

A1 DANCE

NATD Modern Stage
Grade Four



In addition to all work from previous grades

Section One - Warm Up and Rhythm

- a) Warm up
- b) Stretching Exercise – Teacher’s arrangement
- c) Clapping 1 miss 2 + 3 4, miss 5, + 6 7, miss 8
Arrangement of steps to the above rhythm showing pattern & direction.
To be repeated.

Section Two - Arms

- a) Teacher’s arrangement
To include contemporary arm lines showing an awareness of rhythm & pattern.

Section Three – Limbering

- a) Preparation for Body Roll (at the barre)
- b) Exercise for Front Thigh Muscles
- c) Floor Exercise i. (starts lying on your side)
Floor Exercise ii. (starts lying on your back)
(choose either i. or ii.)

Section Four - Steps

- a) Kicks – Set Exercise
- b) Kicks – Set Amalgamation
- c) Turns – Set Exercise
- d) Leaps with Recovery from the Floor (set exercise or Teachers’ arrangement)

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Memory Jogger

Section Five – Set Amalgamations and Dance

- a)
 - i. Hip Lift & Hip Tilt
 - ii. Floor Amalgamation (starts kneeling)
(choose either i. or ii.)
- b)
 - i. Exercise Showing a Variety of Walks
 - ii. Leaps & Jumps
(choose either i. or ii.)
- c) Dance and Bow

In addition to all work from previous grades

Theory

1. Q. Define the word Rhythm.
A. The regular occurrence of an accented beat or beats in a bar of music.
2. Q. Why do we use a variety of arm lines whilst dancing?
A. To develop style & presentation & to aid balance.
3. Q. Describe the position of the body as you bend the knees in the body roll exercise?
A. Back is held upright with the knees parallel over the toes.
4. Q. In the exercise for turns where do we place the chassé?
A. Sideways to keep us travelling in a straight line to the corner.

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5. Q. An awareness of all stage directions should be shown? Questions may be asked on all alignments.
- A. E.g. U.S. Upstage, D.S. Downstage, Stage R. etc.