



SKILLS PROGRAMME

STANDARD GRADE FOUR

(Arm and leg movements, including the use of apparatus, may be requested in any section)

A DVD of this syllabus is available upon request from your State Administrator

(REVISED: November 2014)

FREE EXERCISES

<p>1. Arm Positions: Obliquely back Mixed oblique positions – forward and side</p>	<p>2. Legwork : Low arabesque with fondu, <i>hands in hips firm position</i> High arabesque –arms obliquely down forward Side leg raise from forward step <i>hands in hips firm position</i> Circular leg mount (<i>front to side</i>) other arm <i>hands in hips firm position</i></p>
<p>3. Bends: Bridge from lying position Circular half trunk bend <i>(side step, hands clasped overhead: trunk rotates from side through half forward trunk bend to the opposite side and recover)</i></p>	<p>4. Floorwork: Prone lying (<i>face down</i>) Swallow <i>(with arms upward stretch, palms down)</i> Prone leg raises (<i>face down</i>) <i>single leg raises with lower leg bent and foot positioned under raised knee</i></p>

Set Exercise: MUSIC TRACK 1

- 1 - 2 CLASP OVERHEAD (THROUGH SIDE RAISE), L SIDE STEP
- 3 - 4 LOWER ARMS THROUGH SIDE RAISE, FACE R SIDE, ARMS OBLIQUELY FORWARD - R ARM UPWARD, L ARM DOWNWARD - L BACKWARD LUNGE
- 5 - 6 L LOW ARABESQUE, HANDS AT HIPS FIRM
- 7 - 8 HIGH ARABESQUE, ARMS FORWARD OBLIQUELY DOWN
- 9 - 10 RECOVER TO ATTENTION
- 11 - 12 L SINGLE KNEEL ,ARMS FOLDED IN FRONT
- 13 - 14 DOUBLE KNEEL FACING THE FRONT, ARMS ATTENTION
- 15 - 16 SIT TO (R) SIDE OF BODY, LONG SIT FACING (L) FRONT CORNER

- 1 - 2 (R) SINGLE LEG RAISE HOLDING ANKLE
- 3 - 4 LONG SIT
- 5 - 6 PREPARE FOR BRIDGE FROM SUPINE LIE
- 7 - 8 PUSH UP FROM FLOOR, INTO BRIDGE
- 9 - 10 BRIDGE
- 11 - 12 LOWER TO FLOOR
- 13 - 14 LONG SIT
- 15 - 16 DOUBLE ATTITUDE SIT, FACING (R) DOWNSTAGE CORNER, ARMS SIDE OBLIQUE (L) ARM UP

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>
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Set Exercise: MUSIC TRACK 2

- 1 - 2 **FACE R FRONT CORNER: L FORWARD RAISE TWIST WITH R CURVE OVERHEAD, L BACKWARD LUNGE**
- 3 - 4 **R VERTICAL TWIST, L FORWARD TOE POINT**
- 5 - 6 **R BACK OBLIQUE DOWN TWIST, L BACKWARD TOE POINT**
- 7 - 8 **R FORWARD TWIST, (R) LOW ARABESQUE**
- 9 - 10 **L FORWARD OBLIQUE TWIST UP, L BACKWARD LUNGE**
- 11 - 12 **FACE FRONT ATTENTION WITH ROD ACROSS LEGS**
- 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. Parallel: (L&R directions) -facing backward side Double fold</p>
<p>5. Side Windmill (L&R directions) Back wristswing with one arm <i>(Examiner will request certain swings with other arm)</i> Neckswing (either Forward and/or Backward side) Fold at side raise</p>	<p>6. Side Windmill (L&R directions)-facing fwd side Single wristcross</p> <p>7. Side Windmill (L&R directions)-facing bwd side Fold Single wristcross Body cross</p>
<p>8. Outward Windmill Backswing Overhead wristswing Back wristswing Chestcross Front to back turning Fold at side raise</p>	<p>9. Outward Windmill – facing side Body swing (to front only)</p>
<p>10. Inward Windmill Backswing Legswing Fold at side raise Overhead wristswing Chestswing Front to back turning Back wristswing</p>	<p>11. Inward Windmill - facing side Body swing (to front only)</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*

Inward:

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|----|------|--|
| 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 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 4

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

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|----|------|---|
| 1 | - 8 | SLOW MARCH FORWARD |
| 9 | - 10 | STEP L FORWARD TO ATTENTION FACING THE SIDE |
| 11 | - 14 | MARK TIME MOVING BACKWARDS |
| 15 | - 16 | FACE FRONT L SIDE STEP TO ATTENTION |
| 1 | - 4 | FORWARD MARCH |
| 5 | | L CORNER TURN |
| 6 | - 8 | FORWARD MARCH |
| 9 | - 10 | STEP FORWARD L, KNEE RAISE R, |
| 11 | - 12 | STEP FORWARD R, KNEE RAISE L |
| 13 | - 14 | L STEP FORWARD TO ATTENTION |
| 15 | - 16 | FACE FRONT L SIDE STEP TO ATTENTION |

AESTHETIC

1. Arm Positions: High 2 nd Low 2 nd Demi Bras	2. Foot and Leg Positions: Attitude forward (devant) Posé attitude forward (devant) Posé arabesque
3. Identify in Set Choreography: 1. 5 th on demi-pointé 2. Bourrée	NOTE: DEVANT – 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. DERRIÈRE – Term used to describe a position in which the working leg is placed behind the other foot or behind the body

Set Exercise: MUSIC TRACK 5

Commence with **R** foot behind (derrière) in classical pose facing downstage **R** corner
 Introduction: Wait 1-2,

Arms low 2ndArms Preparation, 1st to 2nd **L** arm, then **R** arm

Step back **R** on angle with **L** toe point forward (devant) on fondu

R arms 4th crossed **L** arm up

- 1 Step forward on **L** and posé on to **R** to **R** front cnr.
L attitude forward (devant)
 2 Run **L,R,L**
 3 - 4 Step fwd **R**, point **L** behind (derrière)
 5 - 6 Plie in 4th recover to **R** forward (devant) toe point

Arms open through 1st demi bras
 Lower arms to preparation
 Arms 2nd arabesque
 Arms to 3rd arabesque - **R** arm higher

- 7 - 8 Coupé and bourrée to **L** upstage corner **R** foot in front (devant)
 Facing **L** downstage corner
 9 - 10 Finish facing the back in 5th **L** foot in front (devant)

Arms passing through preparation
L arm high 2nd, **R** arm low 2ndArms in 5th

- 11 - 12 Step forward and rise on **L**, with **R** low developpé forward, coupé and bourrée in circle by **R** shoulder and finish facing front

Arms in low 2nd
Arms 4th **R** arm up

- 13 Step **L** face **R** downstage corner
 14 -15 Posé **R** low arabesque
 Face the front and Step forward on **L**, and to 2nd on **R**, and facing **L** downstage corner
 take **L** leg back into a single kneel

Arms 1st
Arms low 2nd
Arms softly in low 2ndArms softly down to low 2nd, palms up, eyeline to **L** hand

DANCE**JAZZ EXERCISE**

Identify in Set Choreography: 1. Relaxed 5 th 2. Slow body roll 3. Side gallop 4. Ball change	4. Rond de jambe with turn 5. Relaxed side point
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Set Exercise: MUSIC TRACK 6

Commence feet in parallel 2nd, arms by sides –

1-8 2 **L** pop heel travelling to **R**, 2 **R** pop heel travelling to **L**, arms move freely forward in opposition

9-16 Relaxed step **R** to 2nd and draw **L** foot to front of **R** foot in a relaxed 5th slightly raising the heels,
With **R** shoulder pulsing forward.

Repeat **R, L, R,**

1-4 Accent arms down and through side (with fingers splayed and palms front)
Finish feet in 2nd, arms sideways (palms down)

5-8 2 rib isolations, **R**, centre, **L**, centre hands on thighs on count 4

9-12 2 rib isolations, front, centre, back, centre

13-14 Face **R** corner, step **L** parallel forward

15-16/1-7 Slow body roll

8 **L** foot into parallel to face front

9-12 **L** side gallop – arms side raise, step ball change arms crossed over chest

13-16 **R** side gallop – arms side raise, step ball change arms crossed over chest

1-8 Slide **R** foot forward with knees bent and feet in 2nd parallel

with hips facing **L** and shoulders face the front

Hands scoop to fwd. with palms to front and fingers in, head up.

Repeat **L, R, L**

9-12 Arms down, 'wipe' and circle **R** foot behind and around to point fwd into **L** front corner.

Rond de jambe to behind, rolling **R** shoulder up and fwd. Turn by **R** through 5th demi pointe

13-16 Lift **L** foot into relaxed side point, and relaxed parallel supporting leg, **L** shoulder forward,

Bring **L** foot into parallel retiré. Head centre.

Repeat count 13-16

Coda Finish with **R** foot fwd (beveled), bent knee turned in (straight supporting leg) hips facing **L** front
downstage corner, body facing front

Hands accent down then outwards to finish obliquely up with palms facing front.

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