

A1 DANCE

NATD Contemporary Dance
Grade Five



In addition to all work from previous grades

Section One – Warm Up Exercises

- a) 3 style warm up
- b) Examiner's Questions regarding warm up dynamics

Section Two – Barre Work

- a) Battements exercise
- b) Exercise for Contemporary Arabeques

Section Three – Standing and Floor Exercises

- a) Exercise for Pelvis Lifts
- b) Exercise for Rolls
- c) Balance Exercise
- d) Transference of Weight
- e) Turns
- f) Developpe Exercise

Section Four – Set Amalgamations

- a) Set Amalgamation 1
- b) Set Amalgamation 2

Section Five

- a) Examiner's Amalgamations
- b) Students Choreography

Section Six

Teachers Dance- With contact work