2341
58-61.	Syncopated Cuban Rock	2&3 41
62-64.	Spot Turn to Left	2341

Samba

Commence in Close Hold facing LOD

Steps		Timing
1-3.	Reverse Turn	1a2
4-14.	The Drag into Promenade to Counter Promenade Runs	SS 123 123 123
15-18.	2 Dropped Volta	&12 &12
19-21.	Foot Change – Man: Step Close LR or Ball Change. Lady: Volta Spot Turn to R 1.1/4 turns to achieve Shadow Position	1a2
22-23	2 Cruzados Walks in Shadow Position LR	SS
24-29.	Cruzados Locks in Shadow Position	QQS QQS
30-35.	Botafigos in Shadow Position	1a2 1a2
36-38.	Foot Change – Man: Ball Change LRL, end facing LOD. Lady: Botafigo LRL turning 5/8 to L, end backing LOD	1a2
39-44.	2 Stationary Samba Walks	1a2 1a2

Cha Cha Cha

Commence in Open PP with R to L hand hold

Steps		Timing
1-5.	Check from Open PP replacing steps 3-5 with the Ronde Chasse	234&1
6-11.	Syncopated Time Step	2&3 4&1
12-21.	Open Hip Twist Spiral turned to Fan Position	234&1 234&1
22-31.	Alemana	234&1 234&1
32-51	1-20 Cross Basic using Guapacha Timing turned to Open CPP with lady's Spiral Cross on steps 5 and 15	2&3 4&1 234&1 2&3 4&1 234&1
52-57.	Split Cuban Break from Open CPP and Open PP	2&3 4&1
58-62.	Check from Open CPP to finish in Open PP	234&1

Paso Doble

Commence in Close Hold facing Centre

Steps		Timing
1-6.	Alternative entry to PP Method Three (using 1-2 Chasse to Right)	12 12 12
7-12	3-8 Travelling Spins from PP	12 12 12
13-18.	Grand Circle (omit steps 3-4)	12 12 12
19-20	1-2 Chasse to Right	12
21-24.	Elevations to Right knees straight	12 12
25-36.	Coup De Pique Couplet (changing from RF to LF then LF to RF)	12 12 12 12 12 12
37-40.	Attack	12 12
41-44.	4 Sur Place	12 12
45-63.	Syncopated Separation	12 12 12 12a 1a2 QQS 12 12
64-68.	Syncopated Chasse commenced OP on L side	12& 12

Jive

Commence in Close Hold

Steps		Timing
1-8.	Change of Place Right to Left with Double Spin	QQ QaQ QaQ
9-16.	Overtured Change of Place Left to Right	QQ QaQ QaQ
17-22.	Chicken Walks	SS QQ QQ
23-28.	3-8 Overtured Change of Place Left to Right	QaQ QaQ
29-31.	Ball Change with flick action	QaQ
32-37.	3-8 Change of Place Left to Right achieving double hand hold	QaQ QaQ
38-53.	Spanish Arms	QQ QaQ QaQ QQ QaQ QaQ
54-61.	Change of Place Left to Right	QQ QaQ QaQ
62-66	Curly Whip from Open Position	QQ QaQ
67-71	Whip	QQ QaQ

4. Knowledge and Understanding

Cha Cha Cha – Clap and count to music the Guapacha Timing used in the Time Step (commence with 4&1).

Samba– Demonstrate and count to music; two figures, selected by the candidate from the set routine above, that illustrate different timings.

5.Skill

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

Commence by taking a preparatory step to side and slightly forward on RF, timed 1.

Check Forward Walk LF– Weight transfer in place RF – Ronde Chasse LRL	234&1
Backward Walk RF – Weight transfer in place LF–Hip Twist Chasse RLR	234&1

6.Cool Down (with music in a character, appropriate for the genre)

Perform the set Cool Down in a group.

The Cool Down may be performed in bare feet or the candidates may change into Jazz Shoes.

Commence with feet flat, parallel and hip distance apart:

	Bars
Rise onto the balls of both feet then lower the heels Rock back onto the heels of both feet then lower the toes	1
Roll both feet outwards towards the outside edge of the foot then return Roll both feet inwards towards the inside edge of the foot then return	2
Repeat bars 1 and 2	3-4
Lift R heel bending R Knee, circle knee clockwise then lower R heel Lift R heel bending R Knee, circle knee anticlockwise then lower R heel	5
Lift L heel bending L Knee, circle knee anticlockwise then lower L heel Lift L heel bending L Knee, circle knee clockwise then lower L heel	6
Repeat bars 5 and 6	7-8
Extend both arms out to sides, horizontal and up to high Parallel (Breathe In) Side bend body to R side (Breathe Out)	9
Return body to center position (Breathe In) Lower arms to sides of body allowing arms to cross in front of body (Breathe Out) (L arms clockwise, R arm anticlockwise)	10
Repeat bars 9 and 10 using a side bend of the body to L side	11-12

Calf Stretch. Maintain body weight forwards over the supporting foot:

Extend RF back with both arms extended forward. Hands clasped, palms forward. Close RF to LF, returning arms to sides of body	13-14
Extend LF back with both arms extended forward. Hands clasped, palms forward. Close LF to RF, returning arms to sides of body	15-16

NOTE: For examination purposes this routine will only be performed twice through in a group.

In everyday practice it is recommended that the Cool Down is repeated several times.

7.Exit

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