

ROD EXERCISES

<p>1. Under Grip: Side Oblique Twist - <i>up</i> - <i>down</i> Forward Oblique Twist - <i>up</i> - <i>down</i> Forward Strike (<i>to be executed from a twist as requested</i>) Side Raise Twist with Neck Rest</p>	<p>2. Top Grip: Forward Raise Upward Stretch Forward Raise Twist Arms Folded in Front</p>
--	--

Set Exercise: MUSIC TRACK 2

- 1 - 2 **R** forward toe point, **R** slide/flash to side oblique twist up
 3 - 4 **R** side lunge **L** side oblique twist down
 5 - 6 Recover to **R** side toe point and **L** side raise twist with curve overhead
 7 - 8 Face the **L** side bringing feet to attention, forward strike obliquely down
 9 - 10 Turn by your **L** to face the back with **L** side step, rod forward raise
 11 - 12 **L** side lunge, **R** side raise twist with neck rest
 13 - 14 Turn by **L** face R side with **L** forward toe point, upward stretch
 15 - 16 Close to attention facing the side with rod across legs
- 1 - 2 Face front **L** forward toe point, **L** forward oblique twist up
 3 - 4 Attention with rod forward raise
 5 - 6 **R** forward toe point with **R** forward oblique twist down
 7 - 8 Recover to attention, rod across legs
 9 - 10 **L** single flash, **L** side toe point
 11 - 12 **L** single flash, **L** side retiré
 13 - 14 **L** side leg raise with **L** side raise twist
 15 - 16 Attention

CLUB SWINGING

<p>1. Inward: Leg Swing Double Fold at Side Raise Overhead Wrist Swing Chest Swing Front to Back Turning</p>	<p>2. Inward (facing side) Forward Raise Swing Body Swing to Front</p>
<p>3. Outward Overhead Wrist Swing Chest Swing Front to Back Turning</p>	<p>4. Outward (facing side) Forward Raise Swing Body Swing to Front</p>
<p>5. Parallel: (L& R directions) Side Raise Swing Front to Back Turning Back Swing</p>	<p>6. Parallel: (L&R directions) -facing forward side Single Wrist Cross 7. Parallel: (L&R directions) -facing backward side Full Circle -<i>alternating with forward raise swing</i> Single Wrist Cross Double Fold</p>
<p>8. Side Windmill (L&R directions) Back Swing Front to Back Turning 9. Side Windmill (L&R directions) –facing forward side Double Fold</p>	<p>10. Outward Windmill Full Circle Head Swing Side Raise Swing Double Fold at Side Raise (<i>Facing the side</i>) Forward Raise Swing</p>
<p>11. Inward windmill Full circle Head Swing Side Raise Swing</p>	

CLUB SWINGING (contd)**Set Exercises: MUSIC TRACK 3**

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 and double fold |
| 6 | | | Forward raise swing |
| 7 | - | 8 | Face front, and back swing |
| 9 | | | Face backward side, forward raise swing |
| 10 | - | 11 | Alternate full circle (<i>L</i> arm) with forward raise swing (<i>R</i> hand) then (<i>R</i> arm/ <i>L</i> hand) |
| 12 | - | 14 | Double fold |
| 15 | | | Face front, circle to leg swing |
| 16 | | | Finish at upward stretch |

Outward Windmill:

- | | | | |
|---|---|---|---|
| 1 | | | Full circle (Commencing with <i>R</i> hand) |
| 2 | | | Head swing |
| 3 | | | Full circle |
| 4 | | | Side raise swing |
| 5 | - | 6 | Double fold |
| 7 | - | 8 | Circle to head swing and upward stretch |

Inward windmill

- | | | | |
|---|--|--|---|
| 1 | | | Full circle (Commencing with <i>R</i> hand) |
| 2 | | | Head swing |
| 3 | | | Full circle |
| 4 | | | Side raise swing |
| 5 | | | Full circle |
| 6 | | | Head swing |
| 7 | | | Full circle |
| 8 | | | Upward stretch |

FIGURE MARCHING**Identify in Set Exercise:**

Marking Time with Head Turns

Marking Time Moving Forward

Forward Step to Attention

About Turn with Forward Step

Set Exercise: MUSIC TRACK 4

(Commence centre back facing front).

- | | | | |
|----|---|----|--|
| 1 | - | 8 | Marking time moving forward with head turn every 2 beats i.e. <i>L</i> head turn 1, head to front 3, <i>R</i> head turn 5, head to front 7 |
| 9 | - | 11 | Turn by <i>L</i> march forward swinging the arms |
| 12 | - | 16 | Corner turn to face upstage and march forward with arm swinging, close <i>R</i> foot to attention facing the back |
| 1 | - | 2 | <i>L</i> side step |
| 3 | - | 4 | <i>L</i> side step and half turn by <i>L</i> to face the front |
| 5 | - | 6 | <i>R</i> side step |
| 7 | - | 8 | <i>R</i> side step closing to attention |
| 9 | - | 11 | Forward march with arm swinging and |
| 12 | | | About turn with forward step to face the back |
| 13 | - | 14 | Forward march with arm swinging |
| 15 | - | 16 | <i>L</i> forward step to attention facing the back |

AESTHETIC**Expression is required in set choreography**

1. Arm Positions: 1 st Arabesque alignment 2 nd Arabesque alignment Demi bras	2. Leg and Feet Positions: 4 th position 4 th crossed 5 th position
3. Identify in Set Choreography: Chassé <i>to side</i> Demi-plié Low arabesque Low développé Classical kneel Curtsey	<u>NOTE:</u> <i>DEVANT</i> – Term used to describe a position in which the working leg is placed in front of the other foot or in front of the body. <i>DERRIÈRE</i> – Term used to describe a position in which the working leg is placed behind the other foot or behind the body

AESTHETIC**Set Choreography: MUSIC TRACK 5**

Introduction

Commence facing front with tip of the **L** foot behind (derrière) the supporting **R** leg in curtsey position (Classical pose)

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

Arms commence low 2nd and softly lower to Preparation

Arms 1st, 5th

Arms 2nd to Preparation

1 - 2 **R** foot Chassé forward (devant)

3 - 4 **L** toe point back (derrière)

Arms 1st

Arms 4th **L** arm overhead

¼ head turn to downstage **L** corner

Arms 2nd

Arms 4th [Circle **R** arm thru Prep]

¼ Head turn to downstage **R** cnr.

Arms 2nd to Preparation

Arms 1st to 2nd

Arms Preparation

Arms 1st to 2nd

Arms Preparation

9 - 12 Close feet in 3rd **R foot** in front (devant)

Chassé to **R**, **L** side toe point

Close to 3rd **L** foot (devant)

13 - 16 Chassé to **L**, **R** side toe point

Close to 3rd **R foot** in front (devant)

Coda

1 - 8 Facing front rise on demi-pointe ¼ turn to face **R** downstage cnr slightly lifting **R** leg forward (devant) with well extended **R** foot 4 quick walks forward to downstage **R** corner finishing in 5th on demi-pointe **R** in front (devant)

Arms 1st position

Open arms to 2nd position with ¼ head turn to look to the front

1 - 2 Chassé forward (devant) with **R** foot facing downstage **R** corner

Arms lower & rise through soft low 2nd

3 - 4 Recover to **L** toe point back (derrière)

Arms 2nd arabesque

5 - 6 Lift **L** leg into low arabesque

Arms 1st arabesque [thru 1st]

7 - 8 Bring **L** leg from arabesque with a low développé on fondu forward (devant) and finish in 5th on demi-pointe **L** foot in front (devant)

Arms 1st
Arms 5th

9 - 12 Travelling by the **L**, 8 runs in a semi circle to centre stage finishing facing front - 5th on demi-pointe **R** in front (devant)

Arms opening to low 2nd

13 - 14 Step to the **R** taking **L** leg into classical kneel facing downstage **L** corner - weight slightly forward over knee

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

AESTHETIC (contd)

15	Recover to 5 th on demi-pointe R foot in front (devant)	Dance mime –Rolling the hands forward whilst carrying the arms through 1 st to 5 th
15 and	Lowering from 5 th on demi-pointe to stand on R (with L leg poised ready to extend)	Arms through 2 nd to preparation
16	Step to the L extending R foot to side toe point Place R foot behind (derrière) in curtsey position (Classical pose)	R arm 1 st to 2 nd followed by L arm 1 st to 2 nd
	Execute a curtsey Recover from curtsey - extending L supporting leg	Arms in low 2 nd Arms slowly lift to 5 th 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 6

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

1-2	Chassé L foot to 4 th (devant) through 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 preparation to 1 st position
11-12	Straighten legs	Arms to 5 th position
13-14	L side toe point facing the 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*Expression is required in set choreography*

1. Identify in Set Choreography:: Skipping backwards (<i>foot passes through retiré</i>) Temps levé in attitude forward (devant)	Soutenu turn Relevé in 5 th Polka backwards
---	--

Set Choreography:: MUSIC TRACK 7

Commence facing front with tip of the **R** foot behind the supporting **L** leg in curtsey position (Classical pose)

Arms low 2nd

1 - 8	Commencing R foot, 4 Polkas forward with low développé (devant) travelling to downstage R corner	Arms 3 rd with slight undulation of the arms
9 - 16	Commencing R foot, 4 Polkas backward taking the working leg through a retiré	Same arm as leg presenting to 2 nd with head following arm
1 - 8	Commencing R foot, 4 Polkas forward with low développé (devant) travelling to downstage L corner	Arms 3 rd with slight undulation of the arms
9 - 14	Commencing R foot, 6 Skips backward, slightly elevated with knees turned out passing through retiré	Arms 5 th opening to 2 nd
15 - 16	Facing the front R side step, L leg behind (derrière) in curtsey position execute a dainty but quick curtsey	Arms low 2 nd
1 - 8	Coupé 3 Spring points forward (devant) R, L, R , pause 3 Spring points forward (devant) L, R, L , pause	Arms 2 nd
9 - 10	L step to 2 nd temps levé in attitude forward (devant) R leg	Arms 4 th L arm up
11 - 12	Galop to R	Arms 2 nd
13 - 14	R step to 2 nd temps levé in attitude forward (devant) L leg	Arms 4 th R arm up
15 - 16	Galop to L	Arms 2 nd
1 - 8	3 Spring points forward (devant) R, L, R , pause 3 Spring points forward (devant) L, R, L , pause	Arms 2 nd
9 - 10	L step to 2 nd temps levé in attitude forward (devant) R leg	Arms 4 th L arm up
11 - 12	Galop to R	Arms 2 nd
13 - 14	R step to 2 nd temps levé in attitude forward (devant) L leg	Arms 4 th R arm up
15 - 16	Galop to L	Arms 2 nd
Coda		
1 - 4	Step to L soutenu turn finishing facing front L foot in front (devant)	Arms 5 th
5 - 12	8 Petit jetés commencing with jump onto R foot Finish facing R downstage corner with relevé in 5 th L foot in front (devant)	Arms Preparation R arm in 5 th L hand on the hip

The following will be assessed throughout the exam:

- Musical Appreciation
- Style and Presentation
- Knowledge of Syllabus and Terminology

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