



NATIONAL PERFORMING ARTS ALLIANCE

LEVEL 1 CONTEMPORARY

GRADES 1 2 3

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GRADE 1 CONTEMPORARY

EXERCISE	EXAM FORMAT	TEACHER ASSISTANCE?
Travel & Balance	All together	NO. CANDIDATES ARE EXPECTED TO PERFORM WITHOUT ASSISTANCE.
Stretch & Curve	All together	
Foot Action	All together	
Rolling Along	In pairs	
Swing & Suspend	All together	
Solo Improvisation	Solo	
Contact Improvisation	In pairs	
Travel Time	Solo consecutively	
Combo 1	In pairs	
Combo 2	In pairs	
Let's Dance	All together	
Thank You	All together	

REGULATED EXAM TIMINGS

NUMBER OF CANDIDATES	EXAM LENGTH
1 - 2	16 minutes
3 - 4	20 minutes

TRAVEL & BALANCE

In a circle facing inwards, feet natural 1st. Arms relaxed.

BAR	COUNT		
1 - 2	&1 - &6	Continuous x 6 galop to L (clockwise) in a circle facing inwards	Free
	7-	Jump feet together -natural 1 st	
3	1 2	Wide step LF to side low raise RL to side with slight body lean to L	
	3 4	Transfer weight to RF into low raise LL to side with slight body lean to R	
4	5 6 7 8	Wider transfer weight to LF into RL higher raise to side with stronger body lean to L	
5 - 8		Repeat all to R (anti clockwise)	
9	&1 - &4	Continuous x 4 galop to L (clockwise) in a circle facing inwards	Free
10	5 6 7 8	Jump x 4 feet together natural 1 st on the spot OR turning to left	
11 - 12	1 2	Wide step LF to side low raise RL to side with slight body lean to L	
	3 4	Transfer weight to RF into low raise LL to side with slight body lean to R	
	5 6 7 8	Wider transfer weight to LF into RL higher raise to side with stronger body lean to L	
13 - 16		Repeat bars 9 – 12 turning to L on jumps	
17 - 32		Repeat all	

STRETCH & CURVE

Facing front. Feet parallel hip width apart. Arms relaxed.

BAR	COUNT		
INTRO		Hold position	Raise both arms sideways & up to end high parallel palms in
1 - 2	1 2 3 4 5 6 7 8	Pressure step x 4 RLRL	Reach R,L,R,L arm high
3	1 2	Feet parallel hip width apart	Impulse both arms up through high parallel lowering to 2 nd palms down
	3 4	Bend & stretch knees	Drop arms down swinging up and across in front of chest, crossing wrists
4	5 6 7 8	Bend & stretch knees	Swing both arms down and out to end 2 nd palms down
5	1 2	Twist torso to R	Swing LA in front of body, RA behind, head turn to R
	3 4	Twist torso to L	Swing RA in front of body, LA behind, head turn to L
6	5 6 7 8	Repeat bar 5 on bent legs	Repeat bar 5
7	1 2	RF wide step to R side	Swing LA in front of body, RA behind, head turn to R
	3 4	LF wide step to L	Swing RA in front of body, LA behind, head turn to L
8	5 6	RF wide step to R side	Swing LA in front of body, RA behind, head turn to R
	7 8	Step LF to end feet parallel, hip width apart	Lower both arms to sides
Music break of 2 bars (8 counts)			
9 - 16		Repeat all on other side	

FOOT ACTION

Facing front. Feet parallel. Hands on waist.

BAR	COUNT		
1	1 2	Raise R heel (instep stretch)	Hands on waist
	3 4	Lower	
2 - 4	5 6 7 8 1 - 8	Repeat L,R,L	
5	1 2 3 4	Bend knees	
6	5 6 7 8	Recover	
7	1 2	Rise on both feet (instep stretch)	
	3 4	Lower	
8	5 6 7	Repeat bar 7	
9 - 16	8	Turn feet to natural 1 st to repeat all in	
17 - 32		Repeat bars 1 - 16	

ROLLING ALONG

Facing front. Feet slightly apart. Arms relaxed.

BAR	COUNT		
1 - 2	1 2 3 4 5 6	Lower head into roll down through spine to end in crouch position	End hands on floor in front of body
3 - 4	1 2 3 4 5 6	Extension of body and legs (prep for press up position)	'Walk' hands forward
5	1 2 3	Lower knees to floor	
6	4 5 6	Sit back on heels	Extend arms, hand on floor
7	1 2 3	Incline body forward turning to L	Slide RH forward along floor
8	4 5 6	Roll onto back	Starfish
9 - 10	1 2 3 4 5 6	Roll onto L side pull legs & head in	Pull arms in
11 - 12	1 2 3 4 5 6	Roll onto back	Starfish
13 - 14	1 2 3 4 5 6	Roll onto R side pull legs & head in	Pull arms in end arms at sides
15 - 16	1 2 3 4 5 6	End sat up on heels facing front	Hold position
17 - 18	1 2 3 4 5 6	Seat roll to R	Hands to floor
19 - 20	1 2 3 4 5 6	Recover into slight off balance to R	RH to floor LH high diagonal to L
21 - 24	1 - 12	Repeat to L	
25 - 26	1 2 3 4 5 6	Repeat bars 17&18 to R	
27 - 28	1 2 3 4 5 6	Extend LL to side into off balance to R	Rh to floor. LA up and overhead to R
29 - 32		Seat roll to L ending LF over lower R leg to recover to standing	Lower hands to floor

NO REPEAT

SWING & SUSPEND

Facing front. Feet parallel hip width apart. Arms relaxed.

BAR	COUNT		
INTRO		Hold position	Raise both arms through 2 nd to end high parallel palms in
1	1 2	Bend knees releasing LH incline body sideways to R	Drop RA down to R side head tilt to R
	3 4	Recover	Return to high parallel
2	5 6 7 8	Repeat on L side	
3	1 2	Bend knees	Drop both arms down in front of body
	3 4	Wide step LF diagonally forward to LDF to end RL extended toes on floor	Swing RA across body to L to end high diagonal, swing LA low diagonal slightly behind hip line
4	5 6	Transfer weight to RF turning to face RDB to end LL extended toes on floor	Swing RA across body to L to end overextended 2 nd palm down; LA low diagonal slightly behind hip line
5	7 8 1 2	Repeat counts 3 4 5 6	
6	3 4 5 6	Low, loose galop LRL travelling to LDF to end RL low raise at back	Swing RA across body to L to end high diagonal, swing LA low diagonal slightly behind hip line
	7 8	Step onto RF to RDB	Free
7 - 8	1 2 3 4 5 6	Free walks/runs to R to end facing front feet parallel hip width apart	Free
	7 8	Hold position	Raise both arms through 2 nd to end high parallel palms in
9 - 16		Repeat bars 1 – 8 on same side	
17 - 32		Repeat bars 1 – 16 on other side x 2	

SOLO IMPROVISATION

The Examiner will ask the candidate(s) to improvise **SOLO** to a piece of music for **16 BARS**

The music will be selected from the 'Grade 1 - 3 Solo Improvisation Music List'. This can be found in the Recommended Music Playlist for Contemporary Grades on the member portal.

The Examiner will choose **ONE** of the following stimulus:

- Freeze & Melt
- Open & Close

Candidates will have the opportunity to listen to 16 bars of the music. The music will then be replayed and candidates will be expected to improvise solo with suitable contemporary terminology and technique in connection with the chosen stimulus.

CONTACT IMPROVISATION

The Examiner will ask the candidate(s) to improvise **IN PAIRS** to a piece of music for **16 BARS**.

The music will be selected from the 'Grade 1 - 3 Contact Improvisation Music List'. This can be found in the Recommended Music Playlist for Contemporary Grades on the member portal.

The candidates will be expected to include 3 types of contact using the same body part e.g. hand to hand; hip to hip; foot to foot (teacher's choice)

Candidates will have the opportunity to listen to 16 bars of the music. The music will then be replayed and candidates will then be expected to improvise as a pair with suitable contemporary terminology and technique.

Performance sequences for TRAVEL TIME

1 candidate

perform the sequence – walk upstage. Repeat 2 x in total.

2 - 4 candidates

perform the sequence SOLO – walk upstage as next candidate begins.

Repeat x 2 in total for each candidate.

TRAVEL TIME

On the diagonal. Feet slightly apart. Arms held at sides.

BAR	COUNT		
1	1 2 3 4	Spring forwards RLRL	Free
2	5&6	Step RF diagonally forward & hop incline body to R	Circle LA overhead to R
	7&8	Step LF diagonally forward & hop incline body to L	Circle RA overhead to L
3	1 2 3 4	Low walk x 4 turning in own circle to R	'Push' palm of RH forward & out extending arm before curling inwards towards body
4	5 6 7 8	Step RF diagonally forward to RDF into off balance raising LL behind	Circle LA overhead

COMBO 1

Facing front. Feet parallel hip width apart. Arms relaxed.

BAR	COUNT		
INTRO	5 6 7 8	Hold position	Raise both arms through 2 nd to end high parallel palms in
1	1	Bend knees incline body sideways to R	Drop RA down to R side head tilt to R
	2	Maintain bend and incline centre upper body	Drop LA to L side head down
	3	Recover with incline of body to L	Raise RA high parallel palm in
	4	Centre the body	Raise LA to high parallel
2	5 6	Bend & stretch knees	Drop arms out and down swinging up and across in front of chest, crossing wrists
	7 8	Bend & stretch knees	Swing both arms down and out to end 2 nd palms down
3	1 2	Bend & stretch knees	Continue to circle both arms up above head crossing wrists
	3 4	Hold position	Continue to circle both arms in front of chest to end 2 nd palms down
4	5 6	Twist torso to R bend knees	Swing LA in front of body, RA behind, head turn to R
	7 8	Twist torso to L bend knees	Swing RA in front of body, LA behind, head turn to L
5	1 2	Wide step RF diagonally back to RDB to end RL extended toes on floor	Swing LA in front of body, RA behind, head turn to R
	3 4	Transfer weight to LF turning to face LDF to end LL extended toes on floor	Swing RA across body to L to end high diagonal, swing LA low diagonal slightly behind hip line
6	5 6	Repeat counts 5 6	
7	7 8 1 2	Low, loose galop LRL travelling to LDF to end RL low raise at back	Swing RA across body to L to end high diagonal, swing LA low diagonal slightly behind hip line
	3 4	Place RF parallel	
8	5 6 7 8	Hold position	Raise both arms through 2 nd to end high parallel palms in
9 - 16		Repeat bars 1 – 8 on other side	

COMBO 2

Facing RDF. Weight on LF. Arms relaxed.

BAR	COUNT		
1	1 2	Step RF diagonally forward & hop incline body to R	Circle LA overhead to R
	3 4	Step LF diagonally forward & hop incline body to L	Circle RA overhead to L
2	5 6 7 8	Low walk x 4 turning to R to end facing RDF	'Push' palm of RH forward & out extending arm before curling inwards towards body
3	1 2	Recover stretching legs	Both arms high parallel palm in
	3 4	Bend & stretch knees	Drop arms sideways and down swinging up and across in front of chest, crossing wrists
4	5 6 7 8	Bend & stretch knees	Swing both arms down and up to end high parallel
5	1 2	Lower head into roll down through spine to end in crouch position	'Dive' the arms forward releasing head and upper body hands to floor in front of body
	3 4	Extension of body and legs (prep for press up position)	'Walk' hands forward
6	5 6	Lower knees to floor	Arms relaxed
	7 8	Sit back on heels	Extend arms, hand on floor
7	1 2 3 4	Seat roll to R into slight off balance to R	RH to floor LH high diagonal to L
8	5 6 7 8	Extend LL to side into off balance to R	RH to floor. LA up and overhead to R
9	1 2 3 4	Seat roll to L ending LF over lower R leg	Hands to floor
10	5 6 7 8	Recover to standing, feet hip width apart facing LDF	Arms relaxed
11 - 20		Repeat bars 1 – 10 on other side	

LET'S DANCE

A routine demonstrating moves and actions from this grade and below on ANY theme, concept or idea. Please give the piece a title.

- To be choreographed by the teacher - free music choice.
- Max 45 seconds

THANK YOU

- To be choreographed by the teacher – free music choice.
- 4 bars of 4/4 or 8 bars of 3/4

GRADE 2 CONTEMPORARY

EXERCISE	EXAM FORMAT	TEACHER ASSISTANCE?
Travel & Balance	All together	NO. CANDIDATES ARE EXPECTED TO PERFORM WITHOUT ASSISTANCE.
Stretch & Curve	All together	
Foot Action	All together	
Rolling Along	In pairs	
Swing & Suspend 'A'	All together	
Swing & Suspend 'B'	All together	
Solo Improvisation	Solo	
Contact Improvisation	In pairs	
Travel Time	Solo consecutively	
Combo	In pairs	
Let's Dance	All together	
Thank You	All together	

REGULATED EXAM TIMINGS

NUMBER OF CANDIDATES	EXAM LENGTH
1 - 2	20 minutes
3 - 4	24 minutes

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TRAVEL & BALANCE

Facing RDF feet natural parallel. Arms relaxed.

BAR	COUNT		
1	1 2	Step RF forward & hop	Swing to natural opposition
1 - 2	3 4 5 6 7 8	Repeat LRL gradually turning to end facing LDB	
3	1 2	Wide step RF to side	Circle LA overhead to R
	3 4	Bend RL placing LF to low parallel retire	Continue circle to lower
4	5 6 7 8	Repeat to L	
5 - 8		Repeat bars 1 – 4 turning to face RDF	
9	1 2	Step RF forward & hop travelling to RDF	Swing to natural opposition
	3 4	Repeat L	
10	5 6	Wide step RF to side	Circle LA overhead to R
	7 8	Bend RL placing LF to low parallel retire	Continue circle to lower
11 - 12		Repeat bars 9 – 10 commencing LF travelling to LDF	
13 - 15	1 – 8 1 – 4	Commencing RF step forward hop in parallel retire x 6 travelling upstage to R to end facing LDF	Swing to natural opposition
16	5 6	Wide step RF to side	Circle LA overhead to R
	7 8	Bend RL placing LF to low parallel retire	Continue circle to lower
17 - 32		Repeat bars 1 – 16 on other side	

STRETCH & TWIST

Facing front. Feet parallel hip width apart. Arms relaxed.

BAR	COUNT		
INTRO		Hold position	Raise both arms sideways & up to end high parallel palms in
1	1 - 6	Pressure step x 2 RL	Reach R,L arm high
2	1 - 6	Feet parallel hip width apart	Impulse both arms up through high parallel lowering to 2 nd palms down
3	1 - 6	Bend & stretch knees	Drop arms, body and head towards floor sweeping fingers across floor swinging up and across in front of chest, crossing wrists to end 2 nd palms down
4	1 2 3	Twist torso to R bending knees	Strong swing LA in front of body, RA behind, head turn to R
	4 5 6	Repeat to L	Strong swing RA in front of body, LA behind, head turn to L
5	1 2 3	RF wide step to R side	Swing LA in front of body, RA behind, head turn to R
	4 5 6	LF wide step to L	Swing RA in front of body, LA behind, head turn to L
6	1 2 3	Small spring on spot onto RF placing LF inverted jazz 4 th heel up both knees bent	Swing LA down and across to R circling up and overhead to L
7	4 5 6 1 - 6	Repeat L R L	Ending RA high parallel palm in
8	1 - 6	Return to start position	LA high parallel palm in
9 - 24		Repeat bars 1 – 8 on the same side x 2	

FOOT ACTION

Facing front. Feet parallel 1st. Hands on waist.

BAR	COUNT		
1	1 2	Bend knees	Hands on waist
	3 4	Raise RH maintaining bend in both legs	
2 - 3	5 6 7 8 1 2 3 4	Switch x 4 LRLR	
4	5 6	Lower RH both legs bent	
	7 8	Stretch legs	
5	1 2	Raise RH	
	3 4	'Flick' RF forward to low aerial extending RL	
6	5 6	Lunge forward onto RF	
	7	Close LF to RF on bent legs	
	8	Stretch legs	
7 - 8	1 - 8	Repeat bars 5 & 6 on LF	
	&	Turn feet to classical 1st	
9 - 16		Repeat bars 1 – 8 in turned out position. Flick and lunge in 2nd	
	&	Turn feet to parallel 1 st	
17 - 32		Repeat all	

ROLLING ALONG

Kneeling, sat upright on heels. Facing front. Arms relaxed.

BAR	COUNT		
1	1 2 3	Rock & lean body to R naturally raising L knee from floor	RH to floor head slight inclination to R
2	4 5 6	Repeat to L gradual increase of off balance and lift	LH to floor head slight inclination to R
3	1 2 3	Repeat bars 1 & 2	
4 - 6	4 5 6 1 2 3 4 5 6	Repeat bar 1 L extending LL to side ending kneeling up on R	Carry LA out and overhead to R, RH to floor, look at LH
7	1 2 3	Draw LL in towards kneeling into seat roll to R	Lower LH to floor
8	4 5 6	End facing front kneeling upright	Arms relaxed
9 -16		Repeat bars 1 – 8 commencing rock to L	
17	1 2 3	Incline body forward turning to L	Slide RH forward along floor
18	4 5 6	Roll onto back	Starfish
19	1 2 3	Roll onto L side pull legs & head in	Pull arms in
20	4 5 6	Roll up to end sat up on heels facing front	Pull arms in end arms at sides
21 - 22	1 2 3 4 5 6	Extending LL to side ending kneeling up on R	Carry LA out and overhead to R, RH to floor, look at RH
23 - 24	1 2 3 4 5 6	Draw LL in towards kneeling into seat roll to R to end kneeling facing front	Lower LH to floor
25 - 32		Repeat bars 17 – 24 to other side	

SWING & SUSPEND 'A'

Facing front. Feet parallel hip width apart. Arms relaxed.

BAR	COUNT		
INTRO		Hold position	Raise both arms through 2 nd to end high parallel palms in
1	1 2 3	Bend knees releasing RH incline body sideways to R	Drop RA down to R side head tilt to R
2	4 5 6	Release body forward over legs hands toward floor	Drop LA down to L side Head lowered
3	1 2 3	Return to standing	RA high parallel
4	4 5 6	Hold position	LA high parallel
5	1 2 3	Bend knees & stretch knees body over legs	'Dive' hands/arms down and behind body
6	4 5 6	Bend & stretch knees return to standing	Swing arms forward and up to high parallel
7 - 8	1 2 3 4 5 6	Hold position	Open arms through 2 nd swing down and up to high parallel
9 - 16		Repeat bars 1 - 8	
17 - 32		Repeat all	

SWING & SUSPEND 'B'

Facing front. Feet parallel hip width apart. Arms relaxed.

BAR	COUNT		
INTRO		Hold position	Raise both arms through 2 nd to end high parallel palms in
1	1 2 3	Bend & stretch knees	Swing both arms down and back to R side
2	4 5 6	Bend & stretch knees	Swing both arms up over and down to L side (fig 8)
3 - 4	1 - 6	Repeat bars 1 & 2	
5	1 2 3	Wide step RF to R side bending knees	Swing both arms up over and down to R side (fig 8)
6	4 5 6	Wide step LF to L side bending knees	
7	1 2 3	Repeat bar 3	
8	4 5 6	Transfer weight to LF	Swing RA overhead to L
9	1 2 3	Transfer weight to RF turning to face RDB to end LL extended toes on floor	Circle RA across body to end extended 2 nd to R side palm down
10 - 11	4 5 6 1 2 3	Low, loose galop LRL travelling to LDF to end RL low raise at back & hold	Swing RA across body to L to end high diagonal, swing LA low diagonal slightly behind hip line
12	4 5 6	Step back onto RF	Lower RA
13 - 14	1 - 6	Free walks/runs backwards turning L to end facing front feet parallel hip width apart	Relaxed
15 - 16	1 - 6	Hold position	Raise both arms through 2 nd to end high parallel palms in
17 - 32		Repeat bars 1 – 16 on other side	

SOLO IMPROVISATION

The Examiner will ask the candidate(s) to improvise **SOLO** to a piece of music for **16 BARS**

The music will be selected from the 'Grade 1 - 3 Solo Improvisation Music List'. This can be found in the Recommended Music Playlist for Contemporary Grades on the member portal.

The Examiner will choose ONE of the following stimulus:

- Down & Over
- Circles & Lines

Candidates will have the opportunity to listen to 16 bars of the music. The music will then be replayed and candidates will be expected to improvise solo with suitable contemporary terminology and technique in connection with the chosen stimulus.

CONTACT IMPROVISATION

The Examiner will ask the candidate(s) to improvise **IN PAIRS** to a piece of music for **16 BARS**

The music will be selected from the 'Grade 1 - 3 Solo Improvisation Music List'. This can be found in the Recommended Music Playlist for Contemporary Grades on the member portal.

The candidates will be expected to include 5 types of contact using the same body part e.g. hand to hand; hip to hip; foot to foot; head to head; back to back (teacher's choice).

Candidates will have the opportunity to listen to 16 bars of the music. The music will then be replayed and candidates will then be expected to improvise as a pair with suitable contemporary terminology and technique.

Performance sequences for TRAVEL TIME

1 candidate

perform the sequence – walk upstage. Repeat 2 x in total.

2 - 4 candidates

perform the sequence SOLO – walk upstage as next candidate begins.

Repeat x 2 in total for each candidate.

TRAVEL TIME

On the diagonal. Weight on LF. RF relaxed. Arms relaxed.

BAR	COUNT		
1	1 &	Step RF diagonally forward & hop in parallel retire incline body to R	Free throughout
	2 &	2 step side galop	
	3 &	Step LF diagonally forward & hop in parallel incline body to L	
	4 &	2 step side galop	
2	5&6&7&8&	Step RF forward & hop in parallel retire Repeat LRL Making EITHER ¼ OR ½ turn to R on each step hop	
3 - 4		Repeat bars 1 & 2	

COMBO

Facing front. Feet parallel hip width apart. Arms relaxed.

BAR	COUNT		
INTRO	5 6 7 8	Hold position	Raise both arms sideways to high parallel
1	&1 2	Small spring on spot onto RF placing LF inverted jazz 4 th heel up both knees bent	Swing LA down and across to R circling up and overhead to L
	& 3 4	Repeat L	
2 - 3	&5 - &8 &1 - &4	Repeat bar 1 twice	
4	5	Wide step RF to side	Continue circle RA overhead to R
	6	Bend RL placing LF to low parallel retire	Lower to side
	7 8	Wide step LF to side with off balance to L. RL in low aerial to side	Circle RA overhead to L
5	1 2	Wide step RF to side with off balance to L. LL in low aerial to side	Carry RA overhead to R
6	3 4 5 6	Low, loose galop LRL travelling to LDF to end RL low raise at back & hold	Swing RA across body to L to end high diagonal, swing LA low diagonal slightly behind hip line
7	7 8 1 2	Step back RF lower to floor into seat roll to L end facing RDF	Lower RH then LH to floor
	3 4	Extending LL to side ending kneeling up on R	Carry LA out and overhead to R, RH to floor, look at RH
8	5 6	Draw LL in to into seat roll to R	Lower LH to floor
	7	Facing LDF LF forward to end standing	Relaxed
	8		Swing RA forward & up to eye level
9	1	Step back RF turning to face RDB	Swing RA down and back to end high parallel
	2	LF to hip width parallel	LA high parallel
	3	Bend both knees, relax body & head	'Dive' both arms forward & down
	4	Small jump, body & head relaxed	Swing arms behind body

10	5 6	Recover to standing	Swing both arms forward & up through high parallel to 2 nd , palms down
	7 8	Bend both knees & recover	Swing both arms down and across body, crossing wrists, swing out to 2 nd , palms down
11	1 2 3 4	Step RF forward & hop in parallel retire Repeat L making ½ turn to R	Relaxed
12	5 6 7 8	Relaxing upper body & head free run to RDB to end facing LDF feet apart	Free
13	1 2 3 4	Step LF forward raising RL to low aerial behind	Circle RA overhead
14	5 6 7 8	Free run to centre to end facing front feet hip width apart parallel	Free
15 - 16	1 - 8	Hold position	Raised both arms to high parallel
17 - 32		Repeat bars 1 – 16 on same side	

LET'S DANCE

A routine demonstrating moves and actions from this grade and below on ANY theme or idea. Please give the piece a title.

- To be choreographed by the teacher - free music choice.
- Max 45 seconds

THANK YOU

- To be choreographed by the teacher – free music choice.
- 4 bars of 4/4 or 8 bars of 3/4.

GRADE 3 CONTEMPORARY

EXERCISE	EXAM FORMAT	TEACHER ASSISTANCE?
Travel & Balance	All together	NO. CANDIDATES ARE EXPECTED TO PERFORM WITHOUT ASSISTANCE.
Stretch & Curve	All together	
Foot Action	All together	
Rolling Along	In pairs	
Swing & Suspend	All together	
Solo Improv	Solo	
Contact Improv	In pairs	
Elevate	Solo consecutively	
Travel Time	Solo consecutively	
Combo	In pairs	
Let's Dance	All together	
Thank You	All together	

REGULATED EXAM TIMINGS

NUMBER OF CANDIDATES	EXAM LENGTH
1 - 2	22 minutes
3 - 4	26 minutes

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TRAVEL & BALANCE

Commence facing front. Feet relaxed 4th, RF in front. Arms relaxed.

BAR	COUNT		
1	1 2	Wide step RF to side drawing LF to R without weight	Circle RA to L side, up over and across to R side
2	3 4 5 6 7 8	Repeat LRL	
3	1	Wide step RF to side	Open arms to 2 nd
	2 (3)	Cross LF loosely behind releasing RL to side circling behind L	Swing LA forward RA back at shoulder level
	a	Cross RF loosely behind R	Lower both arms to sides
4	4	Wide step LF to side	Circle RA overhead from R to L
	5 6	Bend LL place RF to parallel retire. Strong lean over to L side	Continue to circle across to R
	7 8	Wide step R to R side drawing LF to R without weight	Swing both arms to medium opposition
5 - 8		Repeat bars 1 – 4 on other side	
9 - 16		Repeat all	

STRETCH & CURVE

Facing front. Feet parallel hip width apart. Arms relaxed.

BAR	COUNT		
1	1 2 3 4	Bend knees & recover	Roll shoulders back with slightly raised, relaxed elbows and hands
2	5 6 7 8	Repeat	Repeat placing fingertips to shoulders, relax arms to sides
3	1 2 3 4	Repeat	Circle both arms forward, up, back and down to sides
4	5 6 7 8	Hold position	Raise both arms to chest level, classical 1 st
5	1 2 3 4	Hold position	Open both arms to 2 nd palms up
6 - 7	5 6 7 8 1 2 3 4	Bend & stretch knees	Drop arms, body and head towards floor sweeping fingers across floor swinging up and across in front of chest, crossing wrists to end high parallel, palms in
8	a	Bend knees releasing RH incline body sideways to R	Drop RA down to R side head tilt to R
	5-	Release body forward over legs hands toward floor	Drop LA down to L side Head lowered
	a	Return to standing	RA high parallel
	7-	Hold position	LA high parallel
9	1 2 3 4	Bend both knees, recover raising RH with strong twist in torso to R	Swing both arms down in front of body releasing to opposition LA forward with strong turn in shoulders to R
10	5 6 7 8	Repeat to L	Repeat to L
11	1 2 3 4	Repeat to R	
12	5 6 7 8	Step RF to side in wide lunge relax body over R knee	Swing both arms down towards RF ending wrists crossed over face
13	1 2 3 4	Rebound back onto LF raising and extending RL to side	Swing both arms down and back to end wide high V
14	5 6 7 8	Return RL to lunge position torso to front,	Relax RA down behind body. Swing LA down and across body to R up and overhead

		strong lean to R over R knee	
15	1 2 3 4	Recover weight to L, return to standing. Draw RF in towards LF to end feet hip width apart.	Lower LA to L side, carry RA to high parallel
16	5 6 7 8	Lean to L, relax upper body forward, lean to R & recover to standing	Circle RA over to L, down and across body to R side with head circle
17 - 32		Repeat bar 1 – 16 on other side	

FOOT ACTION

Facing front. Feet 1st. Hands on waist.

BAR	COUNT		
1	1 2	Demi plie 1st	Hands relaxed at sides
	3 4	Raise RH	Hold position
2	5 6	Raise LH stretching both legs to end on a rise	
	7 8	Lower RH, LH remains raised with bent knee	
3	1 2	Lower LH into demi plie	
	3 4	Recover placing RF to low retire	
4	5	Lower to demi plie	
	6	Stretch legs	Raise both arms sideways to 2 nd
	7 8	Release RF into low glisse forward	Hold position
5	1 2	Lunge forward onto RF	
	3 4	Rebound weight to LL releasing RF off floor	
6	5 6	Lunge RF to 2nd	
	7 8	Rebound weight to LL releasing RF off floor	
7	1 2	Close RF 1st	
	3	Raise RF to low retire	
	4	Raise to full side retire	
8	5	Lower to low retire	
	6 (7 8)	Lower to 1 st	
9	1 2 3 4	Demi plie	Lower to bras bas
10	5 6 7 8	Recover	1 st
11	1 2 3 4	Rise to demi pointe	Open to 2 nd
12	5 6 7 8	Lower	Hold position
13	1 2	Demi plie releasing body forward over legs	Lower to floor crossing wrists at deepest point
	3 4	Recover maintaining release forward of upper body	Arms crossed, head lowered
14	5 6	Rebound into demi plie lowering upper body towards floor	Release down to floor

	7 8	Recover to standing	Sideways and up to 5 th
15 - 16		Hold position	Cross wrists at highest point lower arms down in front of body raising sideways to 2 nd , tilt head back, relax arms to sides
17 - 32		Repeat bars 1 – 16 on other side	

ROLLING ALONG

Standing facing LDF. Feet parallel 1st. Arms relaxed.

BAR	COUNT		
1	1 2	Step LF forward releasing RL to low aerial line behind	Sweep both arms back into backward circle to end parallel high
2	3 4 5	Bending both legs, lower to floor into seat roll to R	Lower both hands to floor
	6	Extend LL to side	Place RH to floor, LA relaxed on LL
	7	Hold position	Pull shoulders and head back
	8	Draw LL in to end kneeling	Lower LH to floor
3	1 2	Seat roll to L to end facing RDF in sitting kneel	Hands on knees
	3 4	Slight lean back from hips into rebound forward	Pull shoulders and head back
4	5 6 7 8	Extend body and legs forward press up position)	'Walk' hands forward
5	1	Lower knees to floor	Arms relaxed
	2	Sit back on heels, body relaxed over legs	Extend arms, hand on floor
	3 4	Turning to L roll onto back	Starfish
6	5 6	Roll onto L side pull legs & head in	Pull arms in
	7	Continue roll to end upper body 'curled' over legs	Pull arms in end arms at sides
	8	Recover kneeling up on R extend LL to side	RH to floor, extend LA sideways and overhead to R
7	1 2 3 4	Seat roll to R to RDF	Lower both hands to floor
8	5 6 7 8	Step LF forward to recover to standing to end facing RDF feet parallel 1 st	Both arms relaxed at sides
9 - 16		Repeat bars 1 – 8 on other side	

SWING & SUSPEND

Facing LDF. Feet 3rd. Arms relaxed.

BAR	COUNT		
1	1 2	Wide step RF to side drawing LF to R without weight	Circle RA to L side, up over and across to R side
	3 4	Wide step diagonally forward L to LDF releasing RL into low aerial at back	Swing RA down and forward into high opposition
2	5 6 7 8	Galop side and backwards RLR ending LL raised in low aerial at side	Swing RA down and back circling overhead and across body to end 2 nd
3	1 2	Step forward LF to LDF releasing RL into low aerial at back	Swing both arms forward into parallel high
	3 4	Turning strongly to R lower to floor into seat roll	Lower both arms to floor
4	5 6	Recover onto RF to standing facing LDF feet parallel 1st	Curve both arms forward in front of upper body/head
	7 8	Stretch legs	Swing both arms down and back to high parallel 'Dive' both arms forward, swinging behind the body
5	1 2	Bend knees	
	3 4	Rebound	
6	5	Hold position	Swing forward, up and back
	6	Raise RF to high parallel retire	Swing down and up to 5 th
	7 8	Lower RF bending both knees	Lower to sides
7	1 2	Recover	Swing back and up to 5 th
	3 4	Raise RF to high parallel retire	Bend elbows releasing in front of upper body
8	5 6	Deep lunge RF towards RDF	Swing down into strong side opposition Sweep down across RL, cross forearms, lowering head

8	7 8	Rebound weight to LL releasing RL into low side aerial	Swing down and back into 2 nd
9	1 2	Return to lunge line, strong lean to R side	Lower RA to side, circle LA down and across to R
	3 4	Rebound to LL placing RF in high parallel retire, strong lean to L	Circle LA overhead to L, drop head to L
10	5 6 7 8	Return to lunge line & rebound	Both arms relaxed down and forward
11	1 2	Return to lunge swinging LL behind R turning to L	Relaxed at sides
	3 4	Cross LF loosely behind R continuing to turn L End facing front LF in front of R	Hold position
12		Hold position	Free arm action/ending
13 - 24	Repeat bars 1 – 12 on SAME side		

SOLO IMPROVISATION

The Examiner will ask the candidate(s) to improvise **SOLO** to a piece of music for **16 BARS**

The music will be selected from the 'Grade 1 - 3 Solo Improvisation Music List'. This can be found in the Recommended Music Playlist for Contemporary Grades on the member portal.

The Examiner will choose ONE of the following stimulus:

- Waves & Lasers
- Shoot & Pull

Candidates will have the opportunity to listen to 16 bars of the music. The music will then be replayed and candidates will be expected to improvise solo with suitable contemporary terminology and technique in connection with the chosen stimulus.

CONTACT IMPROVISATION

The Examiner will ask the candidate(s) to improvise **IN PAIRS** to a piece of music for **16 BARS**

The music will be selected from the 'Grade 1 - 3 Improvisation Music List'. This can be found in the Recommended Music Playlist for Contemporary Grades on the portal.

The candidates will be expected to include 5 types of contact using **DIFFERENT** body parts to make contact i.e foot to head; hip to elbow, back to side (teacher's choice).

Candidates will have the opportunity to listen to 16 bars of the music. The music will then be replayed and candidates will then be expected to improvise as a pair with suitable contemporary terminology and technique.

Performance sequences for TRAVEL TIME 'A' and 'B'

1 candidate

perform the sequence – walk upstage. Repeat 2 x in total.

2 - 4 candidates

perform the sequence SOLO – walk upstage as next candidate begins.

Repeat x 2 in total for each candidate.

ELEVATE

Facing the front. Feet 1st. Arms relaxed.

BAR	COUNT		
1	1 2 3 4	Knee bounces x 4	Relaxed arms swings
2	5 6 7 8	Jump in 1 st x 4	Relaxed arm swings
3	1	Spring RF	Swing both arms down and across to R into relaxed 3 rd LA forward
	2	Hop RF placing LL in relaxed attitude derriere	
	3 4	Repeat to L	
4	5 6 7 8	Galop to R ending LL in relaxed attitude derriere	Circle both arms to R overhead to end relaxed opposition LA forward
5	1	Step LF to side	Open LA to 2nd
	2 3	Draw RF towards L into turn to L to end facing RDF	Lower both arms to sides
	4	Step RF forward to RDF	
6	5	Hop on RF placing LF in high parallel retire	
	6 7	Repeat LF on landing begin to turn L	Repeat ending RA high parallel
	8	Step back RF to RDF facing LDB	Arms relaxed at sides
7	1	Step LF to side turning to face RDB	Hold position
	2	Step forward RF facing RDF	Swing both arms into strong opposition
	3	Hop RF placing LF in high parallel retire	
8	4 5 6 7 8	Free ending	Free

TRAVEL TIME

Commence LDB facing RDF. Weight on LF, RF relaxed behind.
Arms relaxed.

BAR	COUNT		
1	1	Step RF forward	Free throughout
	2	Hop on RF placing LF in high parallel retire	
	3	Repeat LF turning L to face LDB	
	4	Step back Rf on bent leg	
2	5	Swing LL down and back into medium aerial, hop on RF turning slightly to L	
	6	Step sideways onto LF	
	7&	Turning to face RDF free run forward	
	8	Split run RL	
	1 2 3 4	Free run out as next candidate commences	

COMBO

Facing . Feet parallel hip width apart. Arms at sides.

BAR	COUNT		
1	1 2	Circular spring R to L	Free throughout
	3	Wide lunge RF to R side	
2	4 5	Rebound weight to L releasing R into low aerial at side	
	6 7 8	Lower RF into galop sideways	
3	1 2	Wide step RF to side drawing LF to R without weight to end facing RDB	
	3 4	Wide step LF to side facing back releasing RL into low side aerial	
4	5 6	Lower into seat roll to L	
	7	Begin to recover onto RF facing LDB	
	8	Continue turning to end parallel 1 st facing front	
5	1	Turning to face LDF step back RF	
	2	Turning to face RDB place LF to hip width parallel 1 st	
	3	Step LF forward	
	4	Bend LL swing RL behind turning to face LDF on demi pointe, hip width parallel 1 st	
6	5 6	Turning to R release LL behind R into lunge on R, LL slightly inverted	
	&78	Slight spring onto LF to repeat on other side	
7	&12 &34	Repeat to R and L	
	&	Recover weight to RL	
8	5 6	Bend RL placing LF to high parallel retire	
	7 8	Wide step LF to side releasing RL into low side aerial	
9	1 2	Repeat to R releasing to 90° side aerial	
10	3 4 5	Galop sideways LRL travelling to LDF facing RDF	
	6	Transfer weight to LF releasing LL to high aerial at the back	
	7	Step back onto RF	

11 - 12	8 1 2 3 4 5 6 7 8	Free low walk/slow run turning to L to end facing LDF. Feet parallel 1 st hip width apart	
13 - 24		Repeat bars 1 – 12 on same side	

LET'S DANCE

A routine demonstrating moves and actions from this grade and below on ANY theme or idea. Please give the piece a title.

- To be choreographed by the teacher - free music choice.
- Max 45 seconds

THANK YOU

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

