

A1 DANCE

NATD Contemporary Dance
Grade Three



In addition to all work from previous grades

Section One - Warm Up Exercises

- a) Roll Down (thread the needle. 8 bars)
- b) Foot Warm Up 1 (8 bars)
- c) Foot Warm Up 2 (starts with degagé [tendu] right foot forward)
- d) Body Swings (with figure of 8)
- e) Leg Swings (with cross body swing)
- f) Standing Exercise

Section Two – Floor Exercises

- a) Sitting Exercise (starts in frog)
- b) Leg Exercise (with kick)
- c) Contractions
- d) Spirals
- e) Rolls – From Standing with a Hop

Section Three – Technical Sequences

- a) Transference of Weight (with additional arm movement)
- b) Jumps and Leaps Travelling Across the Room
- c) Travelling Jump Sequence
- d) Off Balance Steps and Leans – Preparation
- e) Runs

Section Four

- a) Set Amalgamation

Section Five

Dance
Bow to finish