

# A1 DANCE

NATD Contemporary Dance  
Grade One



In addition to all work from previous grades

## Section One - Warm Up Exercises

- a) Roll Down (starts arms down)
- b) Foot Warm Up (parallel)
- c) Body Swings (starts arms down)
- d) Leg Swings

## Section Two – Floor Exercises

- a) Sitting Exercise
- b) Leg Exercise
- c) Rolls – Preparation
- d) Falls – Preparation

## Section Three – Technical Sequences

- a) Transference of Weight
- b) Travelling Sequence
- c) Hops
- d) Leaps

## Section Four

- a) Set Amalgamation

## Section Five

Dance  
Bow to finish