

SKILLS PROGRAMME GRADE FOUR

(January 2005)

FREE EXERCISES

<p>1. Arm Positions: Obliquely back Mixed oblique positions</p>	<p>2. Legwork –with hands in hips firm position Low arabesque with fondu High arabesque Forward leg raise Circular leg mount (<i>front to side</i>)</p>
<p>3. Bends: Full back bend from lying position (<i>extended backbend</i>)- with feet together or apart</p> <p>Circular bend (<i>Side step, hands clasped overhead: Half forward bend through side, back, other side, forward and recover overhead.</i>)</p>	<p>4. Floorwork: Prone lying (<i>face down</i>) Swallow (<i>with arms upward stretch, palms down</i>)</p>

Set Exercise: MUSIC TRACK 59

- 1 - 2 CLASP OVERHEAD (THROUGH SIDE RAISE), **L** SIDE STEP
3 - 4 LOWER ARMS THROUGH SIDE RAISE, FACE **R** SIDE, ARMS OBLIQUELY FORWARD - **L** ARM UPWARD, **R** ARM DOWNWARD - **L** BACKWARD LUNGE
5 - 6 **L** LOW ARABESQUE, ARMS UPWARD STRETCH
7 - 10 HIGH ARABESQUE, ARMS NECK REST
11 - 12 **L** BACKWARD LUNGE, ARMS FORWARD RAISE
13 - 14 LIFT **L** ARM OVER TO FACE FRONT AT ATTENTION
15 - 16 FACE **L** FRONT CORNER, SIT CROSS-LEGGED
- 1 - 2 SIT, **L** LEG STRAIGHT ON FLOOR, **R** LEG RAISED HOLDING ANKLE
3 - 4 LIE DOWN, LEGS STRAIGHT, ARMS BY SIDES
5 - 6 PREPARE FOR FULL BACK BEND (KNEES BENT, HANDS ON FLOOR BESIDE HEAD)
7 - 8 PUSH UP FROM FLOOR, INTO
9 - 10 FULL BACK BEND (EXTENDED BACK BEND)
11 - 12 LOWER TO FLOOR
13 - 14 LONG SIT
15 - 16 CROSS LEG SIT/STAND TO ATTENTION [FACING FRONT]

ROD EXERCISES

<p>1. Under Grip: Forward raise twist with curve overhead Neck strike</p>	<p>2. Top Grip Forward oblique – <i>up or down</i> Sideways oblique – <i>up or down</i> Vertical twist</p>
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ROD EXERCISES (contd)

Set Exercise: MUSIC TRACK 60

- 1 - 2 **FACE R FRONT CORNER: L FORWARD RAISE TWIST WITH R CURVE OVERHEAD, L BACKWARD LUNGE**
- 3 - 4 **R VERTICAL TWIST, L LOW ARABESQUE**
- 5 - 8 **R BACK OBLIQUE DOWN TWIST, L HIGH ARABESQUE**
- 9 - 10 **R FORWARD OBLIQUE TWIST UP, L BACKWARD LUNGE**
- 11 - 12 **FACE FRONT: ROD FORWARD RAISE**
- 13 - 14 **NECK STRIKE (twisting L hand), R SIDE LUNGE**
- 15 - 16 **ATTENTION - CHANGING TO TOP GRIP**

- 1 - 2 **R SIDE LEG RAISE, SINGLE FLASH TO R**
- 3 - 4 **R SIDE LEG RAISE, SINGLE FLASH TO R**
- 5 - 8 **R SIDE LUNGE, MULTIPLE FLASH TO R**
- 9 - 10 **R SIDE LUNGE, R SIDE OBLIQUE TWIST UP**
- 11 - 12 **R BACKWARD LUNGE, L FORWARD OBLIQUE TWIST DOWN**
- 13 - 14 **R FORWARD TOE POINT, R VERTICAL TWIST**
- 15 - 16 **ATTENTION**

CLUB SWINGING

<p>1. Inward: Single hipswing <i>(examiner may ask for certain swings with other arm)</i> Dual/double hipswing Chestcross</p>	<p>2. Outward Single hipswing <i>(examiner may ask for certain swings with other arm)</i></p>
<p>3. Parallel: (L & R directions) Hip/legswing <i>(could be requested from one side to the other with <u>no backswing in between</u>)</i> Single hipswing <i>(Examiner may ask for certain swings with other arm)</i></p>	
<p>4. Side Windmill (L&R directions) Back wristswing <i>with one arm</i> <i>(Examiner will request certain swings with other arm)</i> Neckswing <i>(either Forward and/or Backward side)</i></p>	<p>5. Side Windmill (L&R directions)-facing fwd side Single wristcross</p> <p>6. Side Windmill (L&R directions)-facing bwd side Fold Single wristcross Body cross</p>
<p>7. Outward Windmill Backswing Overhead wristswing Back wristswing Chestcross Front to back turning</p>	<p>8. Outward Windmill – facing side Body swing <i>(to front only)</i></p>
<p>9. Inward Windmill Backswing Legswing Fold at side raise Overhead wristswing Chestcross Front to back turning Back wristswing</p>	<p>10. Inward Windmill - facing side Body swing <i>(to front only)</i></p>

CLUB SWINGING (contd)

Set Exercises: MUSIC TRACK 61

On the 4 bar introduction -

1 – 2 Wait standing at attention with the clubs along the arms

3 – 4 Side step to the left and swing the clubs inward to upward stretch

Inward:

- 1 OVERHEAD WRISTSWING
- 2 - 5 **R** HAND FOLD, **L** HAND BACKSWING INTO SINGLE HIPSWING THEN CHESTSWING
- 6 CHESTCROSS
- 7 - 8 SIDE RAISE SWING
- 9 - 10 BIG WHEEL TURN TO **L** (FINISH WITH SIDE RAISE SWING FACING FRONT)
- 11 - 13 FOLD AT FORWARD RAISE FACING **R** SIDE
- 14 SINGLE WRISTCROSS
- 15 FORWARD RAISE SWING
- 16 CIRCLE TO FINISH AT UPWARD STRETCH FACING FRONT

Side Windmill - to **L** side

Commence with **R** hand:

- 1 - 2 FULL CIRCLE into NECKSWING ON BACKWARD SIDE - CIRCLE INTO:
- 3 - 4 **L** HAND CENTRE BACK WRISTSWING, **R** HAND CHEST SWING
- 5 - 6 BACKSWING
- 7 SIDE RAISE SWING
- 8 CIRCLE TO UPWARD STRETCH
- 9 - 16 REPEAT EXERCISE TO **R**

FIGURE MARCHING

Slow March forward - *half tempo (arms remain by sides)*
 Step forward, knee raise

Set Exercise: MUSIC TRACK 62

Commence facing **R** side, standing on **L** side of working area

- 1 - 8 SLOW MARCH FORWARD
- 9 - 10 STEP L FORWARD TO ATTENTION
- 11 - 16 FACE FRONT, MARK TIME MOVING BACKWARDS
- 1 - 4 2 SIDE STEPS TO L
- 5 - 8 2 SIDE STEPS TO R
- 9 - 12 STEP FORWARD KNEE RAISE TWICE
- 13 - 15 MARCH FORWARD
- 16 ATTENTION

AESTHETIC/DANCE

<p>1. Arm Positions: High 2nd</p>	<p>2. Foot and Leg Positions: Attitude in front Attitude behind</p>
<p>3. Identify in Set Choreography:</p> <ol style="list-style-type: none"> 1. Low développé 2. Assemblé 3. Sissone 4. Chassé 5. Jeté 6. Soutenu turn 7. Running glissade 8. Grande jeté forward 9. Relevé in backward attitude 10. Posé pirouettes 	<ol style="list-style-type: none"> 11. Bourrée 12. Relevé in low arabesque 13. Grand jeté en tournant 14. Demi grand rond de jambe 15. Demi plié 16. Fondu 17. Circular port de bras 18. Arabesque penché 19. Rond de jambe outward 20. Cursty

Set Exercise: MUSIC TRACK 63

Enter from upstage **L** corner

Commence **L** foot in front **R** toe behind

Arms low 2nd

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| <p>1 - 2 2 Walks onto the stage facing R downstage corner
R, L finishing in 5th on demi-pointe L foot in front</p> <p>3 - 4 Step forward on R foot and relevé with low développé forward with L leg</p> <p>and 5 Step forward on L foot, assemblé over with R leg finish in 5th in demi plié facing the front</p> <p>and 6 Sissone lifting L leg and facing R downstage corner, chassé forward with L foot</p> <p>and 7 Jeté to R finishing with L foot at the back</p> <p>and 8 Soutenu turn to the L finish facing R downstage corner</p> <p>and 9 Chassé back with R foot
Recovering to L foot forward toe point</p> <p>10 Leading with R leg execute a free (travelling) glissade forward along the diagonal toward R downstage corner (hips facing front)</p> <p>11 - 12 Grand jeté développé forward - R leg forward</p> <p>13 - 14 2 forward runs, L, R
Chassé L foot forward</p> <p>15 - 16 Relevé on L leg with R leg in backward attitude</p> <p>and Galop to side facing R upstage corner</p> <p>1 - 2 2 Posé pirouettes to R</p> <p>and 3 Posé on R with half turn to face front, L foot in retiré (behind knee)</p> <p>and 4 3 bourrées travelling to L side toward downstage L corner with L foot in front</p> <p>and 5 Facing downstage L corner step forward on L foot, chassé R foot forward</p> <p>and 6 Relevé on R leg with L leg in low arabesque. Lower on fondu.</p> <p>and Half turn pivoting by L to face P side and posé to side on L foot</p> <p>7 - 2 walks forward R, L on diagonal to centre back</p> <p>8 - Grand jeté en tournant leading with R leg</p> <p>9 - Finish facing L downstage corner in demi arabesque on fondu</p> <p>10 - Galop to the L facing L upstage corner</p> <p>11 - 12 Run to centre back, finish facing upstage in 5th on demi-pointe</p> | <p>Arms 1st to low 2nd</p> <p>Arms undulating in low 2nd</p> <p>Arms low 2nd to preparation</p> <p>Arms high 2nd (palms down)
Arms 1st
L Arm 3rd
Arms 5th</p> <p>Arms lower forward through 1st
Arms 2nd arabesque
Arms low 2nd</p> <p>Arms 2nd arabesque
Arms low 2nd
Arms 1st
R Arms 4th
Arms 1st to 2nd
Arms 3rd. 2nd, 1st and repeat
L arm upward oblique
& R in 2nd with palm facing down
Arms 1st to 4th L arm up</p> <p>Arms low 2nd and through 1st to
Arms low 2nd
Arms low 2nd
Arms low 2nd
Arms 1st, 5th
Arms 2nd
Arms low 2nd
Arms 1st to 5th and then open to</p> |
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with **L** foot in front

high 2nd with undulating movement

AESTHETIC/DANCE (contd)**Set Exercise: MUSIC TRACK 63 (contd)**

and	Pivot by R on demi-pointe finishing R foot in front	Arms 5 th
13 - 14	Step forward on R demi grand rond de jambe L leg (commence with fondu on R)	Arms 2 nd and flow on to 1 st & 2 nd
15 - 16	Step forward on L , demi grand rond de jambe R leg (commence with fondu on L)	Arms 1 st , 2 nd
	Close in 5 th R foot front in demi-plié facing downstage L corner, recover	Arms 4 th crossed R arm up Arms 1 st to low 2 nd
1 -	Chassé forward with R foot, recover to	Arms 1 st
2 -	L back toe point	Arms 4 th (L arm up)
3 -	Fondu on R leg into lunge (wide 4 th on fondu) with L foot flat on the floor	Arms 3 rd
4 -	Circular port de bras L to R	Arms 4 th , 5 th , 4 th
5 -	Recover to L back toe point	Arms 2 nd arabesque
6 -	Pivot by L to finish facing downstage R corner with L forward toe point	Arms 4 th R arm up
7 -	Step forward on L leg bringing R foot through low développé forward and fondu on L leg	Arms 1 st
8 -	Recovering to L back toe point	Arms 2 nd arabesque
9 - 10	Arabesque penché	Arms 1 st arabesque
11 - 12	Recover to kneel on L leg with R leg extended forward	Arms 3 rd arabesque
13 -	Execute split with R leg forward	Arms in 5 th with slight backward tilt of the upper body
14 -	Bend forward with body fully extended along the R leg	Arms 4 th L arm up
15 -	Pivot to 2 nd (straddle) with the body staying close to the floor with flat back	Open Arms to 2 nd
16 -	Pivot by L bringing legs together and lifting the knees facing downstage R corner in "V" sit with L leg extended up on the diagonal	Arms through 1 st Finger tips on the floor behind the body
Coda		
1 - 2	Transfer weight forward and recover from the floor passing through a kneeling position	Arms passing through low 2 nd and finish with wrists crossed in front of chest L hand in front
3 - 4	Rond de jambe outward with L leg finishing movement with L foot lowering in 4 th demi-plié facing down stage L corner Recover to R forward toe point	L Arm 1 st to 2 nd R Arm 1 st to 2 nd
5 - 6	Step to side with L leg, R foot in curtsy position	Arm 4 th (R arm up)
7 -	Curtsy tilting the head slightly forward	Arms 3 rd
and	Recover straightening L leg	Arms low 2 nd
7 - 8	Demi plié on L and assemblé over with R leg Close feet in 5 th with demi plié, R foot in front Relevé in 5 th	Arms undulating to low 2 nd Arms Preparation Arms 5 th

TURNOUT EXERCISE: MUSIC TRACK 64

Commence facing **L** corner , **R** foot in front in 3rd position, arms in preparation
 On introduction take arms to low 2nd and back to preparation

1	-	4	GRAND Plié	Arms to low 2nd
5	-	8	RECOVER	Arms to preparation
9			FACE FRONT AND LIFT R FOOT TO RETIRÉ	Arms to 1 st
10	-	11	DEVELOPPÉ TO SIDE	Arms to 2nd
12			TURN TO L SIDE INTO LOW ARABESQUE	Arms 1 st arabesque
13	-	14	SUSTAIN ARABESQUE	Bring R arm through to 3 rd arabesque (L arm
			up)	
15	-	16	CLOSE TO FACE FRONT IN 1 ST	Arms 2nd
1			LIFT L LEG TO RETIRÉ ,	Arms 1 st position
2	-	3	DEVELOPPÉ TO SIDE	Arms to 2 nd position
4			TURN TO R SIDE INTO LOW ARABESQUE	Arms to 1 st arabesque
5	-	6	SUSTAIN ARABESQUE	Bring L arm through to 3 rd arabesque (R arm up)
7	-	8	CLOSE TO FACE FRONT IN 1 ST	Arms 2nd
9	-	10	CHASSÉ R FOOT TO FACE L FRONT CORNER	Arms in 1 st
11	-	12	LIFT L LEG INTO ATTITUDE BEHIND	Arms 4 th (L arm up)
13	-	14	EXTEND L LEG INTO LOW ARABESQUE	Arms to 2 nd position
15	-	16	CLOSE TO 1 ST FACING FRONT	Arms preparation

MUSICAL APPRECIATION

- ◆ Recognise time signatures 2/4, 3/4, 4/4

Candidate is expected to have a working knowledge of ALL movements from previous syllabi