



## ROD EXERCISES

<p><b>1. Under Grip:</b>          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><b>2. Top Grip:</b>          Forward Raise          Upward Stretch          Forward Raise Twist          Arms Folded in Front</p>
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### Set Exercise: MUSIC TRACK 24

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

## CLUB SWINGING (contd)

### Set Exercises: MUSIC TRACK 25

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 ( <b>L</b> arm) with forward raise swing ( <b>R</b> hand) then ( <b>R</b> arm/ <b>L</b> hand) |
| 12 | - | 14 | Double fold   |
| 15 |   |    | Face front, circle to leg swing   |
| 16 |   |    | Finish at upward stretch  |

#### Outward Windmill:

- |   |   |   |   |
|---|---|---|---|
| 1 |   |   | Full circle (Commencing with <b>R</b> 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 <b>R</b> 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 26

(Commence centre back facing front).

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

**AESTHETIC****Expression is required in set choreography**

<b>1. Arm Positions:</b> 1 <sup>st</sup> Arabesque alignment 2 <sup>nd</sup> Arabesque alignment Demi bras	<b>2. Leg and Feet Positions:</b> 4 <sup>th</sup> position 4 <sup>th</sup> crossed 5 <sup>th</sup> position
<b>3. Identify in Set Choreography:</b> Chassé <i>to side</i> Demi-plié Low arabesque Low développé Classical kneel Curtsey	<b><u>NOTE:</u></b>  <b><i>DEVANT</i></b> – 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.  <b><i>DERRIÈRE</i></b> – 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 27**

## 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 5<sup>th</sup> - **R** foot in front (devant)  
 Lower heels to 5<sup>th</sup>

Arms commence low 2<sup>nd</sup> and softly lower to Preparation

Arms 1<sup>st</sup>, 5<sup>th</sup>

Arms 2<sup>nd</sup> to Preparation

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

3 - 4 **L** toe point back (derrière)

Arms 1<sup>st</sup>

Arms 4<sup>th</sup> **L** arm overhead

¼ head turn to downstage **L** corner

Arms 2<sup>nd</sup>

5 - 6 Lower **L** foot in demi-plié 4<sup>th</sup> crossed

7 - 8 Recover to **R** toe point forward (devant)

Arms 4<sup>th</sup> [Circle **R** arm thru Prep]

¼ Head turn to downstage **R** cnr.

Arms 2<sup>nd</sup> to Preparation

9 - 12 Chassé to **R**, **L** side toe point

Close to 3<sup>rd</sup> **L** foot (devant)

Arms 1<sup>st</sup> to 2<sup>nd</sup>

Arms Preparation

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

Close to 3<sup>rd</sup> **R** foot in front (devant)

Arms 1<sup>st</sup> to 2<sup>nd</sup>

Arms Preparation

## 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 5<sup>th</sup> on demi-pointe  
**R** in front (devant)

Arms 1<sup>st</sup> position

Open arms to 2<sup>nd</sup> 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 2<sup>nd</sup>

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

Arms 2<sup>nd</sup> arabesque

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

Arms 1<sup>st</sup> arabesque [thru 1<sup>st</sup>]

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

Arms 1<sup>st</sup>  
 Arms 5<sup>th</sup>

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

Arms opening to low 2<sup>nd</sup>

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 2<sup>nd</sup>  
 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 <sup>th</sup> on demi-pointe <b>R</b> foot in front (devant)	Dance mime –Rolling the hands forward whilst carrying the arms through 1 <sup>st</sup> to 5 <sup>th</sup>
15 and	Lowering from 5 <sup>th</sup> on demi-pointe to stand on <b>R</b> (with <b>L</b> leg poised ready to extend)	Arms through 2 <sup>nd</sup> to preparation
16	Step to the <b>L</b> extending <b>R</b> foot to side toe point Place <b>R</b> foot behind (derrière) in curtsey position (Classical pose)	<b>R</b> arm 1 <sup>st</sup> to 2 <sup>nd</sup> followed by <b>L</b> arm 1 <sup>st</sup> to 2 <sup>nd</sup>
	Execute a curtsey Recover from curtsey - extending <b>L</b> supporting leg	Arms in low 2 <sup>nd</sup> Arms slowly lift to 5 <sup>th</sup> and finish with <b>L</b> hand framing <b>R</b> side of the face with palm facing away and <b>R</b> hand placed under <b>L</b> elbow (palm facing down) ¼ Head turn looking to downstage <b>L</b> cnr.

**TURNOUT EXERCISE: MUSIC TRACK 28**

Commence feet in 1<sup>st</sup> , facing **L** front corner, arms in preparation position

1-2	Chassé <b>L</b> foot to 4 <sup>th</sup> (devant) through plié	Arms to 1 <sup>st</sup>
3-4	Straighten legs	Arms to 2 <sup>nd</sup> arabesque
5-6	Rise in 4 <sup>th</sup>	Arms to 2 <sup>nd</sup> position
7-8	Lower heels	Arms to 1 <sup>st</sup> arabesque
9-10	Demi-plié	Arms preparation to 1 <sup>st</sup> position
11-12	Straighten legs	Arms to 5 <sup>th</sup> position
13-14	<b>L</b> side toe point facing the front	Arms to 2 <sup>nd</sup> position
15-16	Close <b>L</b> foot to 1 <sup>st</sup> turning to <b>R</b> corner	Arms preparation

THIS EXERCISE IS PERFORMED WITH VERY SLOW COUNTS. REPEAT TO OTHER SIDE.

**DANCE***Expression is required in set choreography*

<b>1. Identify in Set Choreography::</b> Skipping backwards ( <i>foot passes through retiré</i> ) Temps levé in attitude forward (devant)	Soutenu turn Relevé in 5 <sup>th</sup> Polka backwards
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**Set Choreography:: MUSIC TRACK 29**

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

**MUSICAL APPRECIATION**

- Distinguish March Time (4/4), Waltz Time (3/4) and/or Polka Time (2/4)
- You may be asked to clap in time to a piece of music played by the Examiner in March Time (4/4) Waltz Time (3/4) and/or Polka Time (2/4)

<b><i>Candidate is expected to have a working knowledge of ALL movements from previous syllabi</i></b>
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