

A1 DANCE

NATD Contemporary Dance
Grade Six



Memory Jogger

In addition to all work from previous grades

Section One – Warm Up Exercises

- a) 3 Style Warm Up
- b) Examiner's Questions regarding warm up dynamics

Section Two – Barre Work

- a) Battements exercise
- b) Exercise for Contemporary Arabeques

Section Three – Floor & Standing Exercises

- a) Exercise for Pelvis Lifts
- b) Exercise for Rolls
- c) Balance Exercise
- d) Transference of Weight
- e) Turns
- f) Developpé Exercise

Section Four – Set Amalgamations

- a) Set Amalgamation 1
- b) Set Amalgamation 2

Section Five – Examiner's Dance & Student's Choreography

- a) Examiner's Amalgamation 4 bars of 4/4
- b) Students Choreography – Photographic Inspiration - maximum 1 minute

Section Six

Teacher's Dance – to include contact work
Bow to finish