

A1 DANCE

NATD Contemporary Dance

Grade Four



In addition to all work from previous grades

Section One - Warm Up Exercises

- a) Roll Down (16 bars)
- b) Barre Work – Introduction to Release Technique
 - Exercise 1 – Body Curls
 - Exercise 2 – Release and Control

Section Two – Standing & Floor Exercises

- a) Exercise for Leans
- b) Exercise for Contractions
- c) Pliés and Swings
- d) Floor Exercise for Curls and Throws

Section Three – Technical Sequences

- a) Transference of Weight (adding a hop)
- b) Spirals with Leans
- c) Triplets
- d) Triplets arranged by the Examiner (pathways)
- e) Prances
- f) Runs arranged by the Examiner (cannon)
- g) Jumps and Leaps
- h) Big Leaps across the room (zigzagging)

Section Four

- a) Set Amalgamation

Section Five

Student's Own Choreography
(using the actions Walk – Turn – Contract – Lean – Fall – Roll – Spiral – Stop)

Section Six

Dance – to include a section of two of the following: solo, duet or trio.
Bow to finish