



SKILLS PROGRAMME

TEST ONE

(No impromptu combinations will be requested by the Examiner)

(REVISED: January 2005)

FREE EXERCISES

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

ROD EXERCISES

<p>Undergrip Forward raise Upward stretch</p>

CLUB SWINGING

<p>1. Inward: Full circle Headswing</p>	<p>2. Outward: Full circle Headswing</p>
--	---

Swings may be requested singularly and/or two (2) swings together. *i.e. Two hands/arms doing same swing*

AESTHETIC

<p>1. Arm Positions: Low 2nd position</p>	<p>2. Foot Positions 1st position</p>
---	---

DANCE

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

Set Exercise: MUSIC TRACK 1

Commence standing in 1 st position	Hands hips firm
1 - 2 2 Toe taps R foot	Hands hips firm 1-16
3 - 4 Demi-plié in 1 st	
5 - 6 2 Toe taps L foot	
7 - 8 Demi-plié in 1 st	
9 Rise on demi-pointe in 1 st	
10 Lower in 1 st	
11 Rise on demi-pointe in 1 st	
12 Lower in 1 st	
13 - 14 Demi-plié in 1 st	
15 - 16 Recover	
1 - 4 4 Galops to R side	Hands hips firm
5 - 8 4 Sautés in 1 st	Clap the hands in the demi-plié
9 - 12 4 Galops to L side	Hands hips firm
13 - 16 4 Sautés in 1 st	Clap the hands in the demi-plié
1 - 4 Commencing on R , 4 runs forward	Arms 1st
5 - 7 Side step to R and place the tip of the L foot behind the supporting R leg in curtsy position, curtsy	Arms open through 1 st / 2 nd to low 2 nd 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)