



# NATIONAL PERFORMING ARTS ALLIANCE

# ACRODANCE

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# FIRST SKILLS

1.	<p>SKILLS A – <b>with your teacher</b> demonstrate <b>3 skills</b> from the following:</p> <ul style="list-style-type: none"><li>● Butterfly and sit up tall</li><li>● Tuck and pike (include stretching and flexing feet in pike)</li><li>● Demi-pointe rises X2</li><li>● Tendu (from parallel first) to front (right and left)</li><li>● Ball position (ball pose start of a forward roll)</li></ul>
2.	<p>SKILLS B – <b>with your teacher</b> demonstrate <b>3 skills</b> from the following:</p> <ul style="list-style-type: none"><li>● Classical walks on demi-pointe (in a circle or across the floor)</li><li>● Galloping forwards (right or left)</li><li>● Travelling jumps with two feet (feet in parallel)</li><li>● Marching on the spot (teachers choice of arms)</li><li>● Stand on one foot (R or L)</li></ul>
3.	<p>LET'S DANCE</p> <ul style="list-style-type: none"><li>● 8 bar routine to be performed <b>with your teacher</b>.</li><li>● Skills performed in sections 1 &amp; 2 should be included.</li><li>● Skills from higher grades/performance awards are not permitted.</li></ul>

# FOUNDATION LEVEL 1

1.	<p>SKILLS A – <b>with your teacher</b> demonstrate <b>3 skills</b> from the following:</p> <ul style="list-style-type: none"><li>● Tuck, pike and straddle positions (include stretching and flexing feet) sitting tall</li><li>● Demi-pointe rises X2 (balance for 2 seconds)</li><li>● Tendu (from parallel first) to front and second (right and left)</li><li>● Ball position to straight legs touching toes (start of a forward roll)</li><li>● Superman pose</li></ul>
2.	<p>SKILLS B – <b>on your own</b> demonstrate <b>3 skills</b> from the following:</p> <ul style="list-style-type: none"><li>● Classical runs on demi-pointe (across the floor)</li><li>● Galloping forwards (right and left)</li><li>● Travelling frog jumps</li><li>● Step Hop Retire (left and right, teachers choice of how many)</li><li>● Rock and roll</li></ul>
3.	<p>LET'S DANCE</p> <ul style="list-style-type: none"><li>● 8 bar repeatable routine to be performed <b>with your teacher</b>.</li><li>● Skills performed in sections 1 &amp; 2 should be included.</li><li>● Skills from First Skills may also be included.</li><li>● Skills from higher grades/performance awards are not permitted.</li></ul>

## FOUNDATION LEVEL 2

1.	<p>SKILLS A – <b>on your own</b> demonstrate <b>3 skills</b> from the following:</p> <ul style="list-style-type: none"><li>● Table top pose</li><li>● Tuck jump X1</li><li>● Tendu from classical 1st position to devant and second (right and left)</li><li>● Bridge stretch (not pushing up to a bridge tummy only up)</li><li>● Cobra pose</li></ul>
2.	<p>SKILLS B – <b>on your own</b> demonstrate <b>3 skills</b> from the following:</p> <ul style="list-style-type: none"><li>● Galloping forwards and sideways (alternating legs right and left, teacher to decide on directions and patterns)</li><li>● Hollow Pose</li><li>● Table top walks</li><li>● Skipping (in any direction) e.g across the floor, in a circle holding hands or diagonal. (Teachers choice of arms and direction)</li><li>● Forward roll (starting in a ball position hands, ending sat on the floor in a tuck)</li></ul>
3.	<p>LET'S DANCE</p> <ul style="list-style-type: none"><li>● 16 bar repeatable routine to be performed all together <b>WITHOUT</b> your teacher.</li><li>● Skills performed in sections 1 &amp; 2 should be included.</li><li>● Skills from First Skills and Foundation Level 1 may also be included.</li><li>● Skills from higher grades/performance awards are not permitted.</li></ul>

# GRADE 1

1.	<p>SKILLS A – select <b>3 skills</b> to demonstrate <b>SOLO</b> from the following:</p> <ul style="list-style-type: none"><li>● log roll</li><li>● forward roll ending sat in pike</li><li>● L shaped handstand L</li><li>● push up to bridge</li><li>● 8 x crab walks</li></ul>
2.	<p>SKILLS B – select <b>3 skills</b> to demonstrate <b>SOLO</b> from the following:</p> <ul style="list-style-type: none"><li>● forward roll ending standing</li><li>● cobra (toes towards head – not touching)</li><li>● L shaped handstand R</li><li>● V sit</li><li>● 2 x tuck jump</li></ul>
3.	<p>LET'S DANCE</p> <ul style="list-style-type: none"><li>● Routine to be performed either: Solo, in pairs, a duet or trio 1 – 1.5 minutes maximum duration OR AS A TEAM in one of the following sizes: 4 – 9 dancers; 7 – 12 dancers; 10 – 15 dancers; 16+ dancers 2 – 3 minutes maximum duration</li><li>● Skills performed in sections 1 &amp; 2 should be included.</li><li>● Skills from First Skills, Foundation Level 1 and Foundation Level 2 may also be included.</li><li>● Skills from higher grades/performance awards are not permitted.</li></ul>

# GRADE 2

1.	<p>SKILLS A – select <b>3 skills</b> to demonstrate SOLO from the following:</p> <ul style="list-style-type: none"><li>● teddy bear headstand</li><li>● seated double leg hold</li><li>● Handstand right – up and down</li><li>● cartwheel L</li><li>● toes to head</li></ul>
2.	<p>SKILLS B – select <b>3 skills</b> to demonstrate SOLO from the following:</p> <ul style="list-style-type: none"><li>● Straddle roll to end standing</li><li>● lower into bridge from standing</li><li>● baby scorpion R &amp; L</li><li>● cartwheel R</li><li>● Handstand left – up and down</li></ul>
3.	<p>LET'S DANCE</p> <p>Routine to be performed either: Solo, in pairs, a duet or trio 1 – 1.5 minutes maximum duration OR AS A TEAM in one of the following sizes: 4 – 9 dancers; 7 – 12 dancers; 10 – 15 dancers; 16+ dancers 2 – 3 minutes maximum duration</p> <ul style="list-style-type: none"><li>● Skills performed in sections 1 &amp; 2 should be included.</li><li>● Skills from previous grades may also be included.</li><li>● Skills from higher grades/performance awards are not permitted.</li></ul>

# GRADE 3

1.	<p>SKILLS A – select <b>3 skills</b> to demonstrate <b>SOLO</b> from the following:</p> <ul style="list-style-type: none"><li>● Down to bridge into retire – R &amp; L</li><li>● Backward roll</li><li>● Pre splits R &amp; L (6 inches)</li><li>● Inside out bridge</li><li>● Baby scorpion R &amp; L</li></ul>
2.	<p>SKILLS B – select <b>3 skills</b> to demonstrate <b>SOLO</b> from the following:</p> <ul style="list-style-type: none"><li>● 2 consecutive straddle rolls</li><li>● Cartwheel L and R</li><li>● Handstand L &amp; R – up and down</li><li>● Rock and Roll standing to standing</li><li>● Headstand tuck</li></ul>
3.	<p>LET'S DANCE</p> <ul style="list-style-type: none"><li>● Routine to be performed either: Solo, in pairs, a duet or trio 1 – 1.5 minutes maximum duration OR AS A TEAM in one of the following sizes: 4 – 9 dancers; 7 – 12 dancers; 10 – 15 dancers; 16+ dancers 2 – 3 minutes maximum duration</li><li>● Skills performed in sections 1 &amp; 2 should be included.</li><li>● Skills from previous grades may also be included.</li><li>● Skills from higher grades/performance awards are not permitted.</li></ul>

# GRADE 4

1.	<p>SKILLS A – select <b>4 skills</b> to demonstrate <b>SOLO</b> from the following:</p> <ul style="list-style-type: none"><li>● One handed cartwheel – near hand L or R</li><li>● Down to bridge &amp; recover</li><li>● Pre-Splits (4 inch) R &amp; L</li><li>● Forearm stand – free leg position</li><li>● Cartwheel one knee R or L</li></ul>
2.	<p>SKILLS B – select <b>4 skills</b> to demonstrate <b>SOLO</b> from the following:</p> <ul style="list-style-type: none"><li>● Handstand to forward roll R or L</li><li>● Headstand to straddle</li><li>● 1/4 Scorpion R &amp; L</li><li>● Down to bridge prances to retire</li><li>● Headstand with straight legs</li></ul>
3.	<p>LET'S DANCE 1</p> <ul style="list-style-type: none"><li>● 16 bar repeatable routine to be performed either as a solo, in pairs or in a duet.</li><li>● Skills performed in sections 1 &amp; 2 should be included.</li><li>● Skills from previous grades may also be included.</li><li>● Please note that skills from higher grades/performance awards are not permitted.</li></ul>
4.	<p>LET'S DANCE 2 – this should contrast in tempo, style and theme to Section 3</p> <ul style="list-style-type: none"><li>● Routine to be performed either: Solo, in pairs, a duet or trio 1.5 - 2 minutes maximum duration OR AS A TEAM in one of the following sizes: 4 – 9 dancers; 7 – 12 dancers; 10 – 15 dancers; 16+ dancers 2.5 – 3.5 minutes maximum duration</li><li>● Skills performed in sections 1 &amp; 2 should be included.</li><li>● Skills from previous grades may also be included.</li><li>● Skills from higher grades/performance awards are not permitted.</li></ul>



# GRADE 5

1.	<p>SKILLS A – select <b>4 skills</b> to demonstrate <b>SOLO</b> from the following:</p> <ul style="list-style-type: none"><li>● Chest stand with legs together</li><li>● Cartwheel to kneeling R or L</li><li>● Dive forward roll</li><li>● Handstand to bridge R or L</li><li>● One handed cartwheel – far hand R or L</li></ul>
2.	<p>SKILLS B – select <b>4 skills</b> to demonstrate <b>SOLO</b> from the following:</p> <ul style="list-style-type: none"><li>● Box splits (6 inch)</li><li>● Step ball change step hop cartwheel R or L</li><li>● Down to bridge then to elbows</li><li>● Down to bridge and kickover R or L</li><li>● Arabian handstand forward roll (straddle)</li></ul>
3.	<p>LET'S DANCE 1</p> <ul style="list-style-type: none"><li>● 16 bar repeatable routine, choreographed by the teacher, to be performed as a <b>SOLO</b>.</li><li>● Skills performed in sections 1 &amp; 2 should be included.</li><li>● Skills from previous grades may also be included.</li><li>● Skills from higher grades/performance awards are not permitted.</li></ul>
4.	<p>LET'S DANCE 2 - this should contrast in tempo, style and theme to Section 3</p> <ul style="list-style-type: none"><li>● Routine to be performed either: Solo, in pairs, a duet or trio 1.5 - 2 minutes maximum duration OR AS A TEAM in one of the following sizes: 4 – 9 dancers; 7 – 12 dancers; 10 – 15 dancers; 16+ dancers 2.5 – 3.5 minutes maximum duration</li><li>● Skills performed in sections 1 &amp; 2 should be included.</li><li>● Skills from previous grades may also be included.</li><li>● Skills from higher grades/performance awards are not permitted</li></ul>

# GRADE 6

1.	<p>SKILLS A – select <b>5 skills</b> to demonstrate <b>SOLO</b> from the following:</p> <ul style="list-style-type: none"> <li>● Chest stand with legs straight together (hold 5 secs)</li> <li>● Round off with rebound</li> <li>● Flying cartwheel right or left</li> <li>● Backward roll to chest roll (fish flop)</li> <li>● ½ Scorpion</li> <li>● Arabian limber</li> </ul>
2.	<p>SKILLS B – select <b>5 skills</b> to demonstrate <b>SOLO</b> from the following:</p> <ul style="list-style-type: none"> <li>● Box splits (4 inches)</li> <li>● Backward walkover R or L</li> <li>● Down to bridge to chest roll</li> <li>● Leg hold to shoulder L or R</li> <li>● Front Walkover R or L</li> <li>● Arabian handstand to forward roll (pike)</li> </ul>
3.	<p>LET'S DANCE 1 – CANDIDATE CHOREOGRAPHY</p> <ul style="list-style-type: none"> <li>● 2 minute routine, choreographed by the candidate, to be performed as a <b>SOLO</b>.</li> <li>● Skills performed in sections 1 &amp; 2 should be included.</li> <li>● Skills from previous grades may also be included.</li> <li>● Skills from higher grades/performance awards are not permitted.</li> </ul>
4.	<p>IMPROVISATION</p> <p>The Examiner will select a piece of music from the Acrodance Music Improvisation List. Candidates will be expected to improvise to the chosen music for 16 bars.</p>
5.	<p>LET'S DANCE 2 - this should contrast in tempo, style and theme to Section 3</p> <ul style="list-style-type: none"> <li>● Routine to be performed either: Solo, in pairs, a duet or trio 2 – 2.5 minutes maximum duration OR AS A TEAM in one of the following sizes: 4 – 9 dancers; 7 – 12 dancers; 10 – 15 dancers; 16+ dancers 3 – 4 minutes maximum duration</li> <li>● Skills performed in sections 1 &amp; 2 should be included.</li> <li>● Skills from previous grades may also be included.</li> <li>● Skills from higher grades/performance awards are not permitted.</li> </ul>

# GRADE 7

1.	<p>SKILLS A – select 6 skills to demonstrate <b>SOLO</b> from the following:</p> <ul style="list-style-type: none"><li>● Chest stand showing at least 2 leg positions</li><li>● Hurdle Round off with rebound</li><li>● Headstand showing 3 leg positions</li><li>● Forward walkover R &amp; L</li><li>● Flying cartwheel R &amp; L</li><li>● One arm shoulder stand (straight or straddle legs position)</li><li>● Tick Tock – R or L</li></ul>
2.	<p>SKILLS B – select <b>6 skills</b> to demonstrate <b>SOLO</b> from the following:</p> <ul style="list-style-type: none"><li>● Box splits 2 inches</li><li>● Backward walkover R &amp; L</li><li>● Front illusion</li><li>● Side Aerial R or L – optional entrance</li><li>● Moon walkover (two knees L or R)</li><li>● Forearm stand – straight legs</li><li>● Arabian limber through straddle</li></ul>
3.	<p>CANDIDATE CHOREOGRAPHY</p> <ul style="list-style-type: none"><li>● 2.5 minute routine, choreographed by the candidate, to be performed as a <b>SOLO</b>.</li><li>● Skills performed in sections 1 &amp; 2 should be included.</li><li>● Skills from previous grades may also be included.</li><li>● Skills from higher grades/performance awards are not permitted.</li></ul>
4.	<p>IMPROVISATION</p> <p>The Examiner will select a piece of music from the Acrodance Music Improvisation List. Candidates will be expected to improvise to the chosen music for 32 bars.</p>
5.	<p>LET'S DANCE - this should contrast in tempo, style and theme to Section 3</p> <ul style="list-style-type: none"><li>● Routine to be performed either: Solo, in pairs, a duet or trio 2 – 2.5 minutes maximum duration OR AS A TEAM in one of the following sizes: 4 – 9 dancers; 7 – 12 dancers; 10 – 15 dancers; 16+ dancers 3 – 4 minutes maximum duration</li><li>● Skills performed in sections 1 &amp; 2 should be included.</li><li>● Skills from previous grades may also be included.</li><li>● Skills from higher grades/performance awards are not permitted.</li></ul>

# GRADE 8

1.	<p>SKILLS A – select <b>6 skills</b> to demonstrate <b>SOLO</b> from the following:</p> <ul style="list-style-type: none"><li>● 1 arm shoulder stand show 2 leg positions – hold 5 seconds each</li><li>● Round off into back hand spring</li><li>● Forearm stand show 2 leg positions – hold 5 seconds each</li><li>● One hand front walkover (R or L)</li><li>● Flying Front walkover</li><li>● Full Scorpion (R &amp; L)</li><li>● Front chest roll to standing</li></ul>
2.	<p>SKILLS B – select <b>6 skills</b> to demonstrate <b>SOLO</b> all of the following:</p> <ul style="list-style-type: none"><li>● Full box splits</li><li>● Walking handstand – minimum 6 ‘walks’</li><li>● Reverse illusion (R o L)</li><li>● Valdez (R or L)</li><li>● Standing Back hand spring</li><li>● Front ariel (optional entrance)</li><li>● Arabian limber to forward roll through pike</li></ul>
3.	<p>CANDIDATE CHOREOGRAPHY</p> <ul style="list-style-type: none"><li>● 2.5 minute routine, choreographed by the candidate, to be performed as a <b>SOLO</b>.</li><li>● Skills performed in sections 1 &amp; 2 should be included.</li><li>● Skills from previous grades may also be included.</li><li>● Skills from higher grades/performance awards are not permitted.</li></ul>
4.	<p>IMPROVISATION</p> <p>The Examiner will select a piece of music from the Acrodance Music Improvisation List. Candidates will be expected to improvise to the chosen music for 32 bars.</p>
5.	<p>LET’S DANCE - this should contrast in tempo, style and theme to Section 3</p> <ul style="list-style-type: none"><li>● Routine to be performed either: Solo, in pairs, a duet or trio 2 – 2.5 minutes maximum duration OR AS A TEAM in one of the following sizes: 4 – 9 dancers; 7 – 12 dancers; 10 – 15 dancers; 16+ dancers 3 – 4 minutes maximum duration</li><li>● Skills performed in sections 1 &amp; 2 should be included.</li><li>● Skills from previous grades may also be included.</li><li>● Skills from higher grades/performance awards are not permitted.</li></ul>