



NATIONAL PERFORMING ARTS ALLIANCE

ENTRY LEVEL CONTEMPORARY

FIRST MOVES

FOUNDATION LEVEL 1

FOUNDATION LEVEL 2

VERSION 1 JANUARY 2023

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Reference Number: 17653250522S048

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FIRST STEPS CONTEMPORARY

EXERCISE	EXAM FORMAT	TEACHER ASSISTANCE?
Shake & Freeze	ALL TOGETHER THROUGHOUT	Teachers are expected to help and assist candidates throughout. Counting, calling out of steps and demonstration all permitted.
Sharp & Spiky		
Big & Small		
Fast & Slow		
Making Shapes		
Let's Dance		
Thank You		

EXAM TIMINGS – INCLUSIVE OF EXAMINER 'WRITING UP' TIME

NUMBER OF CANDIDATES	EXAM LENGTH
1 - 2	8 minutes
3 - 4	10 minutes

SHAKE & FREEZE

Facing front. Feet apart.

BAR	COUNT		
1	1 2 3 4	Knee bounces x 4	Shake both hands to R side
2	5 -	Bend both knees	Freeze
3 - 4	1 2 3 4 5 -	Repeat bars 1 & 2	Rpt to L side
5	1 2 3 4	Knee bounces x 4	Shake both hands above head
6	5 -	Bend both knees	Freeze
7 - 8	1 2 3 4 5 -	Repeat bars 5 & 6	Shake both hands low
9 - 10	1 - 8	Little running steps on spot	Shake all over
11 - 12	1 - 8	Repeat making 1 full turn	Shake all over
13 - 16		Repeat bars 9 - 12	Repeat bars 9 - 12
17 - 32		Repeat all	

SHARP & SPIKY

Facing the front. Feet apart.

BAR	COUNT		
1	1 -	Hold position	Pop the R shoulder
	3 -		Drop the R shoulder
2 - 4	5 - 7 - 1 - 3 - 5 - 7 -		Repeat LRL
5	1 -	Bend knees	'Point' R elbow in any direction
	3 -		Lower the arm
6 - 8	5 - 7 - 1 - 3 - 5 - 7 -		Repeat LRL
9	1 -	Step in any direction	Zap RA high 'star' fingers
	3 -		Lower the arm
10 - 12	5 - 7 - 1 - 3 - 5 - 7 -		Repeat LRL
13 - 14	1 2 3 4 5 6 7 8	Feet apart	Succession preparation: raise shoulders, elbows, arms and fingers to end above head
15 - 16	1 2 3 4 5 6 7 8		Lower both arms out to 2 nd to sides
17 - 32			Repeat all

BIG & SMALL

Start in a crouch (make yourself small). Facing front

BAR	COUNT		
1 - 2	1 2 3 4 5 6 7 8	Grow slowly to end standing	Extend the arms and body slowly to end in a big/wide position
3 - 4	1 2 3 4 5 6 7 8	Lower slowly into crouch position	Lower the arms and body slowly to end in crouch/small position
5 - 16		Repeat x 4 in total	

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FAST & SLOW

In a circle. Teachers' choice of pattern and direction.

BAR	COUNT		
1 - 8	Free	Small quick runs in any direction	Free
9 - 16	Free	Slow low movements across the floor (creep, crawl, roll)	Free
17 - 32		Repeat all	

MAKING SHAPES

Feet apart. Facing the front. Optional use of scarves.

BAR	COUNT		
1 - 2	1 2 3 4 5 6 7 8	Sway from side to side in any direction	'Wave' arms and hands side to side' high, medium or low
3	1 -	Freeze	Make a shape
4	5 -	Change position & freeze	Make a different shape
5 - 16		Repeat all x 4 in total	

LET'S DANCE

A short routine demonstrating moves from the grade on ONE of the following themes with optional use of a prop:

1. A Snowy Day
 2. Under The Sea
- To be choreographed by the teacher – free music choice.
 - 30 seconds minimum; 1 minute maximum

THANK YOU

- To be choreographed by the teacher – free music choice.
- 4 bars of 4; 16 counts in total.

FOUNDATION LEVEL 1 CONTEMPORARY

EXERCISE	EXAM FORMAT	TEACHER ASSISTANCE?
Shake, Travel & Freeze	ALL TOGETHER THROUGHOUT	YES
Sharp, Smooth & Swingy		YES
Big & Small		NO
Fast & Slow		NO
Making Shapes		NO
Down This Path		YES
Let's Dance		YES
Thank You		NO

EXAM TIMINGS – INCLUSIVE OF EXAMINER 'WRITING UP' TIME

NUMBER OF CANDIDATES	EXAM LENGTH
1 - 2	10 minutes
3 - 4	12 minutes

TRAVEL, FREEZE & SHAKE

Teachers' choice of pattern, direction.

BAR	COUNT		
1 - 2	1 2 3 4 5 6 7 8	March or walk forwards x 8 in any direction	Free
3	1 -	1 walk in any direction	Freeze in any position
4	5&6&7&8	Wiggle hips x 8	Shake arms & hands
		Repeat 4 x in total	

SHARP, SMOOTH & SWINGY

BAR	COUNT		
1	1 -		Pop the R shoulder
2	4 -		Drop the R shoulder
3	1 -	Bend knees	'Point' R elbow in any direction
4	4 -		Lower the arm
5	1 -	Step in any direction	Zap RA high 'star' fingers
6	4 -		Lower arm
7	1 2 3		Raise R shoulder, elbow, arm and fingers to end above head
8	4 5 6		Lower arm
9 - 16			Repeat all on L side
17 - 20	1 2 3 4 5 6 1 2 3 4 5 6		Raise both shoulders, elbows, arms and fingers to end above head
21	1 2 3	Bend & stretch knees	Swing arms forward, down and back
22	4 5 6	Bend & stretch knees	Swing arms forward & up to end above head
23 - 24		Repeat bars 21 & 22	
25 - 28	1 2 3 4 5 6 1 2 3 4 5 6	Legs straight	Lower arms 'through' elbows in front of body to sides
29 - 31	1 2 3 4 5 6 1 2 3	Sway to R, L, R side	Swing both arms low to R, L, R
32	4 5 6		Lower both arms to sides
		Repeat all	

BIG & SMALL

Feet classical 2nd facing front. Arms at sides.

BAR	COUNT		
INTRO	5 6 7 8	Hold position	Raise both arms sideways & up to high V, 'star' fingers, palms out
1 - 2	1 2 3 4 5 6 7 8	Close LF to R bending knees and body forward to end facing RDF	Slowly 'fold' both arms overhead and down in front of face
3 - 4	1 2 3 4 5 6 7 8	Recover to standing stepping LF to 2 nd	Slowly uncurl to end both arms sideways & up to high V, 'star' fingers, palms out
5 - 8		Repeat to L	
9	1 -	Jump feet together bending knees and body forward	'Fold' both arms overhead and down in front of face
10	5 -	Jump feet apart	High V, 'star' fingers palms out
11 - 16		Repeat bars 9 & 10 x 3	
17 - 32		Repeat all	

FAST & SLOW

Sitting on floor, legs straight, feet extended, facing front.
Arms 2nd, palms facing front.

BAR	COUNT		
INTRO	1 2 3 4	Bend knees towards body, feet flat, curl body over knees	'Pull' arms across to end crossed over legs
	5 6 7 8	Hold position	
1	1 2 3 4	Uncurl to start position	Arms 2 nd palms down
2	5 6	Slowly flex both feet	Hold position
	7 8	Slowly extend both feet	
3	1	Pull RF slightly towards body with flexed foot	
	2	Repeat L	
	3	Hold position	Pull R elbow in to R side
	4		Repeat L
4	5	Draw both feet flat towards body	Extend arms to 2 nd palms front
	6 7 8	Curl body over knees	'Pull' arms across to end crossed over legs
5 - 8		Repeat all	

MAKING SHAPES

Facing front, feet together. Arms at sides

BARS	COUNT		
1	1 -	Jump in any position, facing any direction & freeze	Make any shape & freeze
1 - 2	3 - 5 - 7-	Repeat x 4 in total	Repeat making a different shape each time
3 - 4	1 2 3 4 5 6 7 8	'Wave' the body moving from foot to foot in any direction	'Float' both arms through the space
5 - 16		Repeat x 4 in total	

DOWN THIS PATH

Facing front, feet hip width apart. Arms at sides

BAR	COUNT		
1	1 – 4 (free timing)	Small, free runs forward	Swing arms forward & up to end above head
2	5 – 8 (free timing)	Small, free runs backward	Swing arms down & back
3 - 4	1 - 8	Small steps turning in own circle to R making up to 2 turns in total	Arms 2 nd
5 - 6		Repeat bars 1 & 2 travelling to RDF	
7 - 8	3 - 4	1 - 8	Small steps turning in own circle to R x2
9 - 16		Repeat on other side	
17 - 32		Repeat all	

LET'S DANCE

A short routine demonstrating moves from the grade on ONE of the following themes with optional use of props:

1. Down The Rabbit Hole
 2. On The Moon
- To be choreographed by the teacher – free music choice.
 - 30 seconds minimum; 1 minute maximum

THANK YOU

- To be choreographed by the teacher – free music choice.
- 4 bars of 4; 16 counts in total.

FOUNDATION LEVEL 2 COTEMPORARY

EXERCISE	EXAM FORMAT	TEACHER ASSISTANCE?
Travel, Freeze & Balance	ALL TOGETHER	NO. CANDIDATES ARE EXPECTED TO PERFORM WITHOUT ASSISTANCE.
Swing & Suspend	ALL TOGETHER	
Big & Small	ALL TOGETHER	
Fall and Recover	SOLO CONSEQUITIVELY	
Making Shapes	ALL TOGETHER	
Down, Out & Up	ALL TOGETHER	
Which Path Now?	IN PAIRS OR SOLO	
Let's Dance	ALL TOGETHER	
Thank You	ALL TOGETHER	

EXAM TIMINGS – INCLUSIVE OF EXAMINER 'WRITING UP' TIME

NUMBER OF CANDIDATES	EXAM LENGTH
1 - 2	12 minutes
3 - 4	14 minutes

TRAVEL, FREEZE & BALANCE

Teachers' choice of pattern and direction. Feet together, arms at sides.

BAR	COUNT		
1	1&	Step RF forward & hop LF in parallel	Free & relaxed
	2&	Repeat LF	
2	3& - 8&	Repeat all x 8 in total	
3	1	Big step in any direction ending knees bent	Freeze in any position
	2 3 4	Hold position	
4	5 6 7 8	Raise LF off floor into balance at any level	
5 - 8		Repeat all commencing LF – balance on LL raising RF from floor on bar 4	
9 - 16		Repeat all	

SWING & SUSPEND

Commence facing front. Feet 1st, arms bras bas.

BAR	COUNT		
1	1 2 3	Wide step to L	With weight swipe RA across body at shoulder height to L side. LA relaxed
2	4 5 6	Wide step to R	With weight swing RA across body at shoulder height to R side. LA relaxed
3 - 4	1 - 6	Repeat bars 1 & 2	Repeat bars 1 & 2
5 - 6	1 2 3 4 5 6	Travelling sideways gallop to R side	Full R arm circle L to R to end across body to L
7	1 2 3	Step RF to side	Pull RA across body at shoulder height to end 2 nd palm down
8	4 5 6	Close LF to RF in 1 st	Lower RA
9 - 16		Repeat all on L side	
17 - 32		Repeat all	

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BIG & SMALL

Commence on floor in a starfish, facing up.

BAR	COUNT		
1			
	1 2 3 4	Turning onto R side curl head, arms, body and legs into ball	Pull in
2	5 6 7 8	Uncurl returning to starfish facing up	Starfish
3 - 4	1 - 8	Repeat to L side	
5	1 2 3 4	Repeat bar 1	
6	5 6 7 8	Uncurl to end starfish facing down	
7	1 2 3 4	Return to curl position facing R side	
8	5 6 7 8	Uncurl returning to starfish facing up	
9 - 16		Repeat all on other side	

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FALL AND RECOVER

Facing RDF. Feet together. Arms at sides

BAR	COUNT		
1	1 2 3 4	Wide step RF forward raising LL off floor with slight off balance forward	Free
2	Free	Free run towards RDF to recover	
3 - 4		Repeat on L travelling to LDF	
5 - 8		Repeat bars 1 - 4	
9 - 16		Teacher/student choreography. Wide step in any direction with slight off balance on either 1 or 2 feet & free run anywhere in the space x 4	

MAKING SHAPES

Facing front. Feet together. Knees bent. Elbows pulled in to body, fists clenched.

BAR	COUNT		
1	&1 2 3 4	Recover to standing stretching legs	With impulse reach both arms to high parallel, palms to front
2	5 6	Hold position	Open arms out to 2nd
	7 8	Relax body forward, rebounding the knees	Release arms down to floor crossing elbows and wrists in front of body
3	1 2 3 4	Recover to standing stretching legs	With impulse reach both arms to high parallel, palms to front
4	5	Hold position	Pull R elbow to R shoulder; clench fist
	6		Repeat L
	7		Shoot both arms to high parallel, palms in
	8	Small jump to wide plie in 2nd	Throw both arms down in front of body – fingers pointing towards floor
5	1 2 3 4	Transfer weight to LF raising RF slightly off floor to side	Side diagonal to L RA high LA low
6	5 6 7 8	Return to wide plie rebounding the knees	Swing both arms down in front of body, crossing wrists and elbow
7	1 2 3 4	Repeat to R side	Swing out into side diagonal to R LA high RA low
8	5 6	Return to wide plie rebounding the knees	Swing both arms down in front of body, crossing wrists and elbow
	7 8	Close RF to LF bending knees	Carry arms sideways, up and in to start position
9 - 16		Repeat all	Arms end in wide high V

DOWN, OUT & UP

Commence facing front. Feet slightly apart. Arms at sides

BAR	COUNT		
1	1 2 3 4	Lower head into roll down through spine to end in crouch position	End hands on floor in front of body
2	5 6 7 8	Slight extension of body and legs forward (prep for press up position)	'Walk' hands forward
3	1 2 3 4	Return to crouch position	'Walk' hands in
4	5 6 7 8	Roll up through spine to standing	Arms at sides
5 - 8		Repeat bars 1 - 4	
9 - 10	1 - 8	Repeat bars 1 & 2	
11	1 2 3 4	Lower knees to floor	
12	5 6 7 8	Sit up on heels	
13	1 2 3 4	Seat roll to R	
14	5 6 7 8	Recover into slight off balance to R extending LL to side	RH to floor LH high diagonal to L
15	1 2 3 4	Repeat to bar 13 to L	
16	5 6 7 8	Recover to sit on heels	Lower hands to floor
17	1 2 3 4	Rock body weight forward placing balls of feet into floor	
18 - 19	5 6 7 8 1 2 3 4	Recover to standing	Roll up head last
20	5 6 7 8	Hold position	
21-40		Repeat all on other side	

WHICH PATH NOW?

Facing LDF. Feet together. Arms at sides

BAR	COUNT		
1 - 2	1 2 3 4 5 6 7 8	Wide step to RLRL side, relaxed knees	'Snake' arms, upper body and head to RLRL
3	1 2 3 4 5 6	6 walks turning in own circle to R to end facing front feet apart	Both arms 2 nd palms up
	7 8	Roll down through spine slight bend in knees	Release wrists and elbows lowering both arms in front of body towards floor
5 - 6	1 -	Small step back RF	Circle RA overhead and back to end at side
	3- 5- 7-	Repeat LRL	Repeat LRL
7 - 8	1 - 8	Free run in any direction to end in any position	Free

Repeat all on other side

LET'S DANCE

A routine demonstrating moves and actions from this grade and below on ONE of the following themes:

1. In the Jungle
2. The Bird
3. The Clown

- To be choreographed by the teacher - free music choice.
- 1 minute minimum; 1.30 maximum

THANK YOU

- To be choreographed by the teacher – free music choice.
- 4 bars of 4; 16 counts in total.