

A1 DANCE

NATD Modern Stage

Class Exam Pre-Primary



Section One

- a) Marching in a circle
- b) Knee bends and claps

Section Two

- a) Push and cuddle exercise
- b) Spiky fingers

Section Three

- a) Touch the ground and reach to the sky
- b) Breathing exercise
- c) Good toes and naughty toes

Section Four

- a) Exercise for points
- b) Exercise for springs
- c) Exercise for gallops
- d) Runs on the diagonal

Section Five

- a) Dance
- b) Bow and marching out