

# A1 DANCE

NATD Modern Stage

Grade One



Memory Jogger

In addition to all work from previous grades

## Section One - Warm Up and Rhythm

- a) Simple standing Warm up
- b) Walking 1 and 2 beats

## Section Two - Arms

- a) Co-ordinated arms and side opposition
- b) Extended and shortened opposition

## Section Three - Limbering

### **Standing**

- a) Relaxed swing and side stretch

### **Floor**

- b) Sitting exercise
- c) Front Kicks
- d) Abdominal Exercise
- e) Back bend exercise

## Section Four - Steps

- a) Preparation front kicks
- b) Spring kicks
- c) Preparation for turns

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## Section Five - Travelling sequence and Dance

a) Travelling sequence

b) Dance and Bow

### Theory

1. Each candidate will be asked to show an example of any of the following arm lines. (There are several of each at differing heights).

Opposition

Parallel

Co-ordinated

2. Q. On the side stretch do the hips move?

A. No, the hips are still.

3. Q. When lying on the floor on your back, what must you be careful to do?

A. Press the spine into the floor, aiming to have no space between the floor and your back.

4. Q. In the preparation for turns what must you be sure to use.

A. The head & eye line.