



**CONTEMPORARY
LEVEL 3 GRADED EXAMINATIONS
GRADE 6**

VERSION 1 APRIL 2026

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THANK YOU

GRADE 6 CONTEMPORARY

EXERCISE	EXAM FORMAT	TEACHER ASSISTANCE?
Warm-Up	All together	NO. CANDIDATES ARE EXPECTED TO PERFORM WITHOUT ASSISTANCE.
Weight Transference	Solo or in 2's	
Floor Combination	Solo	
Foot & Leg Articulation	Solo or in 2's	
Turns	Solo	
Solo Improvisation	Solo	
Elevation Warm-up	All together	
On The Diagonal	Solo consecutively	
Elevation Combination	Solo or in 2's	
Set Combination	Solo	
Candidate Choreography	Candidate + 1 other dancer	
Let's Dance	Solo	
Thank You	All together	

WARM-UP

Commence facing front, feet slightly apart in parallel. Arms relaxed at sides.

MUSIC : GUITARE BAMBOU – RENÉ AUBREY

****Music is written in 6/8 time. For ease of counting the script is written in 4/4****

16 count introduction

BAR	COUNT		
Intro	1 - 8	Hold position	Hold position
Intro	1 - 4	Slowly circle upper body from R to L	Slowly circle head from R to L
Intro	5 - 8	Continue to circle to R to end strong side stretch/inclination to R on counts 7 8	LA overhead to R inclination of head to R on counts 7 8
1	1 2	Hold side stretch position	Full inward circle LA returning to strong side stretch to R
	3 4	Recover to standing facing front count 4	Inward circle LA to end both arms 2 nd , palms to front count 4
2	5 6	Slowly bend knees with strong abdominal contraction	Slowly gather both arms to 1 st lowering head towards chest
	7 8	Recover to standing	Raise arms to 5 th
3	1 2	Slowly bend knees inclining upper body backwards	Open arms to 2 nd , palms up, raising eyeline and chin to ceiling
	&	Recover to standing	Return arms to 5 th
	3 4	Slight relaxation of upper body forwards	Cross wrists and circle both arms outwards to relaxed high V, head lowered towards chest
4	&5	Bend knees maintaining relaxation in body	Swing both arms down and across body to end 5 th
	6	Recover to standing twisting torso strongly to R	Circle LA forward, RA back lowering to sides, turning head strongly over R shoulder
	7 8	Recover to face front	Circle RA forward over and back to end at side

	9 10	Slowly bend knees with strong abdominal contraction	Swing RA forward to 1 st lowering head towards chest
5	1 2	Recover	Strong impulse swing RA down back & up to high parallel
	a	Slight relaxation of upper body forwards	RA overhead to 5 th head relaxed to chest
	3	Recover to standing	RA 5th
6	4	Strong side stretch to R	Lower RA to 2 nd , palm up. Strong inclination of head to R
	5 6	Strong side stretch to L	Lower RA to side. Raise LA to 2 nd . Strong inclination of head to L
	7 8	Maintain side stretch	Impulse RA overhead to high diagonal in parallel line with LA
7	1 2 3	Bend knees circle body from R to L	Co-ordinated circle of both arms L to R, relax head
8	4	Recover to standing	Open LA overhead to 2 nd , RA 2nd
9 - 10	5 - 10	Circle upper body from L to R to end strong side stretch/inclination to L on counts 7 8	Slowly circle head from R to L to end RA overhead to L inclination of head to L on counts 5 6
11 - 18		Repeat bars 1 - 8 on other side	
19	1 2 3 4	Hold position	Lower arms to sides

WEIGHT TRANSFERENCE

Commence facing front, feet natural 1st. Arms relaxed at sides.

MUSIC : XICA XICA – EL BUHO, UJI, BARRIO LINDO 4/4 TIME

16 count introduction

BAR	COUNT		
Intro	12 - 16	Hold position	Raise arms to 2nd
1	1 2	Point RF forward	Hold position
	3 4	Close to natural 1st	Hold position
2	5 6	Point LF side	3 rd LA forward
	7 8	Close natural 1st	Both arms 2 nd
3	1 2	Point RF back	RA relaxed high diagonal, LA 2nd
	3 4	Close natural 1st	Both arms 2 nd
4	5 6	Point LF 2nd	3 rd LA forward
	7 8	Close natural 1st	Both arms 2 nd
5	1 2	Repeat foot pattern bars 1 - 4	Relax upper body and head forward, both arms 1st
	3 4		Recover to standing arms 2nd
6	5 6		Body and head tilt to L. RA high diagonal, LA low 3rd
	7 8		Recover to standing. Arms 3 rd , RA forward
7	1 2		Slight backward tilt in upper body. RA relaxed high diagonal, LA 2nd
	3 4		Recover. Maintain arm position
8	5 6		Body and head tilt to R. LA high, RA low 3rd
	7 8		Recover to standing, both arms 2 nd
9 - 12	1 - 16	Repeat foot pattern bars 1 – 4 Bend supporting leg on counts 1 2, 5 6 Stretch supporting leg on counts 3 4, 7 8	Repeat arm pattern bars 5 - 8
13	1 2	Point RF forward bending supporting	Relax upper body and head forward, both arms 1st

	3 4	Stretch supporting leg circling RL 2 nd to end RF pointed to side	Both arms 2 nd
14	5 6	Hold position	Body and head tilt to L. RA high, LA low diagonal
	7 8	Lower RF into deep plie 2 nd with slight rebound	Strong relaxation forward and down body and head. Lower both arms to floor
15	1 2	Recover to standing	Swing both arms out & up to high V. Backward tilt, eyeline high
	3 4	Deep bounce to plie with slight recover in 2 nd	Swing both arms down and across chest, relaxing head and upper body forward
16	5	Deep bounce in 2 nd	Swing both arms down & out
	6 7 8	Recover to standing	Both arms high V
17	1	Deep bend in 2 nd inclining to R	Strong lean to R side pulling RA in towards chest
	2	Centre the bend	Pull LA into chest
	3	Deep bend in 2 nd inclining to L	Stretch RA high
	4	Recover to standing	Stretch LA high
18	5 6	Lunge to R, strong body inclination	Swing both arms across body, strong inclination of head
	7 8	Recover transferring weight to LF raising RL to side between 45/90	Swing both arms out to 2 nd
19	1 2	Lower RL to LF closing in 1 st demi plie	Swing both arms across body
	3 4	Stretch LL raising RF to full turned out retire (side of L knee)	Swing both arms out to 2 nd
20	5 6	Lower RF to LF in 1 st demi plie	Swing both arms across body
	7 8	Stretch both legs	Swing both arms to 2 nd
21 - 40		Repeat bars 1 – 20 on other side	

FLOOR COMBO

Facing front. Feet slightly apart. Arms at sides.
MUSIC : GRANDE CASCADE – RENÉ AUBREY 4/4
9 bar introduction

BAR	COUNT		
INTRO Bars 5 - 9	FREE	Free choreography	Free choreography
1	1 2	Deep chasse RF 2 nd relaxing upper body forward with strong incline to L, draw LF towards RF	Swing both arms to low co- ordination to L and across to end RA high diagonal, LA low
	3	Recover weight on LF releasing RH, maintain incline to L	RA high parallel behind head, LA across body to R side, head to front
	4	Cut RF under LF	Pull L elbow up and to L, lower RA behind body
2	5	Wide step LF to L side, bent supporting leg with strong incline of body to R	Continue to raise L elbow to L
	6	Transfer weight to LF releasing RF from floor slightly behind the hip line	LA 2 nd , RA high V
	7	Bend LL and lower RL to floor with strong extension ending R knee on floor	Slide RH forward along floor
3	8 1 2	Seat roll to R to end in upright kneel R, LL extended to L side	RH to floor, LA at side, strong side stretch of body to R
	3 4	Transfer weight to L lowering L knee to floor to end in upright kneel L, RL extended to R side	LH to floor, RA at side, strong side stretch of body to L
4	5 6	Repeat to R	RH to floor, LA extended over head to R, strong side stretch of body to R
5	7 8 1	Turning to face LDF lower into jazz split, LL forward	Both hands to floor

6	2 3 4 5	Turning L lower body to floor (face down) to end weight on L, knee bent, RL in sitting kneel facing LDF	Lower both hands to floor under shoulders to end strong sweep across body to L. Strong twist of head and shoulders to L
	6 7	Transfer weight to R knee turning to R	Lower forearms to floor, palms down
7	8 1 2	Swing legs into ^ position toes to floor	Push up onto elbows, R side of face to floor
8	3 4 5 6	Turning to L lower to floor into seat roll to end standing facing RDF, weight on RF	Arms relaxed
	7 8	L shaped handstand (L leg high)	Lower both hands to floor, head relaxed
9	1 2 3	Recover stepping back on LF	LA strong swing overhead and down to L
	4	Deep plie 2 nd to R	LH behind back, RA extended to RDF towards floor
10	5 6 7 8	Slight bunny hop turning to R to end standing on RF, LL extended behind facing RDF	Lower hands to floor to end swinging LA strongly across body to RDF
11	1	Step back onto LF	Swing LA down and back
	2 3	Turning to L swing RL through 1 st into turning arabesque hop	Swing RA overhead and down
12	4 5 6 7 8	Lower R knee to floor into seat roll to L to end standing, facing front, feet 1 st position	Both arms to floor to end both arms relaxed at sides
13 - 17	Free choreography – final bar 17 prepare to repeat		
18 - 29	Repeat all on other side		

FOOT AND LEG ARTICULATION

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

MUSIC : A GOOD MAN - LOVIBE 4/4

4 bar introduction

BAR	COUNT		
1	1	'Flick' RF sharply to R side, slight bend in knee	Hold position
	2	Close to 1 st straight legs	
	3	Repeat flick	
	4	Lower RF to side into lunge	Begin to swing RA across to L
2	5	Recover weight to LL extending RL to side aerial 45	Swing both arms up to 2 nd
	6	Bend LK pulling RF into low parallel retire – knees to LDF	2 nd palms down shoulders square to front
	7	Slight 'fig' 8 RL to end extended to R side aerial 45	
	8	Lower to lunge on R	3 rd RA front, strong lean to R
3	1 2	Recover weight to LL RF pointed to side	RA overhead, lower L arm in front of body
	3 4	Return to lunge (deeper)	Continue to swing RA overhead to end 3 rd , LA 2 nd , strong incline of body to R
4	5	Recover weight to LL, RF to full retire to side of L knee	Both arms out to 2 nd and up to 5 th
	6	Long step back RF	Swing both arms down to sides
	7	Close LF to RF on demi pointe	Swing both arms out and up to 5 th
	8	Step forward RF	Swing both arms down
5	1	Bend RL kicking LL back	Wide V strong body incline forward over RL
	2	Step LL back	Swing both arms down to side
	3	Place RF to full retire in front of L knee	Both arms high parallel moving across to R, incline body to R
	4	Step RF across LF	Commence co-ordinated circle to L
6	5	Wide step to LF to L side RF pointed to side	Throw RA across body to L at medium level, LA relaxed behind body
	6 7 8	Rebound weight to RF into ronde turn to R, LL extended to side, LF skims floor	Strong swing RA to R to initiate turn to R, LA relaxed

7	1	Step LF forward to LDF	Both arms at sides
	2	Close RF to LF in parallel	Hold position
	3 4	Hold position	
8	5 6 7 8	Parallel swing RL forward & close x 2	
9	1	Parallel swing RL forward	1 st
	2 3 4	Parallel developpe passe to the back ending in parallel attitude, bent LL	3 rd RA forward, strong body incline forward
10	5 6 7 8	Stretch LL, opening R hip to end turned out attitude	Strong diagonal, LA low, RA high
11	1 2	Recover upper body to upright maintaining leg positions	1 st arabesque
	3 4	Chasse RL forward to end RL lunge facing LDF, LL straight, foot flat	3 rd RA forward, strong twist of torso to L
12	5 6	Recover weight to LL closing RF to 1 st	2 nd
		Hold position	Lower both arms to sides
		Repeat bars //// on other side	

TURNS

Facing front. Feet natural 1st.
MUSIC : ONCE AGAIN – HANG MASSIVE 4/4
8 bar introduction

BAR	COUNT		
INTRO BAR 8	5 6 7 8	Hold position	Prepare both arms 2 nd
1	1 2	Point RF to side	2 nd
	3 4	Prepare RF 4 th in front, bending both knees	3 rd LA forward
2	5 6 7 8	Maintain bend on LL, rond de jambe RL front to back to end straight RL, foot flat (deep lunge) weight on LF	LA 5 th to 2 nd RA 3 rd
3	1 2	½ turn to R to end facing back to end RF pointed in front, LL bent	Both arms 1 st
	3 4	Repeat rond de jambe	RA 3 rd
4	5 6 7 8	Repeat ½ turn to end facing front	Both arms 1 st RA ends 3 rd
5	1 2	Full turn to R on LL, RL extended in low aerial to end lunge position facing front	1 st to end RA 3 rd
	3	Step RF back facing front	RA out and up to 5 th LA 2 nd
6	4 5	Place LF low retire	Continue moving through
	6	Step forward LF	RA 3 rd
	7 8	Spiral turn to R, RF held in low retire in front, strong body incline to R	RA 3 rd LA high diagonal
7	1	Chasse RF to side	Swing both arms across to R ending LA relaxed at side, RA high
	2	Cut LF under RF	RA over and back
	3	Cut RF under LF	LA 3 rd
8	4 5 6	Wide step LF to L side, bent supporting leg with strong incline of body to L RF pointed to side	RA overhead to L, LA relaxed at side
	7	Replace weight to RF in deep lunge to R	Swing RA down and across to R
9	8 1	Full ronde turn to R	Both arms 2 nd
	2	Chasse LF over R to RDF releasing RF from floor strong torso twist to R	LA 3 rd
	3	Step back onto RF	Swing LA down and out

	4	Small hop RF	LA overhead to R
10	5	Wide step LF to L side	Swing LA across to L
	6 7	'Sweep' RF across and behind LL, strong incline to L	LA relaxed, RA across body to L shoulder
	8	Replace weight to RF in deep lunge to R	Slice RA out to 2 nd
11	1	Step onto LF turning to R RF in low retire at side of LL	Circle both arms out and overhead to L
	2 3 4	Complete turn to R to end facing front closing RF to LF in classical 1 st in plie, relax upper body forward	5 th to floor
12	5 6 7 8	Stretch legs and recover	Open to 2 nd
12 - 24		Repeat bars 1 – 12 on other side	

SOLO IMPROVISATION

The Examiner will ask the candidate(s) to improvise **SOLO** to a piece of music for 1 minute. Each candidate will be randomly allocated a stimulus by the Examiner.

The music will be selected randomly by the Examiner from the 'Grade 6 Solo Improvisation Music List'. This can be found in the Recommended Music Playlist for Contemporary Grades on the member portal.

Stimulus:

- Fire – transformative energy
- Water – emotional flow
- Ether – infinite space
- Earth – grounding stability

Each candidate 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 for 1 minute with suitable contemporary terminology and technique in connection with the given stimulus.

ELEVATION WARM UP

Commence centre, facing front. Feet classical 1st. Arms held at sides.
MUSIC : LILLIES OF THE VALLEY – JUN MIYAKE 4/4
4 bar introduction

BAR	COUNT		
1	1 2	Jump in 1 st x 2	Loose swing
	3	Jump to 2 nd	2 nd
	4	Petit jete RF, LF in low retire behind	3 rd body lean to R
2	5 6	Soft glissade to L closing RF loosely to front (no weight)	2 nd opening RA overhead to L
	7	Slight wide spring to R	Swing RA across body to end both arms 2 nd
	8	Step LF across R strong body turn to R	Strong swing LA across body to low 3 rd lean to L head to front
3	1 2 3 4	Step RF back and under LF into barrel turn to L to end facing front feet apart	Swing LA out and up into both arms 5 th ending arms at sides
4	5	Chasse RF to side	2 nd
	6	Coupe LF under	Hold position
	7	Jete to R placing LF low retire in front	1 st
	8	Soft glissade to L closing RF loosely to front (no weight)	2 nd opening RA overhead to L
5	1	Chasse RF to RDF	Swing RA down
	2	Hop RF, LL arabesque line	1 st arabesque
	3	Step back onto LF	Relaxed
	4	Hop LF turning to L, swinging RL back into arabesque line	Swing LA up and over
6	5	Step RF back	Relaxed
	6	Close LF to RF in classical 1st	Relaxed
	7	Chasse RF forward	Relaxed
	8	Close LF to RF in classical 1st	Relaxed
7 - 12		Repeat bars 1- 6 on other side	

ON THE DIAGONAL

Commence RDB, facing LDF. LF pointed behind. Arms held at sides.

MUSIC : WHO LIGHTS THE SUN – RENÉ AUBRY 4/4

6 bar introduction

BAR	COUNT		
1	1	Chasse LF forward towards LDF	LA across chest
	2	Hop LF with RL in low attitude behind turning upper body to L	'Slice' out to L side
2	3 4 5 6 7 8	Repeat RLR	Repeat RLR
	Free	Walk upstage to LDB prepare RF behind	
3	1	Chasse RF forward	RA across chest
	2	Hop RF with LF in low parallel retire	Swing LA back and overhead
4	3 4 5 6 7 8	Repeat RLRL	
	Free	Walk upstage to RDB prepare LF behind	
5	1	Chasse LF forward	LA across chest
	2	Hop LF with RL in low attitude behind turning upper body to L	'Slice' out to L side
	3	Chasse RF forward	RA across chest
	4	Hop RF with LF in low parallel retire	Swing LA back and overhead
6	5 6 7 8	Repeat bar 5	
	Free	Walk upstage to finish	
		Next candidate begins	

ELEVATED COMBINATION

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

MUSIC : FOLLOW THE SUN – XAVIOR RUDD 4/4

4 bar introduction

BAR	COUNT		
1	1	Step forward RF facing RDF	Free
	&2	Hop on RF with L leg in arabesque at the back	
	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	Hop on RF turning to L to face LDF placing LF in low retire devant	
4	5	Step LF 2 nd facing RDF	
	6	Draw RF slightly across LF without weight	
	7&8	Open turn to R into turning side leap	
	1 2 3 4	Free run out	
5 - 8		Repeat bars 1 - 4 on other side	
9 - 16		Repeat all	

SET COMBINATION

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

MUSIC : LAST LIFT – ORI LICHTIK 4/4

9 'beats' introduction

BA R	COUN T		
1	1 2	Raise LH bending L knee slight twist in torso and hips to R	Extend LA to LDF, 'throw' RA to R, elbow bent, fist clenched, head to R
	3 4	Facing front, switch heels bending both knees, body over legs	LA behind back, RA across body, head lowered
2	5 6	Recover to standing, switch heels slight twist in torso and hips to R	LA low in front of body, strong swing overhead RA to end behind body, head to RDF
	a7 8	Small spring onto LF placing RF behind in lunge line facing L side	'Circle' R elbow over into strong punch of RH to floor in front of body, head down
3	a1 2	Small spring onto RF placing LF behind in lunge line facing R side	'Present' both arms in front of body, slight curve in elbows, palms up
	3 4	Deepen the lunge	Lower hands towards floor
4	5 6 7 8	Recover to standing closing LF to RF facing RDF, slight body ripple	Circle arms back to end high parallel in high release
5	1 2 3 4	Small steps turning to L to end facing front, slight body lean to lean and recover	Soft lowering of arms in front of body
6	5 6	Release R heel	Sharp throw both hands up, elbows bent at shoulder level
	7 8	Bend both knees	Drop body, hands and head towards floor
7	a1	Raise RF and 'push' to floor to recover to standing	Relaxed
	2 3	Hold position	'Wave' RA to 2 nd , strong stretch of body to R
8	4 5	Hold position	Repeat to L
	6 7 8	Bend both knees	Drop body, hands and head towards floor
9	1	Long step back onto RF	Swing arms back and out
	2	Step forward LF	Continue swing over and down

	3 4	Close RF to LF bend both knees	Drop body, hands and head towards floor
10	5 6	Recover to standing	
	7 8	Bend R knee into side fall to R side	Both hands to floor, elbows bent facing RDF
11	1 2	Recover to end sitting facing LDF knees bent, feet flat	Relaxed
	3 4	Extend both legs, body over legs	Sweep both arms down legs, head relaxed
12	5 6	Twist to R bending both legs	Swing RA overhead to end both hands to floor, elbows bent, strong torso twist to R
	7 8	Recover to sitting both legs extended to LDF	Swing LA overhead and down to L
13	1 2	Turn to lower onto L side into body roll (feet elevated, knees bent) to end facing LDF LF forward knee bent, 'sitting' on R hip	Relaxed
	a3 4	Push up onto R knee, donkey kick L to LDF	RH to floor, LA free
14	5 6 7	Lower LF to floor into recovery to standing	Relaxed
	8	Cut RF under LF into loose spiral turn to L	Free
15	1 2	Wide lunge LF to RDF (back to LDF)	3rd
	a3	Loose traveling ball change to RDF	Free
16	4 5	Spiral turn to R to end facing RDB	3 rd
	6 7	Wide lunge to R	3 rd
	7 8	Recover weight to LF cutting RF under turning to R	3 rd
17	1 2	Wide lunge to L	3 rd
	a3	2 small steps feet almost closing in deep plie position turning to R	Lower both hands to floor, body and head lowered
18	4 5	Wide chasse to 2 nd facing LDF to end in 2 nd position weight central	Swing both arms out & up into circle across body
	a6	Jump from 2 nd 'clipping' feet to 1 st to end deep plie 2 nd	Repeat the arm circle to end 'cutting' out to 2 nd , body and head low over legs
	7 8	Transfer weight to RF releasing LL into low elevated line parallel 2 nd	Reach RA to RDF, strong turn of head to R, LA relaxed
19	1 2 3 4	Step back onto LF turning to L to face R side	Free
20	5 6 7 8	Free run out NO REPEAT	Free

CANDIDATE CHOREOGRAPHY

A prepared **DUET** choreographed and performed by the candidate (+ one other dancer) using a PHOTOGRAPH/PICTURE as the stimulus. This stimulus should be presented to the examiner along with a written/drawn description of the 2 motifs and how they are developed. There should be a clear thread of intention running through the piece. Free music choice.

The piece should include:

- 2 motifs to be repeated and developed
- contact (minimum of 3 elements)

Maximum 1.5 minutes

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 1.5 minutes

THANK YOU

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