

SKILLS PROGRAMME

STANDARD GRADE FOUR

(No impromptu combinations will be requested by the Examiner)

(REVISED: January 2005)

FREE EXERCISES

<p>1. Arm Positions: Obliquely back Mixed oblique positions</p>	<p>2. Legwork –with hands in hips firm position Low arabesque with fondu High arabesque Forward leg raise Circular leg mount (<i>front to side</i>)</p>
<p>3. Bends: Bridge from lying position <i>or</i> Full back bend from lying position (<i>extended backbend</i>) Circular bend (<i>side step, hands clasped overhead: Half forward bend through side, back, other side, forward and recover overhead.</i>)</p>	<p>4. Floorwork: Prone lying (<i>face down</i>) Swallow (<i>with arms upward stretch, palms down</i>)</p>

Set Exercise: MUSIC TRACK 53

- | | |
|---------|--|
| 1 - 2 | CLASP OVERHEAD (THROUGH SIDE RAISE), L SIDE STEP |
| 3 - 4 | LOWER ARMS THROUGH SIDE RAISE, FACE R SIDE, ARMS OBLIQUELY FORWARD - L ARM UPWARD, R ARM DOWNWARD - L BACKWARD LUNGE |
| 5 - 6 | L LOW ARABESQUE, HANDS AT HIPS FIRM |
| 7 - 10 | HIGH ARABESQUE |
| 11 - 12 | L BACKWARD LUNGE, ARMS FORWARD RAISE |
| 13 - 14 | LIFT L ARM OVER TO FACE FRONT AT ATTENTION |
| 15 - 16 | FACE L FRONT CORNER, SIT CROSS-LEGGED |
| 1 - 2 | SIT, L LEG STRAIGHT ON FLOOR, R LEG RAISED HOLDING ANKLE |
| 3 - 4 | LIE DOWN, LEGS STRAIGHT, ARMS BY SIDES |
| 5 - 6 | PREPARE FOR FULL BACK BEND (KNEES BENT, HANDS ON FLOOR BESIDE HEAD) |
| 7 - 8 | PUSH UP FROM FLOOR, INTO |
| 9 - 10 | BRIDGE OR EXTENDED BACK BEND (OPTION) |
| 11 - 12 | LOWER TO FLOOR |
| 13 - 14 | LONG SIT |
| 15 - 16 | CROSS LEG SIT/STAND TO ATTENTION [FACING FRONT] |

ROD EXERCISES

<p>1. Under Grip: Forward raise twist with curve overhead Neck strike</p>	<p>2. Top Grip Forward oblique – <i>up or down</i> Sideways oblique – <i>up or down</i> Vertical twist Flashing - <i>single or multiple</i></p>
--	--

Set Exercise: MUSIC TRACK 54

- 1 - 2 FACE R FRONT CORNER: L FORWARD RAISE TWIST WITH R CURVE OVERHEAD, L BACKWARD LUNGE
- 3 - 4 R VERTICAL TWIST, L BACKWARD TOE POINT
- 5 - 6 R BACK OBLIQUE DOWN TWIST, BACKWARD TOE POINT
- 7 - 8 R BACK OBLIQUE DOWN TWIST, L HIGH ARABESQUE
- 9 - 10 R FORWARD OBLIQUE TWIST UP, L BACKWARD LUNGE
- 11 - 12 FACE FRONT: ROD FORWARD RAISE, ATTENTION
- 13 - 14 NECK STRIKE (twisting L hand), R SIDE LUNGE
- 15 - 16 ATTENTION - CHANGING TO TOP GRIP

- 1 - 2 R SIDE TOE POINT, SINGLE FLASH TO R
- 3 - 4 R SIDE LEG RAISE, SINGLE FLASH TO R
- 5 - 8 R SIDE LUNGE, MULTIPLE FLASH TO R
- 9 - 10 R SIDE LUNGE, R SIDE OBLIQUE TWIST UP
- 11 - 12 R BACKWARD LUNGE, L FORWARD OBLIQUE TWIST DOWN
- 13 - 14 R FORWARD TOE POINT, R VERTICAL TWIST
- 15 - 16 ATTENTION

CLUB SWINGING

<p>1. Inward: Single hipswing <i>(examiner may ask for certain swings with other arm)</i> Dual hipswing Chestcross</p>	<p>2. Outward Single hipswing <i>(examiner may ask for certain swings with other arm)</i></p>
<p>3. Parallel: (L & R directions) Hip/legswing <i>(could be requested from one side to the other with <u>no backswing in between</u>)</i> Single hipswing <i>(Examiner may ask for certain swings with other arm)</i></p>	
<p>4. Side Windmill (L&R directions) Back wristswing <i>with one arm</i> <i>(Examiner will request certain swings with other arm)</i> Neckswing <i>(either Forward and/or Backward side)</i></p>	<p>5. Side Windmill (L&R directions)-facing fwd side Single wristcross</p> <p>6. Side Windmill (L&R directions)-facing bwd side Fold Singe wristcross Body cross</p>
<p>7. Outward Windmill Backswing Overhead wristswing Back wristswing Chestcross Front to back turning</p>	<p>8. Outward Windmill – facing side Body swing <i>(to front only)</i></p>
<p>9. Inward Windmill Backswing Legswing Fold at side raise Overhead wristswing Chestswing Front to back turning Back wristswing</p>	<p>10. Inward Windmill - facing side Body swing <i>(to front only)</i></p>

CLUB SWINGING (contd)**Set Exercises: MUSIC TRACK 55**

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

Inward:

- | | | |
|----|------|--|
| 1 | | OVERHEAD WRISTSWING |
| 2 | - 5 | R HAND FOLD, L HAND BACKSWING INTO SINGLE HIPSWING THEN CHESTSWING |
| 6 | | CHESTCROSS |
| 7 | - 8 | SIDE RAISE SWING |
| 9 | - 10 | BIG WHEEL TURN TO L (FINISH WITH SIDE RAISE SWING FACING FRONT) |
| 11 | - 13 | FOLD AT FORWARD RAISE FACING R SIDE |
| 14 | | SINGLE WRISTCROSS |
| 15 | | FORWARD RAISE SWING |
| 16 | | CIRCLE TO FINISH AT UPWARD STRETCH FACING FRONT |

Side Windmill - to L side

Commence with **R** hand:

- | | | |
|---|------|---|
| 1 | - 2 | FULL CIRCLE into NECKSWING ON BACKWARD SIDE - CIRCLE INTO: |
| 3 | - 4 | L HAND CENTRE BACK WRISTSWING, R HAND CHEST SWING |
| 5 | - 6 | BACKSWING |
| 7 | | SIDE RAISE SWING |
| 8 | | CIRCLE TO UPWARD STRETCH |
| 9 | - 16 | REPEAT EXERCISE TO R |

FIGURE MARCHING

Slow March forward - *half tempo (arms remain by sides)*
Step forward, knee raise

Set Exercise: MUSIC TRACK 56

Commence facing **R** side, standing on **L** side of working area

- | | | |
|----|------|---|
| 1 | - 8 | SLOW MARCH FORWARD |
| 9 | - 10 | STEP L FORWARD TO ATTENTION |
| 11 | - 16 | FACE FRONT, MARK TIME MOVING BACKWARDS |
| 1 | - 4 | 2 SIDE STEPS TO L |
| 5 | - 8 | 2 SIDE STEPS TO R |
| 9 | - 12 | STEP FORWARD L , KNEE RAISE R , STEP FORWARD R , KNEE RAISE L |
| 13 | - 15 | MARCH FORWARD |
| 16 | | ATTENTION |

AESTHETIC

1. Arm Positions: High 2 nd	2. Foot and Leg Positions: Attitude in front
3. Identify in Set Choreography: 1. Développé forward 2. Chassé 3. 5 th on demi-pointé	4. Bourrée 5. Walking

Set Exercise: MUSIC TRACK 57

Commence with **R** foot behind facing downstage **R** corner
Introduction: Wait 1-2, Step back **R** on angle & point **L** across
'and' - place **L** foot (coupé over)

Arms Preparation
Arms low 2nd, head inclined **R**

1	Posé on to R to R front cnr. développé L leg forward	Arms obliquely sideways, L arm down, R up
2	Walk L,R	Lower arms to preparation
3 - 4	Step fwd L , point behind R	Arms 2 nd arabesque
5 - 6	Step up on back foot to 5 th on demi pointe, L foot in front	Lower front arm then lift both arms to 3 rd arabesque - R arm higher
7 - 8	Face front, bourrée to L ,	Arms to demi bras, head to L cnr and with a soft undulation of the arms turn the palms over and change head to R cnr
9	Step over R , coupé L R elbow with palm down	R hand across face, L hand under
10	Step up on back foot to 5 th demi pointe, bourrée turning R to face back	Arms 3 rd with R arm fwd. finishing in high 2 nd
11 -12	2 walks to back R, L ,	Lowering arms
'and'	Turn to face front, small lift fwd. R leg	Arms preparation
13 -14	Walk fwd, finish 5 th demi pointe with L foot front	Arms opening to 2 nd
15 -16	Step over L to face R front cnr. point R behind	Lift over L arm to 4 th crossed

DANCE**JAZZ EXERCISE**

Identify in Set Choreography: 1. Parallel 2 nd 2. Relaxed 5 th 3. Shoulder rolls 4. Rib isolations 5. Slow body roll 6. Side pelvic isolations	7. Pop heel 8. Parallel retiré 9. Rond de jambe 10. Relaxed side point 11. Parallel 1 st
---	---

Set Exercise: MUSIC TRACK 58

Commence feet in parallel 2nd, arms by sides -

1 - 7	Draw L foot to front of R foot in a relaxed 5 th , repeat R, L, R , 2 shoulder rolls up and fwd. with arms relaxed - R, L then accent arms down and through side (with fingers splayed and palms front)
8	Finish feet in 2 nd arms sideways (palms down)
1 - 4	2 rib isolations, R , centre, L , centre hands on thighs on count 4
5 - 8	2 rib isolations, front, centre, back, centre
1 - 2	Face R side, step L parallel forward
9 - 15	Slow body roll
16	Step L to face front

DANCE

JAZZ EXERCISE (contd)

- 1 - 8 Side pelvic isolations **R & L**, repeat 3 times
first & third times to **R**, the heel pops, arms swing out then cross in front twice.
(Body is up with arms side, and over with crossed arms)
- 9 Lift **R** knee to parallel retire, straight supporting leg and pop heel,
hands clenched beside waist, head down.
- 10 Slide forward and turn in **R** foot with knees bent and hip fwd.
Hands scoop to fwd. with palms to front and fingers in, head up.
- 11 - 16 Repeat **L, R, L**
- 1 - 2 Arms down, 'wipe' and circle **R** foot behind and around to point fwd into **L** front corner.
- 3 - 8 Rond de jambe to behind, rolling **R** shoulder up and fwd. Turn backwards through 5th demi pointe
with delay in **L** shoulder.
- 9 Lift **L** foot into relaxed side point, bend parallel supporting leg, **L** shoulder forward,
head follows extended leg
- 10 Bring **L** foot in with slight lift. Head centre.
- 11 Repeat count 9
- 12 Feet together parallel
- 13 - 16 Repeat **R** foot, but finish with **R** foot fwd, bent knee turned in (straight supporting leg)
Hands accent down then outwards to finish obliquely up with palms facing front.

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