

FREE EXERCISES (cont'd.)**Set Exercise:**

- 1 - 2 **L** forward toe point on fondu, arms sideways obliquely down
 3 - 4 **L** step back both arms side ways obliquely up
 5 - 6 **R** side toe point arms folded in front
 7 - 8 Circle arms downward to neck rest and **R** leg lifted to retiré
 9 - 10 **R** side leg raise with arms forward raise
 11 - 12 **R** side lunge, arms side raise
 13 - 14 Turn to the **R** side **L** single kneel with arms forward raise
 15 - 16 Sit back onto **L** leg and open to straddle/legs astride arms extended to the floor behind the body
- 1 - 2 Forward bend over the **L** leg
 3 - 4 Recover
 5 - 6 Close to long sit
 7 - 8 Supine lie with **R** leg raise
 9 - 12 Recover through single kneel facing the front with R leg extended to the side, arms side raise
 13 - 14 **R** single kneel forward, arms folded behind
 15 - 16 Recover to attention

ROD EXERCISES

<p>1. Under Grip: Side Oblique Twist - <i>up</i> - <i>down</i> Forward Oblique Twist - <i>up</i> - <i>down</i> Forward Strike (to be executed from a twist as requested) Side Raise Twist with Neck Rest</p>	<p>2. Top Grip: Forward Raise Upward Stretch Forward Raise Twist Arms Folded in Front</p>
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Set Exercise:

- 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

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

Set Exercises:

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

Outward Windmill:

- 1 Full circle (Commencing with R 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 R hand)
- 2 Head swing
- 3 Full circle
- 4 Side raise swing
- 5 Full circle
- 6 Head swing
- 7 Full circle
- 8 Upward stretch

TURNOUT EXERCISE:

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 preparation 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.

AESTHETIC

Expression is required in set choreography

<p>1. Arm Positions: 1st Arabesque alignment 2nd Arabesque alignment Demi bras</p>	<p>2. Leg and Feet Positions: 4th position 4th crossed 5th position</p>
<p>3. Identify in Set Choreography: Chassé to side Demi-plié Low arabesque Low développé Classical kneel Curtsey</p>	<p>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</p>

AESTHETIC

Set Choreography:

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)
- 5 - 6 Lower **L** foot in demi-plié 4th crossed
- 7 - 8 Recover to **R** toe point forward (devant)
- 9 - 12 Close feet in 3rd **R foot** in front (devant)
 Chassé to **R**, **L** side toe point
 Close to 3rd **L** foot (devant)
- 13 - 16 Chassé to **L**, **R** side toe point
 Close to 3rd **R foot** in front (devant)

- 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

AESTHETIC (cont'd..)

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 th on demi-pointe R in front (devant)	Arms 1 st position Open arms to 2 nd 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 nd Arms 2 nd arabesque Arms 1 st arabesque [thru 1 st] Arms 1 st Arms 5 th
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 5 th on demi-pointe L foot in front (devant)	Arms opening to low 2 nd
9 - 12	Travelling by the L , 8 runs in a semi circle to centre stage finishing facing front - 5 th on demi-pointe R in front (devant)	R arm in low 2 nd taking L hand to the L shoulder - fingers lightly touch the shoulder, ¼ turn of the head to look to R downstage corner
13 - 14	Step to the R taking L leg into classical kneel facing downstage L corner - weight slightly forward over knee	
15	Recover to 5 th on demi-pointe R foot in front (devant)	Dance mime –Rolling the hands forward whilst carrying the arms through 1 st to 5 th Arms through 2 nd to preparation
15 and	Lowering from 5 th on demi-pointe to stand on R (with L leg poised ready to extend)	
16	Step to the L extending R foot to side toe point Place R foot behind (derrière) in curtsey position (Classical pose)	R arm 1 st to 2 nd followed by L arm 1 st to 2 nd
	Execute a curtsey Recover from curtsey - extending L supporting leg	Arms in low 2 nd Arms slowly lift to 5 th 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.

DANCE**Expression is required in set choreography**

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

Commence facing front with tip of the **R** foot behind the supporting **L** leg in curtsey position (Classical pose)

Arms low 2nd

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

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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