

## SKILLS PROGRAMME

# STANDARD GRADE THREE

(No impromptu combinations will be requested by the Examiner)

(January 2005)

### FREE EXERCISES

<p><b>1. Arm Positions:</b> Curve overhead Obliquely forward – <i>up, down or mixed</i> Overhead wrist cross Hands clasped overhead</p> <p>A movement can combine armwork from Grades 1 &amp; 2 e.g. L arm forward, R arm neck rest</p>	<p><b>2. Leg and Foot Positions:</b> <i>with hands in hips firm position</i> Lunge backward or forward Low arabesque Rotating toe point <i>(with either a straight supporting leg or fondu - through forward, side or backward toe points)</i> Leg mount with arm at curve overhead</p>
<p><b>3. Bends:</b> Forward <i>(side step, arms upward stretch, ½ forward trunk bend)</i> Side <i>(hands clasped overhead, side step).</i> Back <i>(side step with arms upward stretch, bend back from the waist, keeping the head between the arms)</i></p>	<p><b>4. Floorwork:</b> Straddle/legs astride sit – trunk to floor <i>(holding feet under insteps or palms flat on the floor)</i> or Straddle/legs astride sit – forearms to the floor Split <i>with fingertips to floor, or flat hands for support (options)</i> Long sit single leg raises forward, holding ankle Prone leg raises (face down) <i>single leg raises with lower leg bent and foot positioned under raised knee</i></p>

### Set Exercise: MUSIC – TRACK 33

- 1 - 2 FACE FRONT **L** CORNER, ARMS MIXED OBLIQUE FORWARD (**R** UP, **L** DOWN), **L** BACK LUNGE
  - 3 - 4 REVERSE ARMS (**L** UP, **R** DOWN), **L** LOW ARABESQUE
  - 5 - 6 FACE **R** FRONT CORNER,  
(LIFT **R** ARM THROUGH UPWARD STRETCH) ARMS SIDE RAISE, **L** SIDE LUNGE
  - 7 - 8 FEET TO ATTENTION, OVERHEAD WRIST CROSS
  - 9 - 10 FACE FRONT, LOWER ARMS (SIDEWAYS) TO HIPS FIRM, **L** SIDE TOE POINT
  - 11 - 12 HOLD **L** FOOT IN PREPARATION FOR LEG MOUNT
  - 13 - 14 **L** SIDE LEG MOUNT, **R** ARM NECK REST
  - 15 - 16 **L** SIDE LUNGE, ARMS OBLIQUELY DOWN SIDEWAYS
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- 1 - 2 FACE **R** SIDE, **L** KNEEL, ARMS FORWARD RAISE
  - 3 - 4 SLIDE FRONT FOOT INTO SPLIT, ARMS UPWARD STRETCH OR FINGER TIPS TO FLOOR
  - 5 - 6 MAINTAIN SPLIT, FINGERTIPS TO FLOOR AT SIDE
  - 7 - 8 BRING BACK LEG TO MEET FRONT LEG [LONG SIT, FINGERTIPS BEHIND]
  - 9 - 10 **R** SINGLE LEG RAISE FORWARD, HOLDING ANKLE
  - 11 - 12 RECOVER
  - 13 - 14 STAND (THROUGH CROSS-LEG)



**ROD EXERCISES**

<p><b>1. Under Grip:</b>                  Back oblique down twist                  Rod across back                  Back twist                  Multiple flashing</p>	<p><b>2. Top Grip</b>                  Forward raise                  Upward stretch                  Side raise twist                  Forward raise twist</p>
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**Set Exercise: MUSIC TRACK 34**

- 1 - 4 MULTIPLE FLASHING TO L
- 5 - 6 L SIDE LUNGE, ROD ACROSS BACK
- 7 - 8 FEET TO ATTENTION, R OBLIQUE TWIST UP
- 9 - 10 *FACE R SIDE:* L BACK LUNGE, L BACK OBLIQUE DOWN TWIST
- 11 - 12 L LOW ARABESQUE, L VERTICAL TWIST
- 13 - 14 *FACE FRONT:* L SIDE LUNGE, BACK TWIST (retaining L twist)
- 15 - 16 ATTENTON
  
- 1 - 2 CHANGE TO TOP GRIP (L then R)
- 3 - 4 R SIDE TOE POINT, ROD FORWARD RAISE
- 5 - 6 R SIDE LEG RAISE, ROD UPWARD STRETCH
- 7 - 8 R SIDE LUNGE, R FORWARD RAISE TWIST
- 9 - 10 R SIDE LUNGE, L FORWARD RAISE TWIST
- 11 - 12 FEET TO ATTENTION, ROD FORWARD RAISE
- 13 - 14 L SIDE LUNGE, L SIDE RAISE TWIST
- 15 - 16 ATTENTION

**CLUB SWINGING**

<p><b>1. Inward:</b>                  Back wristswing                  Big wheel turns(<i>start &amp; finish with swing at side raise</i>)</p>	<p><b>2. Inward (<i>facing side</i>)</b>                  Mixed fold at forward raise                  Single wristcross</p>
<p><b>3. Outward</b>                  Back wristswing                  Big wheel turns(<i>start &amp; finish with swing at side raise</i>)</p>	<p><b>4. Outward (<i>facing side</i>)</b>                  Mixed fold at forward raise                  Single wristcross</p>
<p><b>5. Parallel: (<i>L&amp;R directions</i>)</b>                  Back wristswing</p>	<p><b>6. Parallel: (<i>L&amp;R directions</i>) -<i>facing backward side</i></b>                  Bodycross</p>
<p><b>7. Side Windmill (<i>L&amp;R directions</i>)</b>                  Side raise swing</p>	<p><b>8. Side Windmill (<i>L&amp;R directions</i>) -<i>facing fwd side</i></b>                  Body cross</p> <p><b>9. Side Windmill (<i>L&amp;R directions</i>) -<i>facing bwd side</i></b>                  Forward raise swing                  Full circle</p>
<p><b>10. Outward Windmill</b>                  Leg swing                  Fold at side raise</p>	<p><b>11. Outward Windmill – <i>facing side</i></b>                  Forward raise swing                  Full circle <i>alternating with</i> Forward raise swings</p>
<p><b>12. Inward Windmill</b>                  Full circle                  Headswing                  Side raise swing</p>	<p><b>13. Inward Windmill - <i>facing side</i></b>                  Forward raise swing                  Full circle <i>alternating with</i> Forward raise swings</p>

**CLUB SWINGING (contd)**

**Set Exercises: MUSIC TRACK 35**

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 - L & R Sides:

- 1 - 2 **L SIDE:** CIRCLE TO SIDE RAISE SWING
- 3 - 4 BACKSWING
- 5 - 6 - 7 FACE BACKWARD SIDE: FOLD
- 8 OVERHEAD WRIST SWING & FINISH AT UPWARD STRETCH
- 9 - 16 REPEAT TO R SIDE

Outward Windmill - incorporating Inward swings facing back

Commence with **L** hand:

- 1 - 2 FULL CIRCLE, HEADSWING
- 3 LEGSWING
- 4 FACING L SIDE: FORWARD RAISE SWING
- 5 ALTERNATE FULL CIRCLE - **L** HAND; FORWARD RAISE SWING WITH **R** HAND
- 6 BOTH HANDS FORWARD RAISE SWING
- 7 - 8 AS FOR 5 - 6 (ALTERNATE ARMS)
- 9 STEP WITH **R** FOOT TO FACE BACK (SWINGING INWARD); SIDE RAISE SWING
- 10 HEADSWING
- 11 FULL CIRCLE
- 12 FORWARD RAISE SWING FACING **L** SIDE
- 13 - 14 STEP RIGHT TO FACE FRONT: FOLD AT SIDE RAISE COMMENCING WITH **R** HAND (SWINGING OUTWARD)
- 15 - 16 FULL CIRCLE TO UPWARD STRETCH

**FIGURE MARCHING**

<p>Mark time moving backwards                  Side, forward and backward stepping                  About turns by                  . Forward step                  . Foot across in front                  . Foot crossed behind                  Forward marching in large square with corner turns</p>	<p><i>Note:</i>                  The accepted method of cornering for this exam is shown on the video.</p>
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**Set Exercise: MUSIC TRACK 36**

**Commence centre back**

- 1 -16 March in diamond commencing towards downstage **R** – 4 steps each direction (about turn by fwd step on 16)
- 1 -16 Repeat in reverse direction
- 1 - 8 8 MARK TIMES MOVING BACKWARDS;
- 9 -16 STEP IN SQUARE - (**L** Forward Step & Att/**L** Side Step & Att/**R** Back Step & Att/**R** Side Step & Att;
- 1 - 4 MARCH FORWARD 3 STEPS AND ABOUT TURN ON 4TH STEP;
- 5 - 8 MARCH TOWARDS BACK 3 STEPS AND ABOUT TURN ON 4TH STEP;
- 9 -12 MARK TIME ON SPOT 4 COUNTS WITH HEAD TURNS TO **L** (2 counts); TO **R** (2 counts);
- 13 -14 FORWARD STEP **L**, HEAD FRONT
- 15 -16 ATTENTION

**AESTHETIC**

<p><b>1. Arm Positions:</b>                  3<sup>rd</sup> arabesque alignment                  4<sup>th</sup> Crossed position</p>	<p><b>2. Foot and Leg Positions:</b>                  Low arabesque (arms 1<sup>st</sup> arabesque)                  Développé to the side</p>
<p><b>3. Identify in Set Choreography:</b>                  1. Small développé forward                  2. 5<sup>th</sup> on demi-pointe</p>	<p>3. Coupé                  4. Bourrée                  5. Kneeling position</p>

**AESTHETIC (contd)****Set Exercise: MUSIC TRACK 37**

1 - 2	Small développé <b>R</b> fwd. and step up to 5 <sup>th</sup> on demi pointe,	Arms through 1 <sup>st</sup> to 5 <sup>th</sup>
3 - 4	Face <b>L</b> front cnr., and step fwd <b>R</b> , point <b>L</b> foot behind	Arms lower through 1 <sup>st</sup> to 1 <sup>st</sup> arabesque.
5 - 6	Plié back through 4 <sup>th</sup> to <b>R</b> toe point forward	Arms through 1 <sup>st</sup> to 4 <sup>th</sup> ( <b>L</b> arm raised)
'and'	Coupé over	Lower arms through 2 <sup>nd</sup> to preparation
7 - 8	Bourrée and turn via <b>R</b> in own circle	'Present' arms through 1 <sup>st</sup> to 2 <sup>nd</sup>
9 -10	Step fwd. <b>L</b> , développé <b>R</b> leg to side	Arms through 1 <sup>st</sup> to 2 <sup>nd</sup>
11 -12	Walk <b>R, L</b> into <b>R</b> front cnr. and kneel <b>R</b>	Lifting arms over to cross downwards
13	Press fwd over front knee	Arms 4 <sup>th</sup> crossed - <b>L</b> arm raised
14	Stand in 5 <sup>th</sup> on demi point, <b>L</b> foot front	Arms 5 <sup>th</sup>
15	Face front, side step to <b>L</b>	Arms 2 <sup>nd</sup>
16	Place <b>R</b> foot pointed behind	<b>R</b> hand to <b>L</b> shoulder (palm facing up) and <b>L</b> arm in low 2 <sup>nd</sup>

**DANCE****JAZZ EXERCISE**

<b>Identify in Set Choreography:</b>	
1. Rib isolations	5. Parallel retiré
2. Shoulder rolls	6. Contraction
3. Shoulder isolations	7. Parallel 1 <sup>st</sup>
4. Pop heel	8. Parallel 2 <sup>nd</sup>

**Set Exercise: MUSIC TRACK 38**Commence with arms out sideways, feet in parallel 2<sup>nd</sup>

1 - 16	8 Rib isolations commencing <b>R</b> , centre, <b>L</b> centre, etc., arms down on count 16
1 - 4	4 Shoulder rolls backwards - <b>R,L,R,L</b> ,
5 - 7	3 Shoulder rolls forward - <b>R,L,R</b> ,
8	Arms out sideways
9 - 16	4 Isolations of <b>R</b> shoulder, fwd, centre, back, centre etc. - arms down on count 16
1 - 4	4 Shoulder rolls backwards - <b>R,L,R,L</b> ,
5 - 7	3 Shoulder rolls forward - <b>R,L,R</b>
8	Arms out sideways
9 - 16	4 Isolations of <b>L</b> shoulder, fwd, centre, back, centre - arms remain
1	<b>R</b> shoulder isolation fwd, <b>R</b> knee & hip fwd. pop heel
2	Recover
3 - 8	Repeat <b>L,R,L</b> - arms down on count 8
9 - 12	Moving <b>R</b> foot in towards <b>L</b> - heel ( <b>R</b> shoulder fwd), toe ( <b>L</b> shoulder fwd), heel ( <b>R</b> shoulder fwd),
	toe ( <b>L</b> shoulder fwd)
13	<b>R</b> parallel retire, contract with head down & hands on knee
14	Parallel 1st
15	<b>R</b> parallel retire, contract with fists beside head
16	Step out to parallel 2nd, arms by sides

**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***