

# A1 DANCE

NATD Modern Stage

Grade Three



In addition to all work from previous grades

## Section One - Warm Up and Rhythm

- a) Standing warm up
- b) Stretching Exercise – Teacher’s arrangement
- c) Clapping & marking 8 & 1 2 3 4 & 5 6 7. 8 & 1 2 3 4 & 5 6 7
- d) Copy a simple rhythm. Set by the Examiner. 4 bars of 3/4 time.

## Section Two - Arms

- a) Isolations
  - i. Set Exercise
  - ii. Set Exercise(choose either i. or ii.)
- b) Teacher’s arrangement of previous & additional arm lines.

## Section Three - Limbering

### **Standing**

- a) General conditioning exercise at the barre

### **Floor**

- b)
  - i. Development of the Controlled thigh exercise (for sitting & standing)
  - ii. Development of the Controlled thigh exercise(choose either i. or ii.)
- c) Abdominal & Contraction exercise

## Section Four - Steps

- a) Side extension of the leg with a rise or spring
- b) Kicks
- c) Triple steps
- d) Exercise for turns

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Memory Jogger

## **Section Five - Travelling sequence and Dance**

- a) Travelling sequence
- b) Dance and Bow

In addition to all work from previous grades.

### **Theory**

1. Q. What is an isolation?  
A. When we use only part of the body.
  
2. Q. In the general conditioning exercise at the barre what position do we place the feet on the lunge & foot pushes?  
A. The feet are straight (lined up under the leg [so not turned out]) to maximize the stretch.
  
3. Q. When lifting the head & shoulder blades in the Abdominal & Contraction exercise where do we hold the head?  
A. Chin tucked into the chest so that we don't strain the neck.
  
4. Q. What does contraction mean?  
A. To shorten.
  
5. Q. Is the leg turned out in 2<sup>nd</sup> (position) in the side extension & side kick exercises?  
A. Yes, to maximize the movement in the hip socket.