

A1 DANCE

NATD Contemporary Dance
Class Exam – Pre-Preliminary



In addition to all work from previous grades

Section One - Warm Up Exercises

- a) Roll Down - Sitting
- b) Bends and Rises
- c) Foot Warm Up (parallel)
- d) Point and Close in parallel

Section Two – Floor Exercises

- a) Big Shape / Small Shape
- b) Frog – Curve Spine / Stretch Spine
- c) Sitting Exercise

Section Three – Technical Sequences

- a) Parallel Runs from the corner or in a circle
- b) Jumps and Claps in Parallel
- c) Gallop and step and claps
- d) Leaps

Section Four

Musical Interpretation

Section Five

Dance

Bow to finish