

ROD EXERCISES

1. Under Grip:

- Side oblique twist - *up*
- *down*
- Forward oblique twist - *up*
- *down*
- Simple strike (*to be executed from a twist as requested*)
- Side raise twist with neck rest
- Upward stretch
- Rod across shoulders
- Single flash

Set Exercise: MUSIC TRACK 24

- 1 - 2 **L** SIDE LUNGE, **L** SIDE OBLIQUE TWIST UP
- 3 - 4 **L** SIDE LUNGE, **R** SIDE OBLIQUE TWIST DOWN
- 5 - 6 **L** SIDE LUNGE, ROD FORWARD RAISE
- 7 - 8 ATTENTION
- 9 - 16 REPEAT COUNTS 1 through 8 TO **R** SIDE

- 1 - 2 SINGLE FLASH TO **L**
- 3 - 4 SINGLE FLASH TO **L**
- 5 - 6 **L** FORWARD RAISE TWIST
- 7 - 8 SIMPLE STRIKE FORWARD (SHOULDER LEVEL), **L** TOE FORWARD POINT
- 9 - 10 **L** SIDE RAISE TWIST WITH **R** NECK REST, FEET TO ATTENTION
- 11 - 12 ROD FORWARD RAISE, **R** SIDE RETIRÉ
- 13 - 14 ROD ACROSS SHOULDERS, **R** SIDE TOEPOINT
- 15 - 16 ATTENTION

CLUB SWINGING

1. Inward: Leg swing Double fold at side raise Overhead wrist swing Chest swing Front to back turning	2. Inward (<i>facing side</i>) Forward raise swing
3. Outward Overhead wrist swing Chest swing Front to back turning Leg swing	4. Outward (<i>facing side</i>) Forward raise swing
5. Parallel: (<i>L&R directions</i>) Side raise swing Front to back turning Leg swing	6. Parallel: (<i>L&R directions</i>) - <i>facing forward side</i> Single wrist cross 7. Parallel: (<i>L&R directions</i>) - <i>facing backward side</i> Full circle - <i>alternating with forward raise swing</i> Single wrist cross
8. Side Windmill (<i>L&R directions</i>) Back swing Front to back turning 9. Side Windmill (<i>L&R directions</i>) - <i>facing forward side</i> Double fold	10. Outward Windmill Full circle Head swing Side raise swing

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 & DOUBLE FOLD |
| 6 | | | FORWARD RAISE SWING |
| 7 | - | 8 | FACE FRONT & BACK SWING |
| 9 | | | FACE BACKWARD SIDE: FORWARD RAISE SWING |
| 10 | - | 11 | ALTERNATE FULL CIRCLE (L ARM); WITH FWD. RAISE SWING (R HAND); THEN (R ARM FULL CIRCLE; L HAND FWD RAISE SWING) |
| 12 | - | 14 | FACE FRONT, OVERHEAD WRIST SWING, LEG SWING |
| 15 | | | HEAD SWING |
| 16 | | | FINISH AT UPWARD STRETCH |

Outward Windmill:

- | | | | |
|---|---|----|---|
| 1 | | | FULL CIRCLE (COMMENCING WITH L HAND) |
| 2 | | | HEAD SWING |
| 3 | | | FULL CIRCLE |
| 4 | | | HEAD SWING |
| 5 | | | FULL CIRCLE |
| 6 | | | SIDE RAISE SWING |
| 7 | - | 8 | FULL CIRCLE TO UPWARD STRETCH |
| 9 | - | 16 | REPEAT COUNTS 1 through 8 COMMENCING WITH R HAND |

FIGURE MARCHING

Corner turns Marking time with head turns Marking time moving forward Forward step to attention	<i>Note:</i> The accepted method of cornering for this exam is shown on the video.
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Set Exercise: MUSIC TRACK 26

(Commence in centreback facing front).

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|----|---|----|---|
| 1 | - | 14 | MARKING TIME MOVING FORWARD, HEAD TURN EVERY 4 BEATS
i.e. L head turn 1, R head turn 5, L head turn 9, head to front 13 |
| 15 | - | 16 | FORWARD STEP TO ATTENTION |
| 1 | - | 4 | 2 SIDE STEPS TO L |
| 5 | - | 8 | 2 SIDE STEPS TO R |
| 9 | - | 16 | MARKING TIME |

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
3. Identify in Set Choreography: Chassé forward Demi-plié Low développé Classical kneel Curtsey	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.

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 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

5 - 6 Lower **L** foot in demi-plié 4th crossed
7 - 8 Recover to **R** toe point forward (devant)

Close feet in 3rd **L foot** in front (devant)
9 - 12 Chassé to **R**, **L** side toe point
Close to 3rd **L** foot

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
3 - 4 Recover to **L** toe point back (derrière)
5 - 6 Lift **L** leg into low arabesque
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 lower & rise through soft 1st

Arms 2nd arabesque

Arms 1st arabesque [thru 1st]

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

15 Recover to 5th on demi-pointe **R** foot in front (devant)

Dance mime –Rolling the hands forward whilst carrying the arms through 1st to 5th

15 and Lowering from 5th on demi-pointe to stand on **R** (with **L** leg poised ready to extend)

Arms through 2nd to preparation

16 Step to the **L** extending **R** foot to side toe point
Place **R** foot behind (derrière) in curtsey position (Classical pose)
Execute a curtsey
Recover from curtsey - extending **L** supporting leg

R arm 1st to 2nd followed by
L arm 1st to 2nd

Arms in low 2nd

Arms slowly lift to 5th 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 28

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 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:: Polka forward Skipping forward Spring points	Galop to the side Relevé in 5 th
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Set Choreography: MUSIC TRACK 29

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

Arms low 2nd

1 - 8	Commencing R foot, 4 Polkas forward with low développé travelling to downstage R corner	Arms 3 rd with slight undulation of the arms
9 - 16	Commencing R foot, turn by R and 6 skips forward returning to centre stage and finishing in 1 st facing the front	Arms 1 st to 2 nd Arms in preparation
1 - 8	Commencing L foot, 4 Polkas forward with low développé travelling to downstage L corner	Arms 3 rd with slight undulation of the arms
9 - 16	Commencing L foot, turn by L and 5 skips forward returning to centre stage and finishing in 1 st facing the front	Arms 1 st to 2 nd Arms in preparation
1 - 6	Facing the front	Arms Low 2 nd
	3 Spring points forward (devant) R, L, R	Arms through preparation to 1 st
7 - 8	Close feet to demi plié in 1 st and recover	Arms 2 nd
9 - 12	2 slow galops to the L	Arms 3 rd (R arm forward)
13 - 16	Side step to the L and close feet to 3 rd in demi-plié, R foot in front (devant)	
1 - 6	Facing the front	Arms Low 2 nd
	3 Spring points forward (devant) R, L, R	Arms through preparation to 1 st
7 - 8	Close feet to demi-plié in 1 st and recover	Arms 2 nd
9 - 12	2 slow galops to the R	Arms 3 rd (L arm forward)
13 - 16	Side step to the R and close feet to 3 rd in demi plié, L foot in front (devant)	

DANCE (contd)

Coda

1 - 2	Side toe point to the L extending both legs	Arms 2 nd
3 - 4	Step to L and take R foot behind (derrière) & prepare for a curtsy	Arms low 2 nd
5 - 6	Curtsy, with forward tilt of the head	Arms low 2 nd
7 - 8	Recover the body (and head)	Arms low 2 nd
9 - 10	Step back on R leg with L toe point forward (devant), facing R downstage corner	Arms 1 st , opening R to 2 nd , then L to 2 nd
11 -	Close in 3 rd in demi plié with L foot in front (devant), facing R downstage corner	Arms preparation
12	Relevé in 5 th	L hand to R side of the face with palm facing outward and R arm is bent with R hand under left elbow

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)

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