

SKILLS PROGRAMME

PREPARATORY GRADE THREE

(No impromptu combinations will be requested by the Examiner)

(January 2005)

FREE EXERCISES

<p>1. Arm Positions: 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 & 2 e.g. L arm forward, R arm neck rest</p>	<p>2. Leg and Foot Positions: <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>3. Bends: Forward <i>(side step, arms upward stretch, ½ forward trunk bend)</i></p> <p>Side <i>(hands clasped overhead, side step.)</i></p> <p>Back <i>(side step with arms upward stretch, bend back from the waist, keeping the head between the arms)</i></p>	<p>4. Floorwork: Straddle/legs astride sit – trunk to floor <i>(holding feet under insteps or palms flat on the floor)</i></p> <p>Split 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 39

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|----|---|----|---|
| 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 |
| | | | |
| 1 | - | 2 | FACE R SIDE, L KNEEL, ARMS FORWARD RAISE |
| 3 | - | 4 | SLIDE FRONT FOOT INTO SPLIT, ARMS UPWARD STRETCH |
| 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) |
| 15 | - | 16 | ATTENTION FACING THE FRONT |

ROD EXERCISES

<p>1. Under Grip: Back oblique down twist Rod across back Back twist Multiple flashing</p>	<p>2. Top Grip Forward raise Upward stretch Side raise twist Forward raise twist</p>
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Set Exercise: MUSIC TRACK 40

- 1 - 2 **L** BACK OBLIQUE DOWN TWIST; **L** FWD TOE POINT
- 3 - 4 **L** FWD RAISE TWIST; **L** BACKWARD LUNGE
- 5 - 6 **R** SIDE RAISE TWIST WITH CURVE OVERHEAD; **L** SIDE LUNGE
- 7 - 8 (MAINTAIN **R** HAND TWIST) BACK TWIST; **L** FOOT TO ATTENTION
- 9 - 10 FACE **L** FRONT CNR; **R** VERTICAL TWIST; **R** BACKWARD LUNGE
- 11 - 12 UNTWIST, BRINGING **R** FOOT TO ATTENTION TO FACE FRONT
- 13 - 14 MULTIPLE FLASH TO **L**, **L** SIDE TOE POINT
- 15 - 16 MULTIPLE FLASH TO **L**, **L** SIDE LEG RAISE

- 1 - 2 **L** TWIST TO ROD ACROSS BACK, **L** SIDE LUNGE
- 3 - 4 **L** SIDE RAISE TWIST OBLIQUELY UP; MAINTAIN **L** SIDE LUNGE
- 5 - 6 UNTWIST ROD AND COME TO ATTENTION
- 7 - 8 SINGLE COUNTS 7 = **L** HAND TOP GRIP; COUNT 8 = **R** HAND TOP GRIP
- 9 - 10 **R** SIDE RAISE TWIST; **R** FWD TOE POINT
- 11 - 12 **L** FWD RAISE TWIST; ROTATE LEG TO **R** SIDE TOE POINT
- 13 SINGLE COUNT UNTWIST ROD TO FWD RAISE; **R** SIDE LUNGE
- 14 SINGLE COUNT ROD UPWARD STRETCH; MAINTAIN LUNGE
- 15 - 16 ATTENTION

CLUB SWINGING

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

AESTHETIC/DANCE

1. Arm Positions: 3 rd arabesque alignment 4 th Crossed position	2. Foot and Leg Positions: Low arabesque (arms 1 st arabesque) Devoloppé to the side
3. Identify in Set Choreography: 1. <i>Small développé</i> 2. <i>Bourrée</i> 3. <i>Chassé</i> 4. <i>Low arabesque</i> 5. <i>Waltz</i>	6. Posé 7. Running glissade 8. Relevé 9. Rond de jambe 10. Classical kneel

AESTHETIC**Set Exercise: MUSIC TRACK 43**

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

1 - 2	Commence centre back with small développé bringing L foot from back to front and bourrée forward with L foot in front	Arms low 2 nd
3 - 4	Quarter turn to face downstage R corner low forward lift of L leg	Arms thru preparation to 1 st & 5 th Arms 2 nd
5 - 6	Lower to plié in 4th crossed Recover to R foot back toe point	Arms 2 nd Arms 4 th (L arm up) Arms change to 4 th crossed
7 - 8		
9	Chassé forward with R foot	Arms 1 st
10	Recover to L foot back toe point	Arms 2 nd arabesque
11 - 12	Lift L leg into low arabesque	Arms through 1 st to 1 st arabesque
13 - 14	Step back on L foot demi-plié in 4th crossed recover to R forward toe point	Arms 1 st Arms 4 th (L arm up) Arms 2 nd
15 - 16	Close in 5th on demi-pointe R foot in front	
1	Waltz to L side	Arms 3 rd R arm forward
2	Waltz to R side	Arms 3 rd L arm forward
3	Posé on L foot to downstage L corner with low forward lift of the R leg	Arms 1 st
4	Step forward on R leg, posé on L leg lifting R leg into low arabesque	Arms 2 nd
5 - 6	Step forward R running glissade L , R continues through chassé to relevé on R leg in low arabesque	Arms 1 st Arms 2 nd arabesque
&	Lower R foot in fondu	Arms 1 st
7	Half turn by the L to face P side and posé to side on L foot R foot extended to side	Arms demi bras
&	Step across with R foot	
8	Small galop forward with L foot leading and run to centre back	Arms preparation to 1st Arms 3 rd , left arm forward
9	Turn by L to finish facing front, feet in 5 th on demi-pointe L foot in front	Arms 2 nd
10	Step forward on L ,	Arms preparation, 1 st
11 - 12	Développé R leg to side	Arms to 2 nd
&	Step forward on R ,	Arms preparation, 1st
13 - 14	Devoloppé L leg to side	Arms to 2 nd
&	Close in 5th demi-plié with L foot in front	Arms preparation
15	Rond de jambe outwards front to back with L leg rotate to facing downstage L corner	Arms 1 st to 2 nd
&	Close in 5th and relevé in 5th	Arms 1 st to 5 th
16	Step forward on R Classical kneel with R leg raised, weight slightly forward over knee Quarter turn of the head with eyes to downstage R corner	Arms 1 st Arms low 2 nd

TURNOUT EXERCISE: MUSIC TRACK 44

Commence facing **L** corner, feet in 1st

Arms in preparation

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|-------|---|-----------------------------------|
| 1 - 2 | GRAND PLIÉ IN 1 st | Arms to low 2nd |
| 3 - 4 | RECOVER | Arms to preparation |
| 5 | DEMI PLIÉ | |
| 6 | RELEVÉ IN 5 TH R FOOT IN FRONT | |
| 7 | PIVOT TO FACE R CORNER | |
| 8 | LOWER HEELS INTO 1 ST POSITION | Arms in preparation |
| 9 | R FORWARD TOEPOINT WITH FONDU | Arms 1st |
| 10 | RONDE DE JAMBE THROUGH 2 ND WITH STRAIGHT LEGS | Arms to 2 nd |
| 11 | TO BACK TOEPOINT | Arms to 2 nd arabesque |
| 12 | CLOSE TO 1 ST | Arms preparation |
| 13 | L BACK TOEPOINT ON FONDU | Arms in 1 st |
| 14 | RONDE DE JAMBE THROUGH 2 ND WITH STRAIGHT LEGS | Arms to 2 nd |
| 15 | TO FORWARD TOEPOINT | Arms to 1 st arabesque |
| 16 | CLOSE TO 1 ST | Arms preparation |

REPEAT FROM BEGINNING, FACING **R** CORNER USING OPPOSITE ARMS AND LEGS

DANCE

JAZZ EXERCISE

<p>Identify in Set Choreography:</p> <ol style="list-style-type: none"> Rib isolations Shoulder rolls Shoulder isolations Pop heel 	<ol style="list-style-type: none"> Parallel retiré Contraction Parallel 1st Parallel 2nd
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Set Exercise: MUSIC TRACK 45

Commence with arms out sideways, feet in parallel 2nd

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