



## SKILLS PROGRAMME GRADE FOUR

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

(Revised: January 2016)

### FREE EXERCISES

<p><b>1. Arm Positions:</b> -Obliquely back -Mixed oblique positions</p>	<p><b>2. Legwork –</b> -Low arabesque with fondu <i>hands in hips firm</i> -High arabesque <i>arms forward oblique down</i> -Forward leg raise <i>hands at neckrest</i> -Circular leg mount <i>front to side – hand at hips firm</i> -Supported parallel attitude <i>front arm upward oblique palm down</i> -Catch and hold side leg raise -Pas de bourrée piqué <i>hands in hips firm</i></p>
<p><b>3. Bends:</b> -Extended backbend - <i>feet together or apart</i>  -Circular half trunk bend – hands clasp overhead <i>(commence with forward half trunk bend and move to side, back, opposite side, forward and recover)</i></p>	<p><b>4. Floorwork:</b> -Chest raise from prone lie <i>arms upward stretch palms down, and feet slightly apart</i> -Forward leg raise through développé from long sit to supine lie <i>either leg (rolling the spine to supine lie)</i> -Attitude sit</p>

### Set Exercise: MUSIC TRACK 1

Commence facing the front standing to attention

- 1 Step **R** foot across **L** with coupe, wrist cross in front
- 2-4 Pas de bouree pique with hands hips firm and finish standing on **L** leg, with arms attention
- 5-6 Catch and hold high **R** side leg raise, **L** arm side oblique up
- 7-8 Come to attention
- 9-10 Facing the **L** side **L** forward step
- 11-14 Lift **R** leg into supported parallel attitude derriere, **L** arm forward oblique up with palm facing down
- 15-16 **R** lunge back, arms forward oblique up
  
- 1-2 Turn to face **R** passing arms through upward stretch
- 3-4 Slide into **R** leg forward split, arms to side oblique down with finger tips on the floor
- 5-6 Turn to face **L** side and bring **R** leg around to long sit, arms finish down obliquely back with finger tips on the floor
- 7-8 Supine lie and prepare for full backbend (extended backbend)
- 9-10 Push up into full backbend
- 11-12 Hold full backbend
- 13-14 Lower body to supine lie
- 15 Recovery passing through long sit
- 16 Face the front circling the arms down across the body and pass through upward stretch to finish with **L** arm obliquely up and **R** obliquely down eye line to **R** hand, with legs in attitude sit,

## ROD EXERCISES

<b>1. Under Grip:</b> -Forward raise twist with curve overhead -Neck strike -Back twist forward	<b>2. Top Grip</b> -Forward oblique twist – <i>up or down</i> -Side oblique twist – <i>up or down</i> -Vertical twist -Flashing - <i>single or multiple</i>
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### Set Exercise: MUSIC TRACK 2

*Commence in undergrip*

- 1-2 Facing **R** downstage corner take **L** leg into back lunge, **L** forward oblique twist up  
 3-4 Roll the rod forward to finish in top grip **R** forward oblique twist down  
 5 Recover to face the front and straighten supporting **R** leg with **L** leg in retiré, rod in forward raise top grip  
 6-8 Maintain the retiré and execute 3 (multiple) top grip flashes to **L**  
 9 **L** leg extended to side leg balance, **L** top grip side raise twist  
 10-11 Legs to attention, rod unflashes and is held in the **R** hand as **R** arm circles across the body changing to under grip  
 12 Single flash to the **L** followed by a slide/flash to **L** side curve overhead with **R** side step  
 13-14 Turn to face **R** side with **L** leg in low arabesque, and rod in forward raise  
 15-16 Lift the **L** leg into high arabesque, **R** forward oblique twist down  
 1-2 Recover to face front at attention, rod across legs  
 3-4 2 flashes to the **L**, feet at attention  
 5-6 **L** side raise twist, step across with **R** leg taking **L** leg into coupé derrière  
 7-8 Pas de bouree piqué taking rod to upward stretch and finish in **R** side raise twist  
 9-10 Side lunge to **R** with **L** twist to curve overhead  
 11 Turning lunge to face **R** side taking rod to back twist forward  
 12-14 Remain in lunge and move **R** hand to centre of rod execute a forward baton flash on the back side of the right arm to execute forward strike  
 15 Recover to face the front and step forward on **L**, **L** arm hips firm as **R** arm circles rod inward across the body  
 16 Place feet in classical pose with **R** leg derrière **L** arm hips firm **R** arm finishes in single hand strike to side oblique up with ¼ head turn, to look up at rod

## CLUB SWINGING

<b>1. Inward:</b> -Single hip swing <i>head swing with other arm</i> -Overhead wrist cross -Double wrist cross <i>facing side</i> -Chest cross	<b>2. Outward</b> -Single hip swing <i>head swing with other arm</i>
<b>3. Parallel: (L &amp; R directions)</b> -Hip/leg swing <i>from one side to the other</i> <i>(with no backswing in between)</i> -Single hip swing <i>overhead wrist swing with other arm</i>	

**CLUB SWINGING (contd)**

<p><b>4. Side Windmill (L&amp;R directions)</b>          -Back wrist swing              <i>chest swing with other arm</i>          -Neck swing              <i>forward side</i>          -Neck swing              <i>backward side</i>          -Overhead wrist cross</p>	<p><b>5. Side Windmill (L&amp;R directions)-</b>          -Single wrist cross              <i>facing forward side</i>  <b>6. Side Windmill (L&amp;R directions)</b>          -Double fold              <i>facing backward side</i>          -Single wrist cross              <i>facing backward side</i>          -Body cross              <i>facing backward side</i></p>
<p><b>7. Outward Windmill</b>          -Back swing          -Overhead wrist swing          -Back wrist swing          -Chest cross          -Front to back turning</p>	<p><b>8. Outward Windmill –</b>          -Body swing              <i>facing side</i>          -Double fold              <i>facing side</i></p>
<p><b>9. Inward Windmill</b>          -Back swing          -Overhead wrist swing          -Chest cross          -Front to back turning          -Back wrist swing</p>	<p><b>10. Inward Windmill</b>          -Body swing              <i>facing side</i>          -Double fold              <i>facing side</i></p>

**Set Exercises: MUSIC TRACK 3**

On the 4 bar introduction -

1 – 2 Stand in classical pose, **R** foot *derrière*, arms at attention with clubs along the arms

3 Circle clubs inward

4 Clubs finish in upward stretch with rise to *demi pointe*, **R** foot *derrière*

**Inward:**

- 1 Overhead wrist cross, remain on *demi-pointe*  
 2-4 Step **R** foot to side, **R** hand chest swing, **L** hand back swing to **R** hip swing and  
 5-6 **R** hand double fold at side raise, **L** hand 2 back wrist swings  
 7 Full circle to face **R** side  
 8-10 Double wrist cross  
 11-12 Step **L** foot forward to face the back with **L** hand side raise swing, **R** arm full circle  
 13-15 Turn to face **R** side (P side) with **R** foot forward toe point and double fold at forward raise - with **R** hand circling backward to commence the double fold from upward stretch  
 15 Lower **R** foot and step forward on **L** foot to face the front with **L** hand side raise swing and **R** arm full circle  
 16 Finish upward stretch

**Side Windmill - to **L** side**

Commence with **R** hand:

- 1-2 **R** overhead wrist swing, **L** arm full circle  
 3-4 Head swing  
 5-6 Back swing  
 7-8 Full circle into neck swing on forward side  
 9-10 Face backward side for body cross on the backward side with **R** forward toe point  
 Step forward on **L** foot with full circle (facing the back) as you turn to face **R** (P side) with **R** forward toe point  
 11-13 Double fold - with **R** hand commencing from beside the **R** leg and **L** hand from upward stretch  
 14 Lower the **R** foot and step forward on **L** foot to face the front  
**R** overhead wrist swing, **L** leg swing  
 15-16 Head swing to upward stretch

## FIGURE MARCHING

-Slow March forward - <i>half tempo</i> (arms by side) -Step forward knee raise	* Alternative corner turn technique to be shown in set exercise with feet coming together .
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### Set Exercise: MUSIC TRACK 4

Commence upstage left corner – facing the front

1-4	2 slow march forward
5-6	2 forward march with arm swinging
7-8	Corner turn (* with feet coming together) to face <b>R</b> side
9-12	4 forward march with arm swinging
13-16	4 mark time
1-4	Step forward knee raise twice facing <b>R</b> downstage corner
5-6	Attention facing the front
7-8	Side step to <b>R</b> with <b>R</b> head turn
9 -10	Side step to <b>L</b> with <b>L</b> head turn
11-12	About turn with <b>L</b> foot across in front (to finish facing back)
13-15	3 forward march to back with arm swinging
16	Closing to attention

## AESTHETIC/DANCE

<b>1. Arm Positions:</b> -High 2 <sup>nd</sup>	<b>2. Leg Positions:</b> -Attitude devant -Attitude derrière
<b>3. Identify in Set Choreography:</b>  - Assemblé - Sissone (fermée) - Jeté derrière - Grand jeté - Relevé in attitude derrière	- Echappé relevé to 4th <del>open</del> - Grand jeté en tournant - Demi grand rond de jambe - Circular port de bras - Arabesque penchée

### Set Exercise: MUSIC TRACK 5

Enter from upstage **L** corner

Commence in classical pose **R** foot derrière

		Arms low 2 <sup>nd</sup>
1 - 2	2 walks onto the stage facing <b>R</b> downstage corner <b>R L</b> finishing in 5 <sup>th</sup> on demi-pointe <b>L</b> foot devant	Arms 1 <sup>st</sup> to demi bras
3 - 4	Step forward on <b>R</b> foot and relevé with low développé forward with <b>L</b> leg	Arms undulating in low 2 <sup>nd</sup>
and 5	Step forward on <b>L</b> foot assemblé over with <b>R</b> leg finish in 5 <sup>th</sup> in demi plié facing the front	Arms preparation, low 2 <sup>nd</sup> preparation
and 6	Sissone (fermée) lifting <b>L</b> leg and facing <b>R</b> downstage corner chassé forward with <b>L</b> foot	Arms high 2 <sup>nd</sup> (palms down) Arms 1 <sup>st</sup>
and 7	Jeté derrière on <b>R</b> foot with <b>L</b> foot derrière	<b>L</b> Arm 3 <sup>rd</sup>
and 8	Petit jeté on <b>L</b> foot with <b>R</b> foot derrière	<b>R</b> Arm 3 <sup>rd</sup>
and 9	Chassé back with <b>R</b> foot facing <b>R</b> downstage corner	Arms through 1 <sup>st</sup>
and 10	Recovering to <b>L</b> foot forward toe point	to 2 <sup>nd</sup> arabesque
and	Leading with <b>R</b> leg execute a low grand jeté forward with <b>R</b> leg through développé to <b>R</b> downstage corner	Arms low 2 <sup>nd</sup>

**AESTHETIC/DANCE (contd)****Set Exercise: MUSIC TRACK 5 (contd)**

11 - 12	Grand jeté with développé forward - <b>R</b> leg forward	Arms 3 <sup>rd</sup> arabesque
13 - 14	2 forward runs <b>L R</b> Step forward on <b>L</b> foot	Arms low 2 <sup>nd</sup> Arms 1 <sup>st</sup>
15 - 16	Relevé on <b>L</b> leg with <b>R</b> leg in attitude derrière	Arms 4 <sup>th</sup> <b>R</b> arm up
and	small galop to side facing <b>R</b> upstage corner	Arms 3 <sup>rd</sup>
1 - 2	2 Posé pirouettes to <b>R</b>	Arms 3 <sup>rd</sup> , 2 <sup>nd</sup> 1 <sup>st</sup>
and	3 Posé on <b>R</b> with half turn to face front <b>L</b> foot in retiré derrière	<b>L</b> arm upward oblique & <b>R</b> in 2 <sup>nd</sup> with palm facing down
and	Lower <b>R</b> leg in fondu with <b>L</b> leg passing through low développé	Arms 1 <sup>st</sup>
4	Posé onto <b>L</b> and continue with 3 bourrées travelling to <b>L</b> side toward downstage <b>L</b> corner with <b>L</b> foot devant	<b>L</b> arm upward oblique & <b>R</b> in 2 <sup>nd</sup> with palm facing down
and	5 Facing downstage <b>L</b> corner close in 5 <sup>th</sup> demi plié <b>R</b> foot devant	Arms through 2 <sup>nd</sup> to 1 <sup>st</sup> Arms low 2 <sup>nd</sup> and through 1 <sup>st</sup> to Arms low 2 <sup>nd</sup> arabesque
and	6 Echappé relevé to 4 <sup>th</sup> <del>open</del>	Arms 1 <sup>st</sup>
and	7 Close 5 <sup>th</sup> demi plié	Arms 5 <sup>th</sup>
and	8 Relevé to face <b>L</b> upstage corner with <b>L</b> leg retire	Arms low 2 <sup>nd</sup>
and	9 3 walks <b>L R L</b> on diagonal toward centre back	Arms 1 <sup>st</sup> 5 <sup>th</sup>
and	10 Grand jeté en tournant leading with <b>R</b> leg	Arms demi bras
and	11 Finish facing <b>L</b> downstage corner in demi arabesque on fondu	Arms through 1 <sup>st</sup> to high second
and	12 Soft walks to finish centre stage facing front in 5 <sup>th</sup> on demi point <b>R</b> foot devant	Arms 2 <sup>nd</sup> and flow on to 1 <sup>st</sup> & 2 <sup>nd</sup>
13 - 14	Step forward on <b>R</b> demi grand rond de jambe <b>L</b> leg (commence with fondu on <b>R</b> )	Arms 1 <sup>st</sup> to 2 <sup>nd</sup>
15 - 16	Step forward on <b>L</b> demi grand rond de jambe <b>R</b> leg (commence with fondu on <b>L</b> ) Close in 5 <sup>th</sup> <b>R</b> foot devant in demi-plié facing <b>L</b> downstage Corner, recover straightening the legs	Arms 4 <sup>th</sup> crossed <b>R</b> arm up Arms 1 <sup>st</sup> to low 2 <sup>nd</sup> Arms 1 <sup>st</sup> Arms 4 <sup>th</sup> ( <b>L</b> arm up)
1 -	Chassé forward with <b>R</b> foot	Arms 3 <sup>rd</sup>
2 -	Recover to <b>L</b> back toe point	Arms 4 <sup>th</sup> 5 <sup>th</sup> 4 <sup>th</sup>
3 -	Fondu on <b>R</b> leg into lunge (wide 4 <sup>th</sup> on fondu) with <b>L</b> foot flat on the floor	Arms through 1 <sup>st</sup> to 2 <sup>nd</sup> arabesque Arms through 1 <sup>st</sup> 4 <sup>th</sup> ( <b>R</b> arm up)
4 -	Circular port de bras <b>L</b> to <b>R</b>	Arms 1 <sup>st</sup>
5 -	Recover to <b>L</b> back toe point	Arms 2 <sup>nd</sup> arabesque
6 -	Pivot by <b>L</b> to finish facing <b>R</b> downstage corner with <b>L</b> forward toe point	Arms through 1 <sup>st</sup> to 1 <sup>st</sup> arabesque Arms low 2 <sup>nd</sup>
7 -	Step forward on <b>L</b> leg bringing <b>R</b> foot through low développé forward	<b>L</b> arm remains in low 2 <sup>nd</sup> with <b>R</b> arm following through 5 <sup>th</sup> and finishes with fingers framing <b>L</b> side of face with palm facing <b>L</b> upstage
8 -	Finishing in a <b>L</b> back toe point	Arms through 1 <sup>st</sup> to <b>R</b> arm in second with palm down, and <b>L</b> arm obliquely up with palm down eyes to <b>L</b> hand
9 - 10	Arabesque penchée	Arms 5 <sup>th</sup>
11 - 12	Recover on <b>R</b> leg fondu,	Open Arms to 2 <sup>nd</sup>
13 -	Turn to face <b>L</b> upstage corner execute split with <b>L</b> leg forward	Arms through 1 <sup>st</sup> Finger tips on the floor behind the body
14	Remain in split	
15 -	Bend forward with body fully extended along the <b>L</b> leg	
and	Pivot to straddle with the body staying close to the floor with flat back	
16 -	Pivot by <b>R</b> bringing legs together and lifting the knees facing downstage <b>L</b> corner in "V" sit with <b>R</b> leg extended up on the diagonal	

**AESTHETIC/DANCE (contd)****Set Exercise: MUSIC TRACK 5 (contd)**

## Coda

1 - 2	Transfer weight forward and recover from the floor passing through a kneeling position <b>R</b> leg forward	Arms passing through low 2 <sup>nd</sup> and finish with wrists crossed in front of chest <b>R</b> hand in front
3 - 4	Rond de jambe outward with <b>R</b> leg finishing movement with <b>R</b> foot lowering in demi-plié in 4 <sup>th</sup> facing down stage <b>R</b> corner	<b>R</b> Arm 1 <sup>st</sup> to 2 <sup>nd</sup>
5 - 6	Recover to <b>L</b> forward toe point	<b>L</b> Arm 1 <sup>st</sup> to 2 <sup>nd</sup>
7	Demi plié on <b>L</b> and assemblé over with <b>R</b> leg	Arms undulating to low 2 <sup>nd</sup>
	Close feet in 5 <sup>th</sup> with demi plié <b>R</b> foot devant	Arms Preparation
8	Relevé in 5 <sup>th</sup>	Arms 5 <sup>th</sup>

**TURNOUT EXERCISE: MUSIC TRACK 6**

Commence facing **L** downstage corner, **R** foot devant in 3<sup>rd</sup> position with arms in preparation.

On introduction take arms to low 2<sup>nd</sup> and back to preparation

1-4	Grand plié	Arms to low 2 <sup>nd</sup>
5-8	Recover	Arms to preparation
9-11	Face front and développé <b>R</b> leg to side raise	Arms to 1 <sup>st</sup> to 2 <sup>nd</sup>
12	Turn to <b>L</b> side into low arabesque	Arms 1 <sup>st</sup> arabesque
13-14	Sustain arabesque	Bring <b>R</b> arm through to 3 <sup>rd</sup> arabesque ( <b>L</b> arm up)
15-16	Close to face front in 1 <sup>st</sup>	Arms through 2 <sup>nd</sup> to preparation
1-4	Face front and développé <b>L</b> leg to side raise	Arms to 1 <sup>st</sup> to 2 <sup>nd</sup>
5-6	Turn to <b>R</b> side into low arabesque	Arms 1 <sup>st</sup> arabesque
7-8	Sustain arabesque	Bring <b>L</b> arm through to 3 <sup>rd</sup> arabesque ( <b>R</b> arm up)
9	Close to face front in in 3 <sup>rd</sup> <b>R</b> foot devant	Arms 2 <sup>nd</sup>
10	Chassé forward with <b>R</b> foot to <b>L</b> downstage corner	Arms in 1 <sup>st</sup>
11-12	Lift <b>L</b> leg into attitude derrière	Arms 4 <sup>th</sup> ( <b>L</b> arm up)
13-15	Extend <b>L</b> leg into low arabesque	Arms to 2 <sup>nd</sup> arabesque
16	Close to 3 <sup>rd</sup> facing <b>L</b> downstage corner	Arms preparation

**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***