



# Contemporary Music

## Grade 1

- 1. Warm**  
Down Slow - Moby
- 2. Weight Transference**  
Body Rock - Moby
- 3. Swings**  
Honey - Moby
- 4. Spine Articulations**  
Inside - Moby
- 5. Floor A**  
Find My Baby - Moby
- 6. Floor B**  
Find My Baby - Moby
- 7. Jumps**  
Run On - Moby
- 8. Jump and a Shunt**  
Machete - Moby
- 9. Dance**  
A Thousand Years - Christina Perry
- 10. Improv (Paint on Body)**  
Move Your Body - Sia
- 11. Improv (Magic Ball)**  
A Thousand Years - Christina Perry
- 12 - Creative choreography - SAME VIDEO TO BE USED IN ALL GRADES**  
Teachers choice of music - no more than two (1-1.30mins)

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# Contemporary Music

## Grade 2

### 1. Warm Up

Paradise - Coldplay

### 2. Tendu

Black & Gold - Sam Sparro

### 3. Weight Transference

Better together - Jack Johnson

### 4. Upper Body Swings

We're All Made of Stars - Moby

### 5. Spine Articulation

Firestone - Kygo

### 6. Strengthening

Natural Blues - Moby

### 7. Floor

Water under the bridge - Abele

### 8. Jumps

Royals - Lorde

### 9. Jump and a Shunt

For your entertainment - Adam Lambert

### 10. Dance

Lost Without You - Freya Ridings

### 11. Improv

In This Shirt - The Irrepressibles

### 12. Creative Choreography


Teachers or dancers choice of music (1-1.30 mins)

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# Contemporary Music

## Grade 3

- 1. Warm Up**  
Canon in D Remix - B Burrows
- 2. Tendu**  
7 Years - Lukas Graham
- 3. Upper Body Swings**  
Carla - Jamiroquai
- 4. Spine Articulation**  
Songbird - Eva Cassidy
- 5. Isolations**  
One last song - Sam Smith
- 6. Adage**  
Guitar flute and string - Moby
- 7. Strengthening**  
Unstoppable - Sia
- 8. Floor**  
Stand by you - Rachel Platten
- 9. Jumps**  
Collide - Howie Day
- 10. Jump and a Shunt**  
Uprising - Muse
- 11. Dance**  
Chandelier - Sia
- 12. Improv (Suspension)**  
Now We Are Free - Lisa Gerrard, Gavin Greenaway, The Lyndhurst Orchestra
- 13. Improv. (Emotion)**  
Mad World - Michael Andrews & Gary Jules
- 14. Improv. (Wow Factor)**  
Bad Guy - Billie Eilish
- 15. Creative Choreography**  
Dancers choice of music (1-2 mins)

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# Contemporary Music

## Grade 4


- 1. Warm Up**  
Shake it on - Jamiroquai
- 2. Tendu**  
Something Just Like This - Chainsmokers & Coldplay
- 3. Upper Body Swings**  
Breakaway - Kelly Clarkson
- 4. Spine Articulation**  
Power of Love - Celine Dion
- 5. Isolations**  
Rushing - Moby
- 6. Grande Battement**  
Despacito - David Plumptre (Smash Hits for Ballet)
- 7. Strengthening**  
This Love - Craig Armstrong
- 8. Floor**  
What about us? - P!NK
- 9. Jumps**  
True Madly Deeply - Savage Garden
- 10. Jump and a Shunt**  
Carla - Jamiroquai
- 11. Dance**  
Sound of Silence - Disturbed
- 12. Improv - Laser beam**  
Deja La Nuit - Anouar Brahem, Francois Couturier, Jean-Louis Matinier
- 13. Improv (Forearm)**  
Nuvole Bianche - Ludovico Einaudi
- 14. Improv (Gravity)**  
Major Minus - Cold Play
- 15 - Creative choreography**  
Dancers choice of music (1-2 mins)

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# Contemporary Music Grade 5

- 1. Warm Up**  
Angel of Small Death and the Codiene Scene - Hozier
- 2. Tendu**  
Can't Take My Eyes Off of You - Lauryn Hill
- 3. Upper Body Swings**  
Fallin' - Alicia Keys
- 4. Spine Articulation/Contractions**  
Night out the jungle - Jamiroquai
- 5. Isolations**  
Block Rockin' Beats - The Chemical Brothers
- 6. Grande Battement**  
Anything could happen - Ellie Goulding
- 7. Adage**  
Canon & Gigue in D Major - Johann Pachelbel
- 8. Strengthening**  
My Kind of love - Emeli Sande
- 9. Floor**  
Move Your Body - Sia
- 10. Jumps**  
Mountains O' Things - Tracy Chapman
- 11. Jump and a Shunt**  
Bad guy - Billie Eilish
- 12. Dance**  
When the party's over - Billie Eilish
- 13. Improv (Time to Shine)**  
Ultraviolet - Freya Riding
- 14. Improv**  
Initiation
- 15 - Creative choreography**  
Dancers choice of music (1-2 mins)

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