



SKILLS PROGRAMME

TEST ONE

(No impromptu combinations will be requested by the Examiner.)

(REVISED: July 2013)

FREE EXERCISES

<p>1. Arm Positions: Attention Forward Raise Side Raise Upward Stretch Hips Firm Fingers to Shoulders</p>	<p>2. Leg and Feet Positions: Attention Side Step Toe Point Forward</p> <p><i>Arms at attention, however arm and leg positions can be requested together.</i></p>
<p>3. Knee Bends: <i>Commence with Side Step and Hips Firm - demonstrate 4 Knee Bends through Demi-plié, recovering to Attention. Maintain 45° turnout.</i></p>	<p>4. Floorwork: Cross Leg Sit Long Sit – with Forward Trunk Bend over Legs <i>In the Forward Trunk Bend place the hands around the instep with the thumbs on top and the fingers together underneath</i></p>

ROD EXERCISES

<p>1. Under Grip: Forward Raise Twist Upward Stretch Rod Across Shoulders</p>	<p><i>Rod positions and Leg and Feet positions (from Free Exercises) can be requested together</i></p>
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CLUB SWINGING

<p>1. Inward: Full Circle Head Swing</p>	<p>2. Outward: Full Circle Head Swing</p>
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AESTHETIC

Expression is required in this section

<p>1. Arm Positions: Preparation Position Low 2nd Position</p>	<p>2. Leg and Feet Positions: 1st Position Toe Point Forward</p>
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DANCE*Expression is required in this section***1. Identify in Set Choreography:**

Toe Taps
 Rise in 1st Position
 Demi-plié in 1st Position
 Toe Point Side
 Demi-plié in 2nd Position
 Sautés in 1st Position

Set Choreography: MUSIC TRACK 1*Commence standing in 1st Position**Hands Hips Firm*

1 - 2	1 Toe Tap with the R foot	Hands Hips Firm 1-16
3 - 4	Return to 1 st Position	
5 - 6	1 Toe Tap with the L foot	
7 - 8	Return to 1 st Position	
9 - 10	Demi-plié in 1 st Position	
11 - 12	Recover	
13 - 14	Rise in 1 st Position	
15 - 16	Lower in 1 st Position	

1 - 4	R Side Toe Point, pass through Demi-plié in 2 nd and recover to L Side Toe Point	Arms Low 2nd
5 - 8	Pass through Demi-plié in 2 nd and recover to R Side Toe Point	
9 - 12	Pass through Demi-plié in 2 nd and recover to L Side Toe Point	
13 - 16	Pass through Demi-plié in 2 nd and recover to R Side Toe Point, close to 1 st Position	

1 - 4	4 Sautés in 1 st Position	Clap the hands in the Demi-plié
5 - 6	Demi-plié in 1 st Position	Arms Low 2nd
7 - 8	Recover to 1 st Position.	Arms Preparation

MUSICAL APPRECIATION

- ◆ CLAPPING IN TIME TO 4/4 RHYTHM ("March" time)

*You will be asked to clap in time to a piece of music given to you by the Examiner***MIME***Expression is required in this section*

- ◆ THROW, CATCH and BOUNCE a BALL
- ◆ YES and NO
- ◆ ANIMAL CHARACTER – *Mime an animal character for a maximum of 30 seconds only*