

A1 DANCE

NATD Contemporary Dance

Grade Two



In addition to all work from previous grades

Section One - Warm Up Exercises

- a) Roll Down (starts arms up)
- b) Foot Warm Up (parallel then in turn out 16 bars)
- c) Body Swings (starts arms up)
- d) Leg Swings (adding gallop & step)

Section Two – Floor Exercises

- a) Sitting Exercise (into 'frog' position)
- b) Leg Exercise (with reverse movement)
- c) Rolls –
 - (i) From One Knee
 - (ii) From Standing
- d) Falls

Section Three – Technical Sequences

- a) Transference of Weight (as Grade 1 with additional use of head & eye line)
- b) Travelling Sequence (with $\frac{1}{4}$ turns)
- c) Hops & Leaps (arms to high parallel)
- d) Triplets
- e) Prances

Section Four

- a) Set Amalgamation

Section Five

Dance

Bow to finish