

# A1 DANCE

NATD Modern Stage

Grade Five



Memory Jogger

In addition to all work from previous grades

## **Section One - Warm Up and Rhythm**

- a) Warm up
- b) Clapping and walking in pattern & direction set by the Examiner
- c) Candidates will be required to clap a 2 bar phrase of 4/4 time & a 4 bar phrase of 3/4 time which will include syncopation

## **Section Two - Arms**

- a) Teacher's arrangement in 4/4 time
- b) Teacher's arrangement - lyrical in 3/4 time

## **Section Three – Limbering**

### **At the barre**

- a) Kick exercise
- b) Stretching exercise

### **In the centre**

- c) Plié into a forward body stretch
- d) Abdominal & stretch exercise.

## **Section Four – Kicks, Syncopated Movement and Turns**

- a) Inward & outward round kicks on the diagonal
- b) Syncopated movements
- c) Single turns & turning movements (teacher's arrangement)

## **Section Five – Floor Exercise and Dance**

- a) Floor exercise including leap
- b) Dance

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Questions may be asked from previous grades which are relevant to this grade.

## Theory

1. Q. Why do we start class with a warm up?  
A. Warm up increases circulation to carry more oxygen and nutrients to all parts of the body, helping to prevent injury.
2. Q. Define syncopation.  
A. Displacing the natural accent.
3. Q. What do we mean by lyrical arm lines?  
A. Soft and flowing with a balletic quality.
4. Q. Describe and demonstrate the position of the body in a forward body stretch?  
A. The body bends from the hips showing a flat back (like a table top) with the weight over the legs avoiding pushing the hips back.
5. Q. In the abdominal and stretch exercise when stretching sideways in straddle position what must we take care to do?  
A. Keep both hips on the floor to maintain turn out.
6. Q. On inward and outward round kicks what must we be careful to do?  
A. Ensure the working leg is turned out in 2nd position.