



NATIONAL PERFORMING ARTS ALLIANCE

LEVEL 2 CONTEMPORARY

GRADES 4 & 5

VERSION 4 FEBRUARY 2026

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Reference Number: 17653140723S016

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GRADE 4 CONTEMPORARY

EXERCISE	EXAM FORMAT	TEACHER ASSISTANCE?
Triplet and Twist	All together	NO. CANDIDATES ARE EXPECTED TO PERFORM WITHOUT ASSISTANCE.
Core Cunningham	All together	
Foot & Leg Articulation	All together	
Floor Combination	In pairs	
Turning Preparation	In pairs	
Solo Improvisation	Solo	
Contact Improvisation	In pairs	
Elevate 'A'	Solo consecutively	
Elevate 'B'	Solo consecutively	
Elevate 'C'	Solo consecutively	
Elevated Combination	In pairs	
Set Combination	In pairs	
Let's Dance	In pairs	
Thank You	All together	

TRIplet & TWIST

Commence centre back, facing front. Feet classical 1st, arms relaxed at sides.
MUSIC: FRENCH TOAST

BAR	COUNT		
1	1	Wide chasse RF to 2 nd	High swing both arms across the body to R using strong opposition in the upper body and shoulders
	&2	Loose ball change LF to RF, on demi pointe to soft lower (triplet)	
	3 & 4	Repeat triplet to L	Repeat to L
2	5 6	Wide chasse RF to 2 nd	Medium swing across the body to R to end arms loosely 'wrapped'
	7 8	Draw LF to R to classical 1 st , strong torso twist to R, hips to front	
3 - 4		Repeat to L	Repeat to L
5	1&2 3&4	Repeat bar 1	Repeat bar 1
6	5&6	Wide chasse to 2 nd into open turn on demi pointe travelling to RDF	Soft open to 2 nd with relaxed elbows
	7 8	Draw LF to RF to classical 3 rd strong torso twist to R, hips to front	Medium swing across the body to R to end arms loosely 'wrapped'
7 - 8	1 - 8	Repeat bars 5 & 6 to L	
9	1&2 3&4	Repeat bar 1	
10	5	Chasse & recover to 2 nd RF to RDF ending weight on RF releasing LF off floor	Swing RA to high diagonal, LA low
	6 7	Turning to R lower to floor into seat roll and recover to end facing RDF standing on RF	Lower L then RH to floor
	8	Close LF to RF classical 1 st	Arms relaxed
11 - 12		Repeat bars 9 & 10 to L	
13 - 24	Repeat all x 2 in total		

CORE CUNNINGHAM

Facing front. Feet parallel hip width apart. Arms relaxed at sides.
MUSIC : SOMEBODY THAT I USED TO KNOW - INSTRUMENTAL

BAR	COUNT		
Intro	7 8	Lower eyeline, drop chin to chest	Swing both arms across body to end forearms crossed in front of chest
1	1 2 3 4	Bend knees & recover	Swing both arms down out and up to high parallel, palms in, looking up
2	5	Hold position	Claps hands together
	6 7 8	Bend knees	Pull clasped hands down, lowering head and eyeline, contraction
3	1 2 3 4	Stretch legs	Shoot clasped hands back up to high
	5	Hold position	Open arms to 2 nd
4	6 7 8	Bend knees and recover	Swing both arms down to floor, across body, up and out to 2 nd
5	1 2	Hold position	Lean head and upper body to R lowering arms towards sides
6	3 4 5 6 7 8	Hold position	'Circle' upper body and head down and across body to left and recover into
7	1 2 3 4	Hold position	Strong side tilt to R, LA sideways, up and over to R
8	5 6	Hold position	Lower head & centre body,
	7 8	Hold position	Recover both arms 2 nd
9	1 2 3 4	Bend both knees	Strong abdominal contraction, arms classical 1 st head lowered
10	5 6	Stretch both legs	Recover carrying both arms classical 5 th
11	7 8 1 2 3 4	Hold position	Open both arms to 2 nd palms up. Drop head back into high release

12	5 6 7 8		Recover to standing raise both arms above head crossing wrists
13	1 2	Bend and stretch both knees	Swing both arms down and in front of body carrying sideways to 2 nd palms down
13	3 4	Bend and stretch both knees	Heavy swing both arms down and across body crossing forearms at chest height
14	5 6	Bend and stretch both knees	Swing both arms down and back behind body to end high parallel palms facing
	7 8	Bend and stretch both knees to end in relaxed table back	'Dive' both hands forward, down and back behind body
15	1 2 3 4	Bend and stretch both knees	Swing both arms down, forward and up to high parallel
16	5 6	Hold position	Open both arms to 2 nd palms facing
	7 8	Lower eyeline, drop chin to chest	Swing both arms across body to end forearms crossed in front of chest
17-32	Repeat all on other side		
33 - 64	Repeat all		

FOOT AND LEG ARTICULATION

Facing front. Feet Classical 1st. Arms relaxed at sides.
MUSIC : EIGHTS 60

BAR	COUNT		
1	1 2 3	Tendu RF forward	
	4 5 6	Close 1st	
2 - 4	1 - 18	Repeat to 2 nd , behind, 2 nd	
5 - 8	1 - 24	Repeat all raising working leg to 45 and close on demi plie	Relaxed bras bas on demi plie
9	1 2 3	Raise RL forward at 45	2 nd , palms facing
	4 5 6	Lunge forward onto RF	
10	1 2 3	Rebound weight to LL releasing RF off floor	
	4 5 6	Lunge RF to 2nd	
11	1 2 3	Rebound weight to LL releasing RF off floor	
	4 5 6	Close 1st in demi plie	Swing both arms down and across body to end crossed in front of chest
12	1 2 3	Raise RF to full side retire	Swing down and up to 2 nd
	4 5 6	Lower to 1 st in demi plie	Swing both arms down and across body to end crossed in front of chest
13	1 2 3	Swing RL forward to attitude	Swing down and up to 2 nd
	4 5 6	Swing RL through 1 st to raise in attitude at the back	Swing both arms down and across body to end crossed in front of chest
14	1 2 3	Swing RL through 1 st to raise in attitude in front	Swing down and up to 2 nd
15	4 5 6 1 2 3 4 5 6	Repeat attitude swings x 3 back, front, back	Repeat swings across and out. On final swing to back end 5 th
16	1 2	Pass RF through to step forward on bent legs	Open to across & out to 2 nd palms facing
	3	Low walk LF forward	Hold position
	4	Close in 1 st on demi plie	Lower to sides
	5 6	Stretch legs	Hold position
16 - 32	Repeat all on other side		
33 - 64	Repeat all		

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FLOOR COMBO

Facing front. Feet classical 1st Arms at sides.
MUSIC : ANTENNA

BAR	COUNT		
INTRO	7 8	Chasse LF 2 nd	High swing both arms across the body to L using strong opposition in the upper body and shoulders
1	1 2	Deep chasse RF 2 nd and recover releasing LF slightly off floor	Swing RA to high diagonal, LA low
	3 4	Turning to R lower to floor onto L knee into seat roll	LH to floor, RA high diagonal and lower to floor
2	5 6	Continue turning to R swing LL across, slight kneel up on R	RH on floor, swing LA across body in lie with working leg
	7 8	Turning L knee roll to end facing back	Lower LH then RH to floor
3	1	Lower R side of body to floor	Slide RH forward along floor
	2 3	Roll to L onto back, bending knees, feet flat to floor	Both arms relaxed on floor
	4	Continue to turn ending sat up, legs straight in front facing LDF	Hands relaxed
4	5 6	Forward stretch over legs	Reach both hands to feet
5	7 8 1 2	Backward roll over R shoulder ending sitting on heels	Hands to sides on floor to end both hands on floor elbows bent
	3	Turn to L to end sat up, legs straight facing RDB	Hands relaxed
	4	Forward stretch over legs	Reach both hands to feet
6	5 6	Rebound to sitting	Circle RA overhead and behind to floor
	7 8	Turn R to lower body to floor	Hands under shoulders, elbows bent
7	1 2	Continue to turn to right, body to floor, knees	RH to floor

		bent, feet raised upwards to ceiling	
	3	End the roll sitting on R hip facing RDB	
	4	Circle LL across floor to R	Swing LA across body to R
8	a5	Bunny hop RF to LF travelling down diagonal to RDF	Both hands to floor
	6	Recover to standing end in free position	Arms relaxed
	7 8	Chasse RF 2 nd	High swing both arms across the body to R using strong opposition in the upper body and shoulders
9 - 16	Repeat all on other side		

TURNING PREPARATION

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

On final 4 counts of intro place to 2nd, palms facing.

MUSIC : LONG TIME GONE

BAR	COUNT		
1	1 2	Chasse RF to 2 nd facing front	Circle both arms across body, up and overhead to 2 nd palms up
	3 4	Close LF towards RF turning to face R side on bent legs, contracting body	Classical 1 st
2	5 6	Release up and out into chasse to L facing front	Swing LA up and overhead to 2 nd palms facing
	7 8	Close RF towards LF turning to face L side on bent legs, contracting body	Lower LA to side. With resistance RA forward to low parallel, elbows soft
3	1 2	Release up and out into chasse to R facing front	Swing RA up and overhead to 2 nd palms facing
	3 4	Turning to L pull LF towards RF to end facing L side legs bent, slight body contraction	With resistance both arms classical 1 st
4	5 6	Chasse LF forward to wide parallel lunge in 4 th , R heel raised	3 rd RA forward
	7 8	Turning R draw RF to LF to classical 1 st facing front	2 nd palms facing
5	1 2	Chasse RF to side into lunge line to R	3 rd RA forward
	3 4	Rebound weight to LF releasing RF from floor leg inverted in 2 nd	Hold position
6	5 6	Return to lunge	Hold position
	7 8	Rebound weight to LF releasing RF to low retire in front	Classical 1 st
7	1 2	Return to lunge	3 rd RA forward
	3 4	Rebound weight to LF into ½ inward pirouette, RF in low retire in front to end facing back	Classical 1 st

8	5 6	Lunge RF to 2 nd facing back	3 rd RA forward
	7 8	Rebound weight to LF into ½ outward pirouette, RF in low retire in front to end facing front in classical 1st	1 st to 2 nd
9 - 16		Repeat bars 1 – 8 on other side	
17 - 32		Repeat all	

SOLO IMPROVISATION

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

The music will be selected from the 'Grade 4 - 5 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:

- Reach, Rebound, Release
- Swing, Suspend, Spiral

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 stimulus.

CONTACT IMPROVISATION

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

The music will be selected from the 'Grade 4 - 5 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:

- COUNTER BALANCE
- 2 types of contact using the SAME body part
- 2 types of contact using differing body parts

Candidates will have the opportunity to listen to 16 bars of the selected 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 ELEVATE 'A' 'B' and 'C'

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 'A'

Centre back. Facing RDF. Feet slightly apart. Arms held at sides.

MUSIC : LIGHT THE SHADE

BAR	COUNT		
1	1 2 3 4	Spring forward RLRL to RDF	Free
2	5	Step forward RF to RDF	
	6	Hop on RF placing LF in retire at the back turning R to face RDB	
	7	Step back LF to RDF	
	8	Hop on LF placing RF in retire at the back turning L to face LDF	
3 - 4	1 - 8	Repeat bars 1 & 2	
5 - 8		Repeat all on other side	

ELEVATE 'B'

Centre back. Facing RDF. Feet slightly apart. Arms held at sides.

MUSIC : LIGHT THE SHADE

BAR	COUNT		
1	1 2 3 4	Spring forward RLRL to RDF	Free
	5	Step forward RF facing RDF	
	&6	Hop on RF with L leg in arabesque at the back	
2	7	Step forward LF facing LDF	
	&8	Hop on LF with R leg in arabesque at the back	
3 - 4	1 - 8	Repeat bars 1 & 2	
5 - 8		Repeat all on other side	

ELEVATE 'C'

LDB facing RDF. LF relaxed behind RF. Arms held at sides.
MUSIC : ENJOY THE SILENCE

BAR	COUNT		
1	1	Chasse forward LF to RDF	Swing down into ...
	2	Brush leap RL (length not height)	Strong opposition
2	3 4 5 6 7 8	Repeat x 4 in total	
		Repeat all on other side from RDB	

ELEVATED COMBINATION

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

MUSIC : MAKEBA

BAR	COUNT		
1	1	Step forward RF facing RDF	Free
	&2	Hop on RF with L leg in arabesque at the back facing RDF	
	3	Step forward LF to RDF	
	&4	Hop on LF placing RF in retire at the back turning L to face LDF	
2	5	Turning to L step back on RF facing LDB	
	&6	Hop on RF swinging L leg backwards into arabesque	
	7	Step LF forward to RDF	
	&8	Hop on LF turning to L to face LDB, RL in arabesque	
3	1 2	Walk back R & L towards RDF facing LDB	
	3	Step forward RF to LDB	
	4	Turn to L to face LDF placing LF in low retire devant	
4	567	Long run x 3 to LDF	
	a8	Brush leap R to LDF	
		Walk upstage and across back to repeat on other side	
9 - 16		Repeat all	

SET COMBINATION

Centre. Facing LDF. Feet parallel hip width apart. Arms at sides.
MUSIC : HEARTBEAT

BAR	COUNT		
INT RO	8	Step forward onto RF facing LDF	LA sideways and up, RA extended at side
1	1	Spring onto LF, RF low side retire	Circle LA overhead to R. Body lean to R
	2	Step RF across L facing front	Unfold LA across body to L
	a3 4	Wide lunge L leg side	Drop LH to side
2	5 6	Rebound weight to RF raising LL at side	Throw LA up and overhead to R
	7 8	Return to lunge on L	Swing LA down and behind body to L
3	1 2	Rebound weight to RF, circle LF forward and across floor turning to R	Throw LA up and overhead to R
	3 4	Wide step LF to side on bent leg facing back, release RF from floor at side	Swing LA down and across body to R, RA extended behind body
4	5 6	Replace weight to RF turning to L draw LF towards RF	Open LA forward. Bending elbow 'curl' LH in towards body
5	7 8 1	Wide chasse LF to 2 nd facing front. Loose ball change LF to RF, on demi pointe to soft lower (triplet)	Unfold LA upwards to high diagonal opening backwards, RA folds across chest, RH towards L shoulder
	2 3	Wide step to R on bent leg, release LF from floor at side	Unfold RA to side. Circle LA overhead to R
6	4 5 6 7	Lower L hip to floor into seat roll to face front kneeling slightly up	L and RH to floor
7	8 1 2	Transfer weight to L knee extending RL to side	LH to floor, RA overhead to L with strong side stretch
8	3 4 5	Draw RL in to seat roll to L to face RDB legs extended forward facing RDB	R and LH to floor
	6	Forward stretch over legs	Reach both hands to feet
	7	Rebound to sitting	Circle LA overhead and behind to floor
9	8 1 2	Turn L to lower body to floor	Hands under shoulders, elbows bent

	3 4	Cat stretch	Extend elbows
10	5	Lower R side of body to floor	Slide RH forward along floor
	6 7	Roll to R onto back, bending knees, feet flat to floor	Both arms relaxed on floor
	8	Continue to turn ending facing RDF	Hands relaxed
11	1 2	Recover to standing RF side	Swing both arms across body to R
	3 4	Stretch RL extend LL to LDF at 45	Slide both arms across to L into strong opposition leaning back slightly
12	5	Lower onto LF	Hold position
	6	Draw RF to LF turning R to face back	Open both arms to low 2 nd
	7	Wide chasse RF to side facing back	Raise both arms to 2 nd , palms to floor
	8	Draw LF to RF on bent legs facing L side	Relax both arms forward
13	1	Hold position	Swing LA forward and overhead to L
	2	LF wide step to L facing back	Open both arms to 2 nd palms facing
14	3 4 5	Pull RF to L spinning 1 ¼ to L to end facing RDF on bent legs	Pull both arms in to classical 1 st
	6 7 8	Stretch legs	Relax both arms to sides. Strong 'circle' of upper body L to R
15	1 2	Bend legs	Relax body forward over legs
16	3 4 5 6	Recover	Swing both arms back and up overhead
17	7 8 1 2 3 4	Bend & stretch legs	'Dive' both arms forward, relaxing body over legs, swing arms behind
18	5 6 7 8	Recover	Swing both arms forward and up to high parallel
19	1 2	Raise LH bending both legs	Strong side tilt to R, arms diagonal line, LA high
	3 4	Switch to RH	Switch to L side
20	5 6 7 8	Recover to standing	Lower arms to sides
	No repeat		

LET'S DANCE

A routine demonstrating skills, actions and movement qualities from this grade and below on ANY theme or idea.

To be choreographed by the teacher - free music choice.

- Maximum 1 minute

THANK YOU

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

GRADE 5 CONTEMPORARY

EXERCISE	EXAM FORMAT	TEACHER ASSISTANCE?
Triplet, Travel & Turn	All together	NO. CANDIDATES ARE EXPECTED TO PERFORM WITHOUT ASSISTANCE.
Core Cunningham	All together	
Foot & Leg Articulation	All together	
Floor Combination	In pairs	
Turning Preparation	In pairs	
Solo Improvisation	Solo	
Contact Improvisation	In pairs	
Elevate 'A'	Solo consecutively	
Elevate 'B'	Solo consecutively	
Elevate 'C'	Solo consecutively	
Elevated Combination	In pairs	
Set Combination	In pairs	
Let's Dance	In pairs	
Thank You	All together	

TRIPLET, TRAVEL & TURN

Commence centre back, facing front.
RF relaxed behind LF, arms relaxed at sides.
MUSIC : SKINS

BAR	COUNT		
1	1 2 3	Wide parallel chasse RF forward 2 x passing steps L, R on demi pointe to soft lower (triplet)	Free
2	4 5 6	Repeat triplet on L	
3	1 2 3	Wide chasse RF to 2 nd Loose ball change RF to LF, on demi pointe to soft lower (triplet) crossing LF behind	
4	4 5 6	Repeat triplet to L	
5	1 2 3	Wide chasse to 2 nd into open turn on demi pointe travelling to R side	
6	4 5 6	Repeat to L	
7	1 2 3	Deep chasse RF 2 nd to R side	
8	4 5 6	Draw LF behind R without weight turning R to face the back	
9 - 16		Repeat bars 1 – 8 travelling to the back	
17 - 32		Repeat bars 1 – 16 Teachers choice of pattern and direction	
33 - 64		Repeat all	

CORE CUNNINGHAM

Facing front. Feet parallel hip width apart. Arms relaxed at sides.
MUSIC : FEENICKS

BAR	COUNT		
Intro	5 6 7 8	Hold position	Raise both arms to 2 nd palms facing
1	1 2 3 4	Hinge forward from hips into table back	Arms 2 nd palms down
2	5 6 7 8	Strong abdominal contraction	Lower both arms to bras bas, head down
	1 2 3	Release to table back	Release to 2 nd palms down
3	4	Hold position	'Pull' hands slightly behind shoulder line
4	5 6 7 8	Bend knees and recover to standing	Swing both arms down to floor, across body and up
5	1 2	Bend knees	Lean head and upper body to L lowering arms towards sides
6	3 4	Hold position	'Circle' upper body and head down and across body to right and recover. Arms relaxed
7	5	Recover to standing	Strong side stretch to R, LA sideways, up and over to R, RA relaxed
8	6	Hold position	Strong side bend to L, contract L arm in 2 nd pulling elbow to L hip. RA relaxed at side
	7 8		Strong side tilt to R, LA sideways, up and over to R, RA relaxed
9	1		Continue to circle LA down and across, RA bent at the elbow, RH towards L hip.
10	2 3 4		Relax upper body and head slightly forwards, arms relaxed.

11	5 6 7 8		Recover to standing, arms 2 nd , palms facing
	1 2 3		Strong side tilt to L, arms diagonal, LH low
12	4 5 6 7 8		Recover and repeat to R
	1 2	Slight bend in both knees raising R heel	Recover and repeat L
	3 4 5 6	Repeat to R & L	Recover and repeat R & L
13	7 8 1 2 3 4	Bend both knees	Heavy swing RA overhead to L ending lowering arms and body towards floor – continue to circle LA across and overhead to standing. Lower LA to side. RA relaxed
14	5 6 7 8	Recover to standing. Slight rib shift to L into strong rib shift to R	'Reach' RA to 2 nd , palm down
	1 2	Hold position	LA overhead to R into strong side stretch to R
15	3 4	Bend both knees	Swing both arms down, across body to L side into high parallel
16	5 6 7 8	Recover to standing	LA hold position, open RA overhead to end 2 nd palms facing
17-32	Repeat bars 1 – 16		

FOOT AND LEG ARTICULATION

Facing RDF. Weight on RF, LF pointed behind. Arms relaxed at sides.
MUSIC : VARIATION

BAR	COUNT		
INTRO	7 8	Chasse LF forward to end RF pointed behind	Free
1	1 2	Swing RL through 1st to front attitude on straight supporting leg	
	3 4	Swing RL through 1 st to raise in attitude at the back on straight supporting leg	
2	5 6 7 8	Repeat attitude swings front, back	
3	1 2	Swing RL through 1 st bending supporting leg	
4	3 4 5 6	Carry RL through 2 nd to attitude behind on bent supporting leg	
	7 8	Stretch both legs (arabesque line)	
5	a	Lower RF to floor behind	
	1 2	Swing RL through 1 st to 90 in front	
	3 4	Lower to 1 st	
6	5 6	Swing RL to 2 nd at 90	
	7 8	Lower to 1st	
7	1 2	Swing RL behind at 90	
	3 4	Close 1st	
8	5 6 7 8	Repeat to 2 nd closing in 1st	
9	1 2	Raise RL forward at 90	
	3 4	Lunge forward onto RF	
10	5 6	Rebound weight to LL releasing RF off floor	
	7 8	Lunge RF to 2nd	
11	1 2	Rebound weight to LL releasing RF off floor	
	3 4	Return to lunge in 2 nd	
12	5 6 7 8	Draw RF to LF across floor to 1st	
13 - 14	1 - 8	Hold position	
15	1 2	Rise to demi pointe	
	3 4	Lower to 1 st	
16	5 6 7 8	Wide chasse RF forward to end weight on RF, LF extended behind	
17 - 32		Repeat bars 1 – 16 on other side	

FLOOR COMBO

Facing RDF. Weight on RF, LF relaxed at the back. Arms at sides.
MUSIC : HANG OUTBACK

BAR	COUNT		
INTRO	8	Step LF forward	Free
1	1 2	Rond de jambe RF forward and round to back ending in deep lunge on LL	
	3 4	Lower RL to floor	Lower body to floor, push RH forward along floor
2	5 6	Roll to L onto back, knees bent, feet flat	Free
	7	Continue to roll onto L side	Extend LA across floor
3	8	Continue to roll onto front	Star
	1 2	Continue to roll to L	Free
	3 4	End sitting upright feet and legs extended to RDF	
4	5 6	Roll to R onto front, feet up, knees bent	
5	7 8	End sitting facing LDF LL 'crossed' in front of R	
	1 2	Push up off L hip into turn to L	
	3	Lower L then RL to floor	
6	4 5	Lower onto R hip into roll to face RDF legs and feet extended	
	6	Hold position	Extend body and RA forward over legs
7	7 8 1	Backward roll over R shoulder with split extension RL high	Free
	2 3	Lower to floor	
	4	Roll L onto back, knees bent, feet flat	
8	5 6	Continue roll swinging RL across L towards L side	

9	7 8 1	Step onto RF into low cartwheel (hips up) L to R	
	2 3 4	Turning R draw LF to RF to face LDF	
10	5 6 7 8	Hold position	
11 - 20	Repeat all on other side		

TURNING DEVELOPMENT

Facing front. Feet classical 1st. Arms relaxed at sides.

MUSIC : ZABUMBAZUL

BAR	COUNT		
1	1 2	Chasse LF to 2 nd facing front	Circle both arms across body, up and overhead to 2 nd palms up
	3	Close RF towards LF turning to face L side on bent legs, contracting body	Lower LA to side. With resistance RA forward to low parallel, elbows soft
2	4	Release up and out into chasse to R facing front	Swing RA up and overhead to 2 nd palms facing
	5 6	Close LF towards RF turning 1 ¼ to R to end facing RDF side on bent legs, contracting body	Lower RA to side. With resistance LA forward to low parallel, elbows soft
3	1	Stretch legs with strong lean forward	Swing LA up and overhead to 2 nd palms facing
	2 3	Chasse RF forward raising LL behind into strong arabesque line	
4	4 5 6	Lower LF to floor turning to L place RF in low retire at the back to end facing front	With resistance both arms classical 1st
5	1	Wide step RF side to wide lunge in 4 th , both feet flat. Strong side lean to R	3 rd LA forward
	2 3	Rebound weight to LF releasing RF from floor in 2 nd . Strong side lean to L	Hold position
6	4	Lower RF to natural 2 nd on plie	Hold position
	5 6	Ronde LF inwards ending RF extended to side turning to face RDB (1/2 turn)	
7	1	Lower LF to natural 2 nd on plie	
	2	Ronde RF inwards ending RF extended to side turning to face back (3/4 turn)	Classical 1 st

8	3	Lower RF to natural 2 nd on plie	3 rd LA forward
	4 5 6	1½ turn to R end facing front on straight legs, draw LF to RF	Classical 1st
9 - 16		Repeat bars 1 – 8 on other side	
17 - 32		Repeat all	

SOLO IMPROVISATION

The Examiner will ask the candidate(s) to improvise **SOLO** for **16 bars of the selected music**. The music will be selected from the 'Grade 4 - 5 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:

- Fall, Catch, Recover
- Shift, Ripple, Shoot

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 stimulus.

CONTACT IMPROVISATION

The Examiner will ask the candidate(s) to improvise **IN PAIRS** for **16 bars of the selected music**. The music will be selected from the 'Grade 4 - 5 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:

- COUNTER BALANCE
- WEIGHT SHARING – both candidates to have **ALL** body weight off the floor twice each
- 3 types of body contact that move continuously from one to the other. No contact should be lost during this sequence.

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 ELEVATE 'A' 'B' and 'C'

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 'A'

Commence LDB. Weight on LF, RF relaxed behind. Arms held at sides.

MUSIC : GIRLS LIKE YOU

BAR	COUNT		
1	1	Chasse forward RF facing LDF	Free
	2	Hop on RF with L leg in arabesque at the back	
	3	Step forward LF facing LDF	
	4	Hop on LF turning R with R leg in attitude in front	
2 - 4		Repeat bar 1 x 4 in total	
5 - 8		Repeat all on other side	

ELEVATE 'B'

Commence LDB. LF extended forward, weight on RF.

Prepare arms to relaxed 1st, slight side bend to R.

MUSIC : BREATHE

BAR	COUNT		
1	1 2	Side leap R	Free
	3 4	Ball change L to R front to back	
2	5 - 8	Repeat to L	
3 - 4	5	Repeat bars 1 & 2	
5 - 8		Repeat all from RDB	

ELEVATE 'C'

RDB facing LDF. LF relaxed behind RF. Arms held at sides.
MUSIC : STOMP

BAR	COUNT		
1	1	Chasse forward LF to RDF	Relaxed classical 1 st
	2	Stag leap RL (height not length)	Strong opposition
2	3 4 5 6 7 8	Repeat x 4 in total	
3 - 4		Repeat all on other side from LDB	

ELEVATED COMBINATION

Commence LDB facing RDF. Weight on RF. LF extended forward.

Arms held across body to R.

MUSIC : BLURRED LINES INSTRUMENTAL

BAR	COUNT		
1	1	Side brush leap to R	Free
	2 3	Ball change L to R	
	4	Turning L chasse LF forward	
2	5	Hop RF, LF low retire at the back turning L	
	6	Chasse RF to 2 nd	
	7	Hop RF, LF low retire at the back turning R	
	8	Chasse LF to 2 nd	
3	1	Hop LF, RL extended to 2 nd	
	2	Lower RF to deep plie 2 nd	
	3	Hop RF, LL raised at back in arabesque line	
4	4	Chasse LF forward turning to R	
	5	Hop LF, RL attitude in front	
	6 7 8	Circular spring onto RF turning to R crossing LF over	
5	1	Wide lunge to side RL	
	2 3	Rebound to LL raise RF to low parallel retire	
	4	Return to lunge line	
6	5 6	Rebound to LL, RL extended at side	
	7 8	Return to lunge line	
7	1 2	Chasse LF 2 nd towards LDB	
8	3 4 5	Chasse RF towards RDF into galop	
	6&	Step LF into coupe turn to R	
	7	Step RF forward to RDF	
	8 1	Chasse LF forward into RL brush leap	
	2 3 4	Free run out	
9 - 16		Repeat bars 1 – 8 on other side from RDB	

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SET COMBINATION

Centre. Facing LDF. Feet parallel hip width apart. Arms at sides.
MUSIC : KEEPING YOUR HEAD

BAR	COUNT		
	&	Hold position	Slight raise of R shoulder
1	1	Bend both knees raising LH	'Drop' RH towards floor
	2 3 4	Recover to standing, LH raised	Raise RA through 2 nd to high parallel
2	5	Lower RH, step back LF on bent knees	'Dive' RH forward, down and back behind body
	6 7 (8)	Draw LF back to end feet apart in parallel on demi pointe weight held forward	Sweep both arms back & up to end 5 th
3	1	Slight spring both feet into double chasse forward	Swing both arms down and behind body. Strong body lean over legs, head lowered.
	2 3 4	Recover to standing	5 th behind shoulder line. Slight upper back bend, head tilted back
4	5	Bend both knees raising heels into deep parallel plie	Release elbows lowering both hands to floor
	6 7 8	Extend both legs to plank	'Walk' hands forward L,R,L End with LA extended beyond L shoulder line, RA behind R.
5	1 2	Lower to floor turning towards R side	Push LH forward across floor
	3 4	Continue into roll to R, knees bent, feet flat ending in low kneel on R	Both hands to floor
6	5 6 7	Swing LL slightly across R knee – knee bent, toes to floor	Both hands to floor
7	8 1 2	Seat roll to L end placing RF forward, knee bent, with weight	LH to floor
	3 4	Push up onto RL, raising LL into needle line	Both hands to floor head lowered
8	5	Bend LL to lower to floor to end sitting, bend RL crossing RF over L	Free
	6 7 8	Turning R rebound off R hip and leg to end standing on LF,	

		RF in low parallel retire facing LDF	
9	1 2	Raise Rf and place to low parallel retire LL	RH had to L shoulder. LA relaxed at side.
	3 4	Wide lunge RF to side facing RDF	Reaching RA 2 nd
10	5	Rebound weight to LF into parallel retire on demi pointe	RA across lower body LA high diagonal
	6	Step RF over LF	Strong torso twist to R
	7	Step back LF turning to R	Lower to sides
	8	Swing RL round to RDF bend LL	
11	1	Step RF to side closing LF to parallel facing RDF stretching legs	
	2 3	Hold position	Show breath through body
	4	Hold position	Present LA forward at eye level, palm up
12	5	Hold position	Present RA forward at eye level, palm up
	6 7	Hold position	Hold position
	8	Deep parallel knee bend	Pull L fist to chest, relax head and body forward
13	1	Hold position	Pull R fist to chest
	2 3	Recover to standing swinging LL back into arabesque line	Free
	4	Step LF to side	Pull L elbow behind body
14	5 6	Place RF in low retire at the behind turning to face back	Wrap arms across body RA front
	7	Turning R chasse RF to 2 nd facing back end on a rise LL in low arabesque line behind	Free
15	8 1 2	Continue to turn in arabesque on demi pointe to end facing LDF feet parallel on bent legs	
	3 4	Hold position	Relax body & head over legs, hands towards floor
16	5 6 7 8	Uncurl to standing	Uncurl to standing
17-32		Repeat all on same side	

LET'S DANCE

A routine demonstrating skills, actions and movement qualities from this grade and below on ANY theme or idea.

To be choreographed by the teacher - free music choice.

- Maximum 1 minute

THANK YOU

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