

A1 DANCE

NATD Contemporary Dance
Intermediate Foundation



In addition to all work from previous grades

Section One – Warm Up Exercises

- a) Strengthen the Core
- b) Legs and Feet

Section Two – Technical Amalgamations

- a) Whole Leg Circles
- b) Developpé
- c) Transfer of Weight 1 (starts in 2nd position)
- d) Transfer of Weight 2 (starts with transfer of weight)
- e) Turns
- f) Leaps 1 (starts with leap)
- g) Leaps 2 (starts with run)

Section Three

Examiner's Choreography 4 bars of 4/4

Section Four

Candidate's Interpretation

Section Five – Candidate's Choreography

- a) Pure Dance Duet / Solo – maximum 2 minutes
Examiner may discuss / ask questions about any aspect of the performance, either before or after.
- b) Group Dance – The Candidate must be the choreographer, dancer, stage and set designer - making every decision ALONE for this piece.

Bow to finish