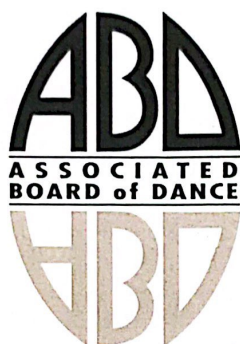


ASSOCIATED BOARD OF DANCE



**THEORY
COMBINED**

**Ballet Tap Modern Irish
Grades 1 - 5**

*Recognised by: Board of Dance Qualifications & Training (BDQT) • British Dance Council (BDC) • Federation of Dance
Awarding Bodies (FDAB) • Theatre Dance Council International (TDCI) • National Dance Teachers Association (NDTA)*

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BALLET GRADES THEORY

Grade One**BARRE:**

Five positions of the feet by degage

1. Q What does degage mean?
A To disengage
2. Q Where do we disengage in this exercise?
A When we release the foot from a closed to an open position the two closed positions in this exercise are 3rd and 5th
3. Q What does battement tendu mean?
A Battement to beat, tendu to stretch
4. Q How do we know if we are placing 4th opposite 1st correctly?
A The heel of the working foot is opposite the heel of the supporting foot
5. Q What are the common faults seen in a plié?
A Rolling of the ankles, bad posture – i.e. back not held straight
6. Q What does port de bras mean?
A Carriage of the arms
7. Q What is a petit jete?
A Petit (small/little) | Jete (to swish or throw)
8. Q What does a Polka step consist of?
A Hop – Chasse – Coupe – Jete
9. Q What is an enchainment?
A Several steps put together – usually taken to music
10. Q What is a temp leve?
A A lifted movement – with a hop

Additional information: Devant – in front | Derriere – behind | Ouvert - open body alignment |

De cote – to the side | Ferme - to close the feet

Grade Two

Theory to include previous grades

11. Q What does assemble mean?
A To assemble, to join the feet together
12. Q What is an arabesque?
A A balanced pose on one leg with the other leg extended behind (a terre – on the ground or enl'air – in the air) in ouvert
13. Q What does retire mean?
A To draw up (drawing the foot up the leg)
14. Q What does battement glisse mean?
A Battement to beat, glisse to glide
15. Q What is a changement?
A To change the position of the feet while in the air – draw the feet together in the air, show only one foot, change feet and land in a demi pli  , heels on the ground
16. Q What does echappe mean?
A To escape – a movement of the legs from a closed to an open position
17. Q What is a releve?
A A strong rise or snatch onto demi pointe keeping the toes in contact with the floor
18. Q What is pas de chat?
A Step of the cat
19. Q In this grade, how far do we bend in a demi-plie?
A Until the thighs are horizontal
20. Q What does glissade mean?
A To glide

Grade Three

Theory to include previous grades

21. Q What is the height of a battement glisse?
A The working foot just leaves the floor, with a strong accent
22. Q What is a soubresaut?
A A spring in the air in 3rd or 5th position without changing the feet upon landing
23. Q What does pas de bouree mean?
A A running step. A step of the bourée, an old French dance. There are 3 placings in a pas de bouree over and under – 5th – 2nd – 5th
24. Q What is a rond de jambe a terre?
A It is a round of the leg on the ground – it traces through all the open positions on the ground, 4th opp 1st devant, a-la-seconde and 4th opp 1st derriere
25. Q What is pas de basque en avant?
A A step taken from the Basque country - en avant means travelling forward
26. Q What does releve mean?
A To rise
27. Q What does a glissade consist of?
A Two degages put together with a gliding movement; the toes do not leave the floor in a glissade
28. Q What is a developpe?
A It is an unfolding of the leg, taken from the knee down
29. Q What does battement frappe mean?
A Battement – beat | frappe – to strike
30. Q What is a balance de cote?
A A balanced step to set to a waltz time which has the accent on the first beat and moves from side to side

Additional information: En avant – travelling to the front | En arriere travelling to the back

Grade Four**Theory to include previous grades**

31. Q What does *Fouette* mean?
A To whip
32. Q What does *Temp Lie* mean?
A Time linked – a linking movement incorporating a transference of weight
33. Q What is a *Pirouette*?
A A whirl – spinning action performed on one leg
34. Q What does *soutenu* mean?
A Sustained.
35. Q What does *Fondu* mean?
A To melt – to bend on the supporting foot
36. Q What does *en croix* mean?
A In the shape of a cross
37. Q What does *sur le cou de pied* mean?
A At the neck of the foot – a phrase used to describe the placement of the working foot on the supporting leg
38. Q What does *Adage* mean?
A Usually a blend of slow and smooth movements that flow together in a co-ordinated way
39. Q In a *battement tendu*, where does the beat come?
A On the *ferme*
40. Q What does *attitude* mean?
A A position where the dancer stands on one leg. The other is lifted at an angle with the knee bent – the knee is higher than the foot

Additional information: *En dehors* – outwardly | *En dedans* – inwardly | *Croise* – crossed body alignment – the front foot is nearest to the audience | *En face* – facing the front

Grade Five**Theory to include previous grades**

41. Q What is a demi detourne
A A half turn towards the back foot
42. Q What is the height of Rond de jambe a terre?
A The tip of the toe of the working foot is opposite the hollow of the knee of the supporting leg
43. Q What does battu mean?
A To beat – a beating action of the legs
44. Q What is an entrechat?
A To interweave or braid – a jump in which the feet cross and the legs beat in the air
45. Q What does quatre mean?
A Four – four interweaving actions, two with each leg
46. Q What does En cloche mean?
A Like a bell
47. Q What is a Sissone?
A A scissor action – a jump from two feet to one foot
48. Q What does Contretemp mean?
A Step danced against the beat of the music. A full Contretemp is a coupe, chasse, temp leve, chasse passé
49. Q What is a Coupe?
A It means to cut – a transfer of weight from one foot to the other
50. Q What does Ballones Compose mean?
A Ballones – to bounce | Compose - compound



TAP GRADES THEORY

GRADE 1

1. How many sounds are there in a shuffle? (2)
2. Explain parallel arm line- definition (2 lines running in the same direction, equal distance apart, if lengthened will remain the same)
3. What two taps makes up a shuffle? (forward tap & backward tap)
4. What is a pick-up? (a sharp slap back with the ball of foot ,down and up)
5. Why do we do the ankle circling exercise at the barre? (to loosen the ankles)
6. How many types of flap are there in this grade? (2- with weight/without)
7. What count does the set timestep begin on? (8&a1)
8. What is the difference between a tap and a beat? (tap is a light sound and rebounds/beat is heavy and stays down)
9. How many basic taps are there (?) and name them
10. How many basic beats are there (?) and name them

GRADE 2

1. What is the purpose of the warm up? (To increase the body temperature and prepare for the physical work to be undertaken)
2. How do we count a shuffle? (&1)
3. What steps make up a 5 beat cramp roll? (forward tap, ball beat, ball beat ,heel beat ,heel beat)
4. How many sounds are there in a double pick-up? (4)
5. Explain opposition arm line
6. Explain co-ordination line
7. How many types of stomp are there? 2 (1 foot/2 feet)
8. What steps make up the compound of a single timestep? Half break? full break?
(shuffle hop spring tap step ,step, shuffle hop spring shuffle step, shuffle hop spring shuffle step shuffle step shuffle ballchange)
9. What does accent mean?
10. What steps make up a 3 beat riff?

GRADE 3

1. What is the purpose of placing the shuffle forward and then to the side in the development of controlled shuffle exercise? (to prepare for shuffle treble snatch)
2. How many sounds are there in a 5 beat cramp roll combined with toe clip? (8)
3. How many movements make up a wing? (3)
4. Which movement is the most important part of the wing? (the 1st one- to get the width of movement to allow the shoe to turn over and make the 2nd sound)
5. How does the compound sequence change from single timestep to a double? (spring becomes tap spring)
6. What steps make up the four beat riff? (forward tap, heel dig, heel beat, ball beat)
7. Clap and count waltz time (123,223,323,423,)
8. What style should you see in the ballchanges in alignment with Tango expression? (strong, intense, arrogant, arched back, solid footwork)
9. What is the purpose of stagecraft? (to develop a sense of rhythm and timing which can be developed)
10. How many different types of riffs are there in the running riff with musical tacit? (3) 2 bt, 3 bt, 4 bt

GRADE 4

1. How many sounds are there in a shuffle treble snatch? (5)
2. Which part of the body must we engage when demonstrating the shuffle treble snatch? (the hip)
3. What is a 4 beat single wing? (3 beat wing with toe tap) can accept heel beat/ball beat
4. How does the compound sequence change from a double timestep to a treble? (tap spring becomes shuffle spring)
5. What must we remember to do when turning? (spot)

6. What is spotting? (fixing the eyes on one particular point in the room and whipping the head and shoulders round, back to the same point as quick as possible)
7. What steps make up a 5 beat riff? (forward tap, passing backward tap, forward tap, heel dig, ball beat)
8. What shouldn't you do when demonstrating a double wing? (move off the spot)
9. What is check weight? (when weight is placed onto the foot and immediately released in order to use the same foot again)
10. What style do we expect to see in a Cha-Cha? (fluid hips, playful, flirtatious)

GRADE 5

1. How do we achieve a nerve tap? (tightening or contracting of the thigh and calf muscle to the point where the nerve takes over)
2. How many sounds are there in a pendulum wing? (4)
3. How many sounds are there in the paddle step in the preparation for paddle step exercise? (4)
4. What steps make up this paddle step? (pick-up, ball dig, heel beat, heel dig)
5. What is an amalgamation? (a series of steps put together to music which can be repeated on the same or either foot)
6. What steps make up a six beat riff? (passing shuffle forward, forward tap, heel dig, heel beat, ball beat)
7. What is a Schottische? (a 4/4 rhythm of medium tempo, played with a lilt and originates from the era of Soft Shoe dance)
8. How many steps are there in a brush pick-up step? (4)
9. What is rhythm? (regular occurrence of accented beats in the bar)
10. What is syncopation? (irregular occurrence of accented beats in the bar)