

## SKILLS PROGRAMME

# TEST TWO

(No impromptu combinations will be requested by the Examiner)

(REVISED: January 2005)

### FREE EXERCISES

<p><b>1. Arm Positions:</b> Attention Forward raise Side raise Upward stretch Neck rest Hips firm</p>	<p><b>2. Leg and Foot Positions:</b> Attention Side step Alternate forward toe point – <i>hands hips firm</i> Alternate side toe point – <i>hands hips firm</i></p>
<p><b>3. Knee Bends:</b> <i>Commence with side step and hips firm transferring weight to one (1) leg, toe point with other and bend through demi-plié to other side. Maintain 45° turnout.</i></p>	<p><b>4. Floorwork:</b> Supine lie - alternate leg raises <i>through bent knees</i></p>

NB: Single combinations of a toe point and a basic arm position will be requested by the examiner.

### ROD EXERCISES

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

<p><b>1. Inward:</b> Full circle Headswing Backswing</p>	<p><b>2. Outward:</b> Full circle Headswing</p>
<p><b>3. Parallel (L&amp;R directions)</b> 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><b>1. Arm Positions:</b> Preparation position Low 2<sup>nd</sup> position</p>	<p><b>2. Foot Positions</b> 1<sup>st</sup> position 2<sup>nd</sup> position</p>
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**DANCE****Identify in Set Exercise:**

- |                                                                                                                                                                                                              |                                                                                                                                                                                                  |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ol style="list-style-type: none"> <li>1. Toe tapping</li> <li>2. Rises in 1<sup>st</sup></li> <li>3. Demi-plié in 1<sup>st</sup></li> <li>4. Galop sideways</li> <li>5. Sautés in 1<sup>st</sup></li> </ol> | <ol style="list-style-type: none"> <li>6. Walking with stretched feet</li> <li>7. Walking on demi-pointé</li> <li>8. Curtsy - <i>may be performed with foot behind on demi-pointé</i></li> </ol> |
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**Set Exercise: MUSIC TRACK 2**Commence standing in 1<sup>st</sup> position

Hands hips firm

- |         |                                        |
|---------|----------------------------------------|
| 1 - 2   | 2 Toe taps with <b>R</b> foot          |
| 3 - 4   | Demi-plié in 1 <sup>st</sup>           |
| 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                                |

Hands hips firm 1-16

- |         |                             |
|---------|-----------------------------|
| 1 - 4   | 4 Galops to <b>R</b> side   |
| 5 - 8   | 4 Sautés in 1 <sup>st</sup> |
| 9 - 12  | 4 Galops to <b>L</b> side   |
| 13 - 16 | 4 Sautés in 1 <sup>st</sup> |

Hands hips firm

Clap the hands in the demi-plié

Hands hips firm

Clap the hands in the demi-plié

Quarter turn to the **R** and execute the following steps travelling in a circular direction to the centre back -

- |         |                                                                                                                             |
|---------|-----------------------------------------------------------------------------------------------------------------------------|
| 1 - 2   | Forward step on <b>R</b> foot, forward toe tap with <b>L</b> foot                                                           |
| 3 - 4   | Forward step on <b>L</b> foot, forward toe tap with <b>R</b> foot                                                           |
| 5 - 8   | Repeat 1-4                                                                                                                  |
| 8 - 16  | 8 Walks forward commencing with the <b>R</b> foot<br>- the forward foot must be well extended before lowering               |
| 1 - 8   | 8 Walks forward on demi-pointe commencing with the <b>R</b> foot                                                            |
| 9 - 12  | Run to centre stage finish 1 <sup>st</sup> on demi-pointe, lower heels in 1 <sup>st</sup>                                   |
| 13 - 15 | 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. |
| 16      | Recover from curtsy extending supporting leg.                                                                               |

Hands hips firm

Hands hips firm

Hands hips firm

Arms to low 2<sup>nd</sup> palms facing downArms open through 1<sup>st</sup> / 2<sup>nd</sup> to low 2<sup>nd</sup> palms facing down**MUSICAL APPRECIATION**

- ◆ CLAPPING IN TIME TO 3/4 RHYTHM ("Waltz" time)

**MIME**

Performed individually:

- ◆ "You come here!"
- ◆ "Go away!"
- ◆ "Surprised"
- ◆ "Frightened"
- ◆ Act out a NURSERY RHYME or STORY BOOK CHARACTER – own choice (Note: 30-60 seconds only)

<b><i>Candidate is expected to have a working knowledge of ALL movements from previous syllabi</i></b>
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