

## IDTA Theatre Craft Steps Glossary

### Preparatory

- Tiptoe walks
- Crochet walks
- Minim walks
- Marching with high knees
- Marching with long legs
- Running steps
- Skipping forward
- Jumps feet together
- Jumps feet apart
- Gallops sideways
- Step close step to side and clap
- Sitting exercise - Legs straight: pointing toes, flexing ankles
- Standing exercise - Point toe to front, stretch heel to front
- Hand exercises - Hand shaking
- Hand squeeze and stretch

### Primary

- Bounces in squat and jump up
- Jumps changing directions
- Skips forward, backward and turning
- Springs from foot to foot, no turn out
- Hop step ball change forward
- Spring points - forward only
- Gallops forward and sideways starting with a hop
- Sitting exercises: Knee kicks, Curl & Curve
- Practice listening to rhythms (clapping and moving to crochets and quavers)

### Grade 1

- Walk then clap
- Step and knee lift
- Spring heels, flexed working knee
- Star jumps



- Minim strolls
- Prep step ball change from side to side
- Ball heel walks backwards
- Walks side, cross, side
- Knee hugs: (Lie knees bent feet flat, Lift the knee, head and shoulders simultaneously holding the front of the shin)
- Instep presses
- Shoulder lifts
- Head movements
- Arm swings in parallel
- Basic Kick Preparation: (Step back R close feet together step forward R)

## Grade 2

- Step ball changes forwards, backwards and sideways
- Step ball changes in Samba Style
- Step and 3 ball changes sideways
- Flick kicks
- Front kicks
- Spring points with bent working knee
- Shadow square
- Sway
- Scissor Step
- Glisses action forwards and backwards through parallel 1<sup>st</sup>
- Preparatory developpe kick

## Grade 3

- Preparatory turns
- Elevated step close step turning
- Step ball changes in  $\frac{3}{4}$  time
- Flick ball changes with a twist
- Free runs forward
- At the barre: Low glisses ronde & hip circling
- Floor: Side kick, Kneeling off balance into attitude & shouldering the leg
- Step close step turning
- Hops turning outwards and inwards
- Crossover step ball changes
- Free spins
- Side kicks
- Preparatory turning arms



- Boys: Karate kick

## Grade 4

- Drag ball change
- Ball change drag
- Continuous drag and step
- Continuous drags
- Step ball changes sideways-
- Capoeira style, step R flat to R side dragging the L, step L behind R on ball, step R in place flat. (low body line, arms circling in medium horizontal coordination, arms to direction of travel)
- Hand Positions Indian Style - As diagram in syllabus
- Girls Waltz Square is commenced with backward step on L, step to side R, close L to R, repeat stepping forward R, step side L, close R to L (Down up up) Also to be practised forwards
- Boys Waltz Square is commenced with a forward step, then the same format as the girls. Also to be practised backwards
- Basic Pose- As diagram in syllabus
- Paris Turn- Step R forward count 1, twist turn via L, 2 counts, step backwards on L to finish in basic pose. (can be done opposite).

## Grade 5

- Twist turn with arms high line
- Body wave backwards using full circle arm
- Skip ball changes
- Knee ripple with shoulder rolls
- Struts with attitude (girls on ball of foot, boys heel lead)
- Sitting in attitude (Sitting on R or L hip, one leg in front of the body, the other behind the body in open square)
- Inward ronds de jambe to step back in to parallel
- Outward pirouette with lifted leg in parallel retire
- Spring coupe rond outwards
- Outward round kick
- Progressive quaver turns
- Progressive turns using varied note values
- Shunt onto R releasing L heel, knee flexed. May be repeated in series
- En diagonal: i.e. Grands chasses sideways R, step behind L, step side R, step forward L to diagonal into straight leg or brush leap on R