

SKILLS PROGRAMME

GRADE THREE

(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>Combinations of 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 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>4. Floorwork: Straddle/legs astride sit – trunk to floor <i>(holding feet under insteps or palms flat on the floor)</i> 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 46

- 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
 - 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

1. Under Grip: Back oblique down twist Rod across back Back twist Multiple flashing	2. Top Grip Forward raise Upward stretch Side raise twist Forward raise twist
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Set Exercise: MUSIC TRACK 47

- 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 ATTENTION
- 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

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

CLUB SWINGING (contd)**Set Exercises: MUSIC TRACK 48**

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 <ul style="list-style-type: none"> . 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 49

- 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 - 16 MARK TIME ON SPOT 8 COUNTS WITH HEAD TURNS TO **L** (2 counts); TO **FRONT** (2 counts); TO **R** (2 counts); TO **FRONT** (2 counts).

AESTHETIC/DANCE

<p>1. Arm Positions: 3rd arabesque alignment 4th Crossed position</p>	<p>2. Foot and Leg Positions: Low arabesque (arms 1st arabesque) Développé to the side</p>
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AESTHETIC/DANCE (contd)

3. Identify in Set Choreography: 1. Small développé 2. Bourrée 3. Chassé 4. Low arabesque 5. Waltz	6. Posé 7. Running glissade 8. Relevé 9. Rond de jambe 10. Classical kneel
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AESTHETIC**Set Exercise: MUSIC TRACK 50**

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

Arms low 2nd

1 - 2 Commence centre back with small développé bringing L foot from back to front and bourrée forward with L foot in front 3 - 4 Quarter turn to face downstage R corner low forward lift of L leg 5 - 6 Lower to plié in 4th crossed Recover to R foot back toe point 7 - 8 9 Chassé forward with R foot 10 Recover to L foot back toe point 11 - 12 Lift L leg into low arabesque 13 - 14 Step back on L foot demi-plié in 4th crossed recover to R forward toe point 15 - 16 Close in 5th on demi-pointe R foot in front	Arms thru preparation to 1 st & 5 th Arms 2 nd Arms 2 nd Arms 4 th (L arm up) Arms change to 4 th crossed Arms 1 st Arms 2 nd arabesque Arms through 1 st to 1 st arabesque Arms 1 st Arms 4 th (L arm up) Arms 2 nd
1 Waltz to L side 2 Waltz to R side 3 Posé on L foot to downstage L corner with low forward lift of the R leg 4 Step forward on R leg, posé on L leg lifting R leg into low arabesque 5 - 6 Step forward R running glissade L. R continues through chassé to relevé on R leg in low arabesque & Lower R foot in fondu 7 Half turn by the L to face P side and posé to side on L foot R foot extended to side & Step across with R foot 8 Small galop forward with L foot leading and run to centre back 9 Turn by L to finish facing front, feet in 5 th on demi-pointe L foot in front 10 Step forward on L , 11 - 12 Développé R leg to side & Step forward on R , 13 - 14 Développé L leg to side & Close in 5th demi-plié with L foot in front 15 Rond de jambe outwards front to back with L leg rotate to facing downstage L corner & Close in 5th and relevé in 5th	Arms 3 rd R arms forward Arms 3 rd L arm forward Arms 1 st Arms 2 nd Arms 1 st Arms 2 nd arabesque Arms 1 st Arms demi bras Arms preparation to 1st Arms 3 rd , left arm forward Arms 2 nd Arms preparation, 1 st Arms to 2 nd Arms preparation, 1st Arms to 2 nd Arms preparation Arms 1 st to 2 nd 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 51Commence facing **L** corner, feet in 1st

		Arms in preparation
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	ROND 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	ROND 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**

1. Identify in Set Choreography	
1. Waltz	5. Coupé
2. Soutenu	6. Posé pirouette
3. Chassé	7. Posé
4. Temps levé in arabesque	8. Galop

Set Exercise: MUSIC TRACK 52Commence facing front with tip of the **R** foot behind the supporting **L** leg in curtsy position

		Arms low 2 nd
1 - 4	Waltz to side R, L, R, L	Arms 3 rd (softly from side to side)
5 - 6	Step to R , soutenu turn finish 5th on demi-pointe R foot in front finish facing downstage L corner	Arms 1 st to 5 th
7 - 8	Chassé forward to downstage L corner with R foot, finishing in L back toe point	Arms 1 st to low 2 nd
&	Coupé under	
9	Waltz forward R foot to downstage R corner	Arms 1 st arabesque
10	Waltz to L side, facing downstage L corner	Arms 3 rd (R arm forward)
11	Temps levé in arabesque travelling to downstage R corner	Arms 1 st arabesque
12	Chassé through L foot, coupé under to face L downstage corner	Arms preparation
13 - 16	Repeat previous 4 bars to opposite side, but finish with step into forward toe point R	Arms 3rd (R arm fwd)
1 - 2	Posé pirouette towards downstage R cnr.	
3 - 8	Repeat 3 times	
9 - 12	Face downstage R corner waltz side to side R, L, R, L , moving backwards towards centre	Arms 3rd to 3rd
13	Face front - posé to R side on R foot placing L foot in retiré with foot just behind the knee	Arms 3 rd arabesque toward the downstage right corner
14	Galop to the L side	Arms 2 nd
15	Step to L side with L foot	Arms through 1 st
16	Take R foot behind Curtsy bowing the head	Arms 4 th (R arm up) R arm diagonally up sideways

Recover to extended **L** leg

and **L** arm in 2nd

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