

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