

A1 DANCE

NATD Contemporary Dance
Grade Five



Memory Jogger

In addition to all work from previous grades

Section One - Warm Up Exercises

- a) Warm Up 1
- b) Warm Up 2

Section Two – Standing & Floor Exercises

- a) Transfers & Tendus
- b) Contemporary Battements

Section Three – Standing & Floor Exercises & Technical Sequences

- a) Transference of Weight including Hops and Turns
- b) Triplets
- c) Runs, Triplets, Prances and Springs
- d) Turns and Leaps

Section Four

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

Section Five

- a) Examiner's Dance (4 bars of 4/4)
- b) Student's Own Choreography (max 1 minute)

Section Six

Dance – Themed
Bow to finish