



SKILLS PROGRAMME

GRADE THREE

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

(REVISED: June 2017)

FREE EXERCISES

<p>1. Arm Positions:</p> <ul style="list-style-type: none"> -Curve overhead -Obliquely forward <i>up</i> -Obliquely forward <i>down</i> -Obliquely forward <i>mixed</i> -Overhead wrist cross -Clasp overhead 	<p>2. Leg and Feet Positions:</p> <ul style="list-style-type: none"> -Lunge <i>backward</i> - <i>hands in hips firm position</i> -Lunge <i>forward</i> - <i>hands in hips firm position</i> -Rotating toe point <i>with straight leg</i> <i>hands in hips firm position</i> -Rotating toe point <i>with fondu</i> <i>hands in hips firm position</i> <i>(forward, side to backward toe point)</i> -Leg mount <i>arm curve overhead</i> -Low arabesque <i>hands at neck rest</i>
<p>3. Bends:</p> <ul style="list-style-type: none"> -Half forward trunk bend <i>side step, arms upward stretch</i> -Side <i>side step, arms upward stretch,</i> -Kneeling lean back <i>hands neck rest</i> <i>(double leg kneel, lean back maintaining</i> <i>straight line from knees to the top of the head)</i> 	<p>4. Floorwork:</p> <ul style="list-style-type: none"> -Legs astride sit – chest to floor <i>(holding feet under insteps or palms flat</i> <i>on the floor)</i> -Split – <i>either leg</i> -Long sit single leg raise through <i>développé</i> <i>(holding heel or ankle) - either leg</i> -Prone lie single leg raise – <i>either leg</i> -Side lying leg raise through <i>développé</i> - <i>either leg</i>

Set Exercise: MUSIC TRACK 1

- 1-2 Face front **R** forward toe point, overhead wrist cross
 3-4 **R** rotating toe point (front to back) to step back, arms side obliquely down
 5-6 **L** side toe point, arms neck rest
 7-8 Prepare for **L** side leg mount, **R** arm hips firm
 9-12 Lift leg to **L** side leg mount, **R** arm to curve overhead
 13-14 **L** side lunge, arms side obliquely down
 15-16 **L** single kneel facing **R** side, arms forward raise
- 1-2 **R** forward split arms side obliquely down to floor
 3 Turn to face **L** side taking **R** leg around to long sit, arms behind obliquely down
 4 Bend **L** leg to the body and hold heel with both hands
 5-6 **L** single leg raise forward through *développé*, holding heel or ankle
 7 Lower **L** leg to long sit
 8 Face **R** prone lie
 9-10 Prone lie **L** single leg raise
 11-12 Prone lie
 13-14 Pull back on double kneel
 15 Lift **R** leg to single kneel
 16 Stand to attention facing the front

ROD EXERCISES

1. Under Grip: -Back oblique down twist -Rod across back -Back twist -Multiple flashing	2. Top Grip -Forward raise -Upward stretch -Side raise twist -Forward raise twist
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Set Exercise:... MUSIC TRACK 2

Commence in under grip

- 1-2 **L** forward toe point, **L** back oblique down twist
 3-4 **L** lunge back, **L** forward raise twist
 5-6 **L** side lunge, **R** side raise twist with curve overhead
 7-8 Back twist to the **L**, feet to attention
 9-10 Face **L** downstage corner **R** back lunge, **L** hand vertical twist
 11-12 Attention facing the front
 13-14 **L** side toe point, **R** side raise twist
 15-16 Un-slide (un-flash) into 2 flashes to the **L** with **L** leg to side leg raise

- 1-2 **L** side lunge, rod across back to **L**
 3-4 Unflash to attention
 5-6 **R** side lunge, **R** side oblique up twist
 7-8 Unflash to attention
 9-10 **R** forward toe point, **L** forward raise twist
 11-12 **R** side toe point, roll arms through, changing grip to **R** forward raise twist in top grip
 13-14 **R** side leg raise, upward stretch (top grip)
 15 **R** leg retiré with **R** top grip side oblique up twist
 16 Take rod in **L** hand and circle **L** arm downward to finish **L** side oblique up, as **R** arm extends to **R** side oblique up, with rise in 5th position on demi-pointe **R** foot devant

CLUB SWINGING

1. Inward: -Back wrist swing -Big wheel turns (start & finish with swing at side raise)	2. Inward -Mixed fold at forward raise - <i>facing side</i> -Single wrist cross - <i>facing side</i>
3. Outward -Back wrist swing -Big wheel turns (start & finish with swing at side raise)	4. Outward -Mixed fold at forward raise - <i>facing side</i> -Single wrist cross - <i>facing side (either hand on top)</i>
5. Parallel: (L & R directions) -Back wrist swing	6. Parallel: (L&R directions) -Body cross - <i>facing backward side</i>
7. Side Windmill (L&R directions) -Side raise swing	8. Side Windmill (L&R directions) -Body cross - <i>facing forward side</i> 9. Side Windmill (L&R directions) -Forward raise swing - <i>facing backward side</i> -Full circles - <i>facing backward side</i>
10. Outward Windmill -Leg swing -Double fold at side raise	11. Outward Windmill -Forward raise swing - <i>facing side</i> -Full circles - <i>facing side</i> (alternating with forward raise swings)
12. Inward Windmill -Full circle -Head swing -Side raise swing -Leg swing -Double fold at side raise	13. Inward Windmill -Forward raise swing - <i>facing side</i> -Full circles - <i>facing side</i> (alternating with forward raise swings)

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

On the 4 bar introduction -

- 1 – 2 Commence in classical pose **L** foot derrière with arms at attention and the clubs along the arms
 3 Circle clubs inward
 4 Finish in upward stretch with rise in 5th on demi-pointe **L** foot derrière

Outward:

- 1 Remaining on demi-pointe **R** hand head swing **L** hand full circle,
 2 **L** side step with **L** hand head swing, **R** hand leg swing with **R** side toe point on fondu
 3- 4 Back wrist swing, with **R** side step
 5 Both arms full circle
 6-9 Turn to face the **R**, with a full circle with **R** arm, into double fold at forward raise
 10 Forward raise swing
 11 Single wrist cross at forward raise
 12 Step to face the back with **L** leg, **L** hand side raise swing and **R** arm full circle facing the back
 13 Both arms full circle
 14 Step **L** foot to face the front, full circle
 15 **R** leg retire, **L** hand overhead wrist swing **R** hand head swing,
 16 Full circle to upward stretch, rise in 5th on demi-pointe **R** foot devant

Inward windmill

Commencing with **L** arm

- 1 Full circle with side step to **R**
 2 Head swing
 3 Leg swing
 4-5 Full circle to face **L** side, forward raise swing
 6 Full circle with **R** arm, **L** arm forward raise swing (*full circle alternating with forward raise swings*)
 7 Both hands forward raise swing
 8 Full circle with **L** arm, **R** arm forward raise swing (*full circle alternating with forward raise swings*)
 and Both hands forward raise swing
 9 Step with **R** foot to face the back and full circle
 10 Head swing leading with **R** arm
 11 Full circle
 12 Facing **L** side forward raise swing
 13-14 Step **R** to face front in side step, double fold at side raise commencing with **R** hand
 15-16 Full circle to upward stretch

FIGURE MARCHING**Identify in Set Exercise:**

- Marking time moving backwards (facing side)
- Stepping
 - side
 - forward
 - back
- About turns
 - . Forward step (open turn)
 - . Foot across in front
 - . Foot across behind

Set Exercise: MUSIC TRACK 4

- 1-8 8 marking time moving backwards
- 9-16 Step in square - (**L** forward step to attention, **L** side step to attention, **R** back step to attention, **R** side step to attention)
- 1-4 Forward march on the diagonal to **R** downstage corner, **L, R, L** with arm swinging, step **R** corner turn,
- 5-7 Forward march on diagonal to **L** downstage corner, **L, R, L** with arm swinging
- 8 Close to attention to finish centre stage facing the front
- 9-10 Marking time on spot
- 11-12 About turn with **L** foot across in front (finishing facing upstage)
- 13-14 Forward march to centre back with arm swinging
- 15-16 Step **L** and about turn by forward step with **R** leg closing to attention facing the front with arms to attention.

AESTHETIC**Expression is required in set choreography**

1. Arm Positions: -3 rd arabesque -4 th Crossed	2. Leg Positions: -Low arabesque - <i>arms 1st arabesque</i> -Développé to the side
3. Identify in Set Choreography: - Low développé - Bourrée - Chassé forward - Low arabesque - Waltz (<i>from a classical pose</i>)	- Posé - Glissade (gliding step) <i>(Note: do not elevate –incorrect on video)</i> - Relevé in low arabesque - Rond de jambe - Classical kneel

Set Exercise: MUSIC TRACK 5

Commence facing the front in classical pose with **L** foot derrière
 On introduction

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|-------|--|---|
| | | Arms preparation softly to 2 nd and return to preparation |
| 1-4 | Commence centre back with low développé bringing L foot from derrière to devant and bourrée forward with L foot in front | Arms 1 st to 5 th |
| 5 | Facing R downstage corner low forward lift of L leg | Arms 5 th |
| 6 | Lower to plié in 4 th crossed | Arms through 2 nd to preparation |
| 7 | Recover to R foot back toe point | Arms 4 th (L arm up) |
| 8 | | Arms 4 th crossed (R arm up) |
| 9 | Chassé forward with R foot | Arms 1 st |
| 10 | Recover to L foot toe point derrière | Arms 2 nd arabesque |
| 11-12 | Lift L leg into low arabesque | Arms through 1 st to 1 st arabesque |
| 13-14 | Step back on L foot demi-plié in 4 th crossed recover to R toe point devant | Arms 1 st |
| 15-16 | Close in 5 th on demi-pointe R foot devant | Arms 4 th (L arm up)
Arms 2 nd with small undulation |

1	Waltz to L side	Arms 3 rd R arms forward
2	Waltz to R side	Arms 3 rd L arm forward
3	Posé on L foot to L downstage corner with low forward lift of the R leg	Arms 1 st
and 4	Step forward on R leg, posé on L leg lifting R leg into low arabesque	Arms through 1 st to low 2 nd
and 5	Step forward on R foot, L foot glissade forward with hips facing L downstage corner <i>(do not elevate - incorrectly demonstrated on the video)</i>	Arms low 2 nd
and 6	Chassé to relevé on R leg in low arabesque	Arms through 1 st to 2 nd arabesque
and 7	Lower R foot in fondu	Arms 2 nd arabesque
7	Half turn by the L to face P side and travelling to L on diagonal L posé to side with R leg in low side extension	Arms low 2 nd
and 8	Step across with R foot	Arms preparation to 1st
8	Small galop forward (<i>not elevated</i>) with L foot leading and run to centre back	Arms 3 rd , left arm forward
9	Turn by L to finish facing front, feet in 5 th on demi-pointe L foot in devant	Arms 2 nd
10	Step forward on L ,	Arms preparation, 1 st
11-12	Développé R leg to side	Arms to 2 nd
and 13-14	Step forward on R , Développé L leg to side	Arms preparation, 1st Arms to 2 nd
and 15	Close in 5th demi-plié with L foot devant facing R downstage corner	Arms preparation Arms 1 st to 2 nd
and 16	Rond de jambe outwards front to back with L leg rotate to facing L downstage corner	Arms 1 st to 5 th
	Close in 5 th left foot derrière and relevé in 5th	Lower arms forward to 1 st
	Step forward on R	Arms low 2 nd
	Classical kneel with R leg raised, weight slightly forward over knee	
	Quarter turn of the head with eyes to downstage R corner	

TURNOUT EXERCISE: MUSIC TRACK 6Commence facing **L** downstage corner, feet in 1st

		Arms in preparation
1-2	Grand plié 1 st	Arms to low 2 nd
3-4	Recover	Arms to preparation
5	Demi plié	
6	Relevé in 5 th R foot devant	Arms preparation
7	Pivot to face R downstage corner	Arms preparation
8	Lower heels in 1 st position	Arms in preparation
9	R toe point forward on fondu	Arms 1st
10	R leg rond de jambe through 2 nd remaining on fondu	Arms to 2 nd
11	To back toe point with straight legs	Arms to 2 nd arabesque
12	Close to 1 st	Arms preparation
13	L back toe point on fondu	Arms in 1 st
14	L leg rond de jambe through 2 nd remaining on fondu	Arms to 2 nd
15	To forward toe point with straight legs	Arms to 1 st arabesque
16	Close to 1 st	Arms preparation

*Repeat from beginning, facing **R** downstage corner using opposite arms and legs, but with both legs straight on counts 10 & 14, not on fondu.*

DANCE*Expression is required in set choreography*

1. Identify in Set Choreography - Soutenu Turn - Temps levé in arabesque - Coupé under	- Posé pirouette - Posé to side with retiré derrière
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Set Exercise: MUSIC TRACK 7Commence facing front in classical pose with **R** foot derrière

Arms preparation

1-4	Waltz to side R, L, R, L	Arms 3 rd (softly from side to side)
5-6	Step to R , soutenu turn finish 5 th on demi-pointe and finish with R foot devant facing downstage L corner	Arms 1 st to 5 th
7-8	Chassé forward with R foot to downstage L corner, finishing in L toe point derrière	Arms 1 st to low 2 nd
and	Coupé under	
9	Waltz forward R foot to downstage R corner	Arms 1 st arabesque
10	Waltz back facing downstage R corner, but finish facing front	Arms 4 th crossed (L arm up)
11	Temps levé in arabesque travelling to R downstage corner	Arms 1 st arabesque
12	Chassé through L foot, coupé under to face L downstage corner	Arms preparation
13-16	Repeat previous 4 bars to opposite side, but finish with R toe point forward	Arms 3 rd (R arm fwd)
1-2	Posé pirouette towards R downstage corner, finishing with forward toe point on fondu	
3-8	Repeat 3 times	
9-10	Facing front waltz side to side R, L	Arms 4 th crossed (R arm up) to 4 th crossed (L arm up)
11-12	Repeat counts 9-10	
13	Posé to R side on R foot placing L foot in retiré derrière	Arms 3 rd arabesque toward the downstage right corner
14	Galop to the L side	Arms 2 nd
15	Side step to the L	Arms through 3 rd (R arm forward)
16	Take R foot derrière	Arms 4 th (R arm up)
	Curtsey bowing the head	Lowering R forward
	Recover to extend L leg	With both arms through low 2 nd finish in high 2 nd with hands turning to facing upward on last note of the music

The following will be assessed throughout the exam:

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

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