

SKILLS PROGRAMME

STANDARD GRADE TWO

(No impromptu combinations will be requested by the Examiner
However, an arm and a leg position can be requested together)

(Revised January 2004)

FREE EXERCISES

<p>1. Arm Positions: Sidways oblique – <i>up or down</i> Arms folded (<i>either in front at shoulder level or behind back</i>)</p>	<p>2. Leg and Foot Positions: <i>with hands in hips firm position</i> Knee raise Toe point backward Side leg raise Squat Step forward or backward Toe point forward or side with fondu</p>
<p>3. Bends: Forward (<i>half forward trunk bend, arms neck rest - feet either at attention or in side step</i>) Side (<i>feet at side step, one arm upward stretch, other folded behind back with hand gripped</i>) Back (<i>back trunk bend, arms neck rest – either with forward toe point or forward step</i>)</p>	<p>4. Floorwork: Straddle/legs astride sit (<i>forward bend over each leg, elbows to floor either side of leg</i>) Supine lie - leg raises (<i>i) single</i>) (<i>ii) double – through bent knees</i>) (<i>iii) straddle</i>) Prone lie - single leg raises</p>

Set Exercise: MUSIC TRACK 26

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|----|---|----|--|
| 1 | - | 2 | ARMS SIDEWAYS OBLIQUELY UP, L FORWARD TOE POINT WITH FONDU |
| 3 | - | 4 | ARMS SIDEWAYS OBLIQUELY DOWN, L BACKWARD STEP |
| 5 | - | 6 | ARMS FOLDED IN FRONT, R SIDE TOE POINT |
| 7 | - | 8 | CIRCLE ARMS SIDEWAYS TO NECK REST, R SIDE LEG RAISE |
| 9 | - | 10 | ARMS FORWARD RAISE, MAINTAIN LEG RAISE |
| 11 | - | 12 | ARMS SIDE RAISE, R SIDE LUNGE |
| 13 | - | 14 | FACE R SIDE - LIFT ARMS TO UPWARD STRETCH, R FORWARD TOE POINT |
| 15 | - | 16 | LOWER ARMS THROUGH FORWARD RAISE TO ATTENTION |
| | | | |
| 1 | - | 2 | PASS THROUGH CROSS LEG SIT TO |
| 3 | - | 4 | STRADDLE/LEGS ASTRIDE SIT, FINGERTIPS ON FLOOR BEHIND |
| 5 | - | 6 | BEND FORWARD OVER L LEG, ELBOWS TO FLOOR EITHER SIDE OF LEG |
| 7 | - | 8 | RECOVER |
| 9 | - | 10 | LONG SIT |
| 11 | - | 12 | SUPINE LIE, SINGLE LEG RAISE WITH R LEG |
| 13 | - | 14 | CROSS LEG SIT |
| 15 | - | 16 | STAND TO ATTENTION FACING FRONT |

ROD EXERCISES

<p>1. Undergrip: Side oblique twist – <i>up or down</i> Forward oblique twist – <i>up or down</i> Simple strike (<i>to be executed from a twist as requested</i>) Side raise twist with neck rest Upward stretch Rod across shoulders Single flash</p>
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Set Exercise: MUSIC TRACK 27

- 1 - 2 **L** SIDE LUNGE, **L** SIDE OBLIQUE TWIST UP
- 3 - 4 **L** SIDE LUNGE, **R** SIDE OBLIQUE TWIST DOWN
- 5 - 6 **L** SIDE LUNGE, ROD FORWARD RAISE
- 7 - 8 ATTENTION
- 9 - 16 REPEAT COUNTS 1 through 8 TO **R** SIDE

- 1 - 2 SINGLE FLASH TO **L**
- 3 - 4 SINGLE FLASH TO **L**
- 5 - 6 **L** FORWARD RAISE TWIST
- 7 - 8 SIMPLE STRIKE FORWARD (SHOULDER LEVEL), **L** TOE FORWARD POINT
- 9 - 10 **L** SIDE RAISE TWIST WITH **R** NECK REST, FEET TO ATTENTION
- 11 - 12 ROD FORWARD RAISE, **R** SIDE LEG RAISE
- 13 - 14 ROD ACROSS SHOULDERS, **R** SIDE LUNGE
- 15 - 16 ATTENTION

CLUB SWINGING

<p>1. Inward: Legswing Double fold at side raise Overhead wristswing Chest swing Front to back turning</p>	<p>2. Inward (<i>facing side</i>) Forward raise swing Body swing to front</p>
<p>3. Outward Overhead wristswing Chestswing Front to back turning</p>	<p>4. Outward (<i>facing side</i>) Forward raise swing Body swing to front</p>
<p>5. Parallel: (<i>L& R directions</i>) Side raise swing Front to back turning</p>	<p>6. Parallel: (<i>L&R directions</i>) <i>-facing forward side</i> Single wrist cross</p> <p>7. Parallel: (<i>L&R directions</i>) <i>-facing backward side</i> Full circle <i>-alternating with forward raise swing</i> Single wristcross Double fold</p>
<p>8. Side Windmill (<i>L&R directions</i>) Backswing Front to back turning</p> <p>9. Side Windmill (<i>L&R directions</i>) <i>-facing forward side</i> Double fold</p>	<p>10. Outward Windmill Full circle Headswing Side raise swing</p>

CLUB SWINGING (contd)

Set Exercises: MUSIC TRACK 28

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

Parallel - to L Side:

- 1 - 2 FULL CIRCLE INTO SIDE RAISE SWING
- 3 - 5 FACE FORWARD SIDE & FOLD
- 6 FORWARD RAISE SWING
- 7 - 8 FACE FRONT & BACKSWING
- 9 FACE BACKWARD SIDE: FORWARD RAISE SWING
- 10 - 11 ALTERNATE FULL CIRCLE (L ARM); WITH FWD. RAISE SWING (R HAND); THEN (R ARM/ L HAND)
- 12 - 14 FOLD
- 15 FACE FRONT: FULL CIRCLE INTO LEGSWING
- 16 FINISH AT UPWARD STRETCH

Outward Windmill:

- 1 FULL CIRCLE (COMMENCING WITH L HAND)
- 2 HEADSWING
- 3 FULL CIRCLE
- 4 HEADSWING
- 5 FULL CIRCLE
- 6 SIDE RAISE SWING
- 7 - 8 FULL CIRCLE TO UPWARD STRETCH
- 9 - 16 REPEAT COUNTS 1 through 8 COMMENCING WITH R HAND

FIGURE MARCHING

Corner turning Marking time with headturns Mark time moving forward Forward step to attention	Note: The accepted method of cornering for this exam is shown on the video.
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Set Exercise: MUSIC TRACK 29

(Commence in **Left** back corner facing front).

- 1 - 14 MARK TIME MOVING FORWARD, HEAD TURN EVERY 4 BEATS
i.e. L head turn 1, R head turn 5, L head turn 9, head to front 13
- 15 - 16 FORWARD STEP TO ATTENTION
- 1 - 4 2 SIDE STEPS TO L
- 5 - 8 2 SIDE STEPS TO R
- 9 - 16 MARK TIME

AESTHETIC

1. Arm Positions: 1 st arabesque alignment 2 nd arabesque alignment Demi bras	2. Foot and Leg Positions 4 th position 4 th crossed 5 th position
3. Identify in Set Choreography: Chassé Demi plié Low développé Classical kneel Curtsy	

AESTHETIC (contd)**Set Exercise: MUSIC TRACK 30**

Introduction

Commence facing front with tip of the **L** foot behind the supporting **R** leg in curtsy position

Lift and place **L** foot behind **R** and rise on demi-pointe in 5th - **R** foot in front
Lower heels to 5th

- 1 - 2 **R** foot Chassé forward
3 - 4 **L** back toe point
- 5 - 6 Lower **L** foot in demi-plié 4th crossed
7 - 8 Recover to **R** forward toe point
- Close feet in 3rd
9 - 12 Chassé to **R**, **L** side toe point
Close to 3rd
13 - 16 Chassé to **L**, **R** side toe point
Close to 3rd

Arms commence low 2nd and softly lower to Preparation

Arms 1st, 5th

Arms 2nd to Preparation

Arms 1st

Arms 4th **L** arm overhead eyes to downstage **L** corner

Arms 2nd

Arms 4th [Circle **R** arm thru Prep] ¼ Head turn to downstage **R** cnr.

Arms 2nd to 1st

Arms 1st to 2nd

Arms Preparation

Arms 1st to 2nd

Arms Preparation

Coda

- 1 - 8 Rise on demi-pointe with a ¼ head turn to **R** downstage cnr. slightly lifting **R** leg forward with well extended **R** foot
4 quick walks forward to downstage **R** corner finishing in 5th on demi-pointe **R** in front

Arms 1st to 2nd, eyes to front

- 1 - 2 Chassé forward with **R** foot facing downstage **R** corner
3 - 4 Recover to **L** back toe point
5 - 6 Remain in **L** back toe point
7 - 8 Bring **L** leg from back toe point through to a low développé forward and finish in 5th on demi-pointe **L** foot in front
9 - 12 Travelling by the **L**, 8 runs in a semi circle to centre stage finishing facing front - 5th on demi-pointe **L** in front
13 - 14 Step to the **R** taking **L** leg into classical kneel facing downstage **L** corner - weight slightly forward over knee

Arms 1st

Arms 2nd arabesque

Arms 1st arabesque [thru 1st]

Arms 1st

Arms 5th

Arms opening to low 2nd

R arm in low 2nd taking **L** hand to the **L** shoulder - fingers lightly touch the shoulder, ¼ turn of the head to look to **R** downstage corner

Dance mime –Rolling the hands forward whilst carrying the arms through 1st to 5th.

- 15 Recover to 5th on demi-pointe **R** foot in front

- 16 Step to the **L** extending **R** foot to side toe point
Place **R** foot behind in curtsy position

R arm 1st to 2nd followed by **L** arm 1st to 2nd

Demi plié in curtsy position
Recover from curtsy - extending **L** supporting leg

Arms in low 2nd

Arms slowly lift to 5th and finish with **L** hand framing **R** side of the face with palm facing away and **R** hand placed under **L** elbow (palm facing down) ¼ Head turn looking to downstage **L** cnr.

TURNOUT EXERCISE: MUSIC TRACK 31

Commence feet in 1st, facing **L** front corner, arms in preparation position

1-2	CHASSÉ L FOOT TO 4 th WITH A PLIÉ ,	Arms to 1 ST
3-4	STRAIGHTEN LEGS ,	Arms to 2 ND arabesque
5-6	RISE IN 4 TH ,	Arms to 2 nd position
7-8	LOWER HEELS ,	Arms to 1 st arabesque
9-10	DEMI PLIÉ ,	Arms to 1 st position
11-12	STRAIGHTEN LEGS,	Arms to 5 th position
13-14	L SIDE TOEPOINT , FACE FRONT ,	Arms to 2 nd position
15-16	CLOSE L FOOT TO 1 ST TURNING TO R CORNER ,	Arms preparation

THIS EXERCISE IS PERFORMED WITH VERY SLOW COUNTS. REPEAT TO OTHER SIDE.

DANCE

1. Identify in Set Exercise: Polka Skipping Spring points	Galop Relevé
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Set Exercise: MUSIC TRACK 32

Commence facing front with tip of the **R** foot behind the supporting **L** leg in curtsy position

Arms low 2nd

1 - 8	Commencing R foot, 4 forward Polkas with low développé travelling to downstage R corner	Arms 3 rd with slight undulation of the arms
9 - 16	Commencing R foot, turn by R and 6 forward skips returning to centre stage and jump feet together finishing in demi plié in 1 st facing the front	Arms 1 st to 2 nd
1 - 8	Commencing L foot, 4 forward Polkas with low développé travelling to downstage L corner	Arms 3 rd with slight undulation of the arms
9 - 16	Commencing L foot, turn by L and 6 forward skips returning to centre stage and jump feet together finishing in demi plié in 1 st facing the front	Arms 1 st to 2 nd
1 - 6	Facing the front 3 Spring points forward R, L, R (double time)	Arms Low 2 nd
7 - 8	Close feet to demi plié in 1 st	Arms 1 st
9 - 12	2 slow galops to the L	Arms low 2 nd
13 - 16	Side step to the L and close feet to 3 rd in demi plié, R foot in front	Arms 3 rd (R arm forward)
1 - 6	Facing the front 3 Spring points forward R, L, R (double time)	Arms Low 2 nd
7 - 8	Close feet to demi plié in 1 st	Arms through preparation to 1 st
9 - 12	2 slow galops to the R	Arms low 2 nd
13 - 16	Side step to the R and close feet to 3 rd in demi plié, L foot in front	Arms 3 rd (L arm forward)

DANCE (contd)**Set exercise: (contd)**

Coda

- | | | |
|--------|---|--|
| 1 - 2 | Side toe point to the L extending both legs | Arms 2 nd |
| 3 - 4 | Step to L and take R foot behind and prepare for a curtsy | Arms 4 th (R through 1 st & up) |
| 5 - 6 | Curtsy, with forward tilt of the head | Arms 3 rd |
| 7 - 8 | Recover the body (and head) | Arms low 2 nd |
| 9 - 10 | Step back on R leg with L forward toe point | Arms 1 st to 2 nd |
| 11 - | Close in 3 rd in demi pli  with L foot in front, facing R downstage corner | Arms 1 st |
| 12 | Relev  in 5 th | L hand to R side of the face with palm facing outward and R arm is bent with R hand under left elbow |

MUSICAL APPRECIATION

- ◆ DISTINGUISH MARCH, WALTZ AND/OR POLKA TIME

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