



## SKILLS PROGRAMME

# TEST ONE

(No impromptu combinations will be requested by the Examiner)

(REVISED: January 2005)

### FREE EXERCISES

<p><b>1. Arm Positions:</b> Attention Single arm positions - <i>one arm only</i> <i>Forward raise</i> <i>Side raise</i> <i>Upward stretch</i> Hips firm</p>	<p><b>2. Leg and Foot Positions:</b> Attention Side step Alternate forward toe point</p>
<p><b>3. Knee Bends:</b> <i>Commence with side step and hips firm through demi-plié with 45° turnout.</i></p>	<p><b>4. Floorwork:</b> Cross leg sit Long sit <i>with forward bend over legs</i></p>

### ROD EXERCISES

<p>Undergrip Forward raise Upward stretch</p>
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### CLUB SWINGING

<p><b>1. Inward:</b> Full circle Headswing</p>	<p><b>2. Outward:</b> Full circle Headswing</p>
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Swings may be requested singularly and/or two (2) swings together. *i.e. Two hands/arms doing same swing*

### AESTHETIC

<p><b>1. Arm Positions:</b> Low 2<sup>nd</sup> position</p>	<p><b>2. Foot Positions</b> 1<sup>st</sup> position</p>
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**DANCE**

<p><b>1. Identify in Set Exercise:</b>          Toe tapping          Rises in 1<sup>st</sup>          Demi-plié in 1<sup>st</sup>          Galop sideways          Sautés in 1<sup>st</sup>          Curtsy <i>may be performed with foot behind on demi-pointé</i></p>	
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**Set Exercise: MUSIC TRACK 1**Commence standing in 1<sup>st</sup> position

Hands hips firm

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|---------|--|----------------------|
| 1 - 2   | 2 Toe taps <b>R</b> foot               |                      |
| 3 - 4   | Demi-plié in 1 <sup>st</sup>           | Hands hips firm 1-16 |
| 5 - 6   | 2 Toe taps <b>L</b> foot               |                      |
| 7 - 8   | Demi-plié in 1 <sup>st</sup>           |                      |
| 9       | Rise on demi-pointe in 1 <sup>st</sup> |                      |
| 10      | Lower in 1 <sup>st</sup>               |                      |
| 11      | Rise on demi-pointe in 1 <sup>st</sup> |                      |
| 12      | Lower in 1 <sup>st</sup>               |                      |
| 13 - 14 | Demi-plié in 1 <sup>st</sup>           |                      |
| 15 - 16 | Recover                                |                      |

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|---------|-----------------------------|--|
| 1 - 4   | 4 Galops to <b>R</b> side   |  |
| 5 - 8   | 4 Sautés in 1 <sup>st</sup> | Hands hips firm<br>Clap the hands in the demi-plié |
| 9 - 12  | 4 Galops to <b>L</b> side   | Hands hips firm<br>Clap the hands in the demi-plié |
| 13 - 16 | 4 Sautés in 1 <sup>st</sup> |  |

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|-------|--|--|
| 1 - 4 | Commencing on <b>R</b> , 4 runs forward  |  |
| 5 - 7 | Side step to <b>R</b> and place the tip of the <b>L</b> foot behind the supporting <b>R</b> leg in curtsy position, curtsy | Arms 1st<br>Arms open through 1 <sup>st</sup> / 2 <sup>nd</sup> to low 2 <sup>nd</sup> palms facing down |
| 8     | Recover from curtsy extending supporting leg.  |  |

**MUSICAL APPRECIATION**

- ◆ CLAPPING IN TIME TO 4/4 RHYTHM ("March" time)

**MIME**

Performed individually:

- ◆ Throw, catch and bounce a ball
- ◆ "Yes" and "No"
- ◆ Animal character (Note: Maximum of 30 seconds only)