



SKILLS PROGRAMME

TEST TWO

(No impromptu combinations will be requested by the Examiner.)

(REVISED: July 2013)

FREE EXERCISES

<p>1. <u>Arm Positions:</u> Attention Forward Raise Side Raise Upward Stretch Neck Rest Hips Firm</p>	<p>2. <u>Leg and Feet Positions:</u> Attention Side Step Toe Point Forward – <i>hands Hips Firm</i> Toe Point Side – <i>hands Hips Firm</i></p> <p><i>Arm and leg positions can be requested together</i></p>
<p>3. <u>Knee Bends:</u> <i>Commence with Side Step and Hips Firm - transfer weight to one (1) leg and Side Toe Point with the other, then bend through Demi-plié to the opposite side Toe Point. Repeat bend to both sides then close to Attention. Maintain 45° turnout.</i></p>	<p>4. <u>Floorwork:</u> Supine lie – with Alternate Leg Raises (one on each leg) <i>Commence Leg Raises with knees bent in the tuck position and feet pointed</i></p>

ROD EXERCISES

<p>1. <u>Under Grip:</u> Forward Raise Twist Upward Stretch Vertical Twist Leg Twist</p>	<p><i>Rod positions and Leg and Feet positions (from Free Exercises) can be requested together</i></p>
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CLUB SWINGING

<p>1. <u>Inward:</u> Full Circle Head Swing Back Swing</p>	<p>2. <u>Outward:</u> Full Circle Head Swing</p>
<p>3. <u>Parallel:</u> (L&R directions) Full Circle Head Swing</p>	

Swings may be requested singularly and/or two (2) swings together, i.e. Two hands/arms doing the same swing

AESTHETIC

Expression is required in this section

<p>1. <u>Arm Positions:</u> Preparation Position Low 2nd Position</p>	<p>2. <u>Leg and Feet Positions:</u> 1st Position 2nd Position</p>
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DANCE

Expression is required in this section

<p>1. Identify in Set Choreography: Galop Sideways Sautés in 1st Position Forward Step with Toe Tap</p>	<p>Walking with Stretched Feet Walking on Demi-pointe Curtsey - <i>may be performed with foot behind on Demi-pointe</i></p>
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Set Choreography : MUSIC TRACK 1

	<i>Commence standing in 1st Position</i>	
1 - 2	1 Toe Tap with the R foot	Hands Hips Firm
3 - 4	Return to 1 st Position	Hands Hips Firm 1-16
5 - 6	1 Toe Tap with the L foot	
7 - 8	Return to 1 st Position	
9 - 10	Demi-plié in 1 st Position	
11 - 12	Recover	
13 - 14	Rise in 1 st Position	
15 - 16	Lower in 1 st Position	
1 - 4	2 Galops to the R side	Hands Hips Firm
5 - 6	Side Step to the R and then close to 1 st Position with the L foot	
7 - 8	2 Sautés in 1 st Position	Clap the hands in the Demi-plié
9 - 12	2 Galops to the L side	Hands Hips Firm
13 - 14	Side Step to the L and then close to 1 st Position with the R foot	
15 - 16	2 Sautés in 1 st Position	Clap the hands in the Demi-plié
<i>Quarter Turn to the R and execute the following steps travelling in a circular direction to the Centre Back -</i>		
1 - 2	Forward Step on the R foot, Forward Toe Tap with the L foot	Hands Hips Firm
3 - 4	Forward Step on the L foot, Forward Toe Tap with the R foot	Hands Hips Firm
5 - 8	Repeat 1-4	
9 - 16	8 Walks Forward commencing with the R foot - the forward foot must be well extended before lowering	Hands Hips Firm
1 - 8	8 Walks Forward on Demi-pointe commencing with the R foot	
9 - 11	Run to Centre Stage finishing in 1 st Position on Demi-pointe,	Arms to Low 2 nd , palms facing down
12	Lower heels in 1 st Position	
13 - 15	Side Step to the R and place the tip of the L foot behind the supporting R leg in the Curtsey Position Curtsey	Arms open through Prep, 1 st then 2 nd to Low 2 nd , palms facing down
16	Recover from Curtsey extending the supporting leg.	

MUSICAL APPRECIATION

- ◆ CLAPPING IN TIME TO 3/4 RHYTHM (“Waltz” time)
You will be asked to clap in time to a piece of music given to you by the Examiner

MIME

Expression is required in this section

- ◆ Act out a NURSERY RHYME or STORY BOOK CHARACTER - *Maximum of 30-60 seconds only*

Perform individually:

- ◆ “You come here!”
- ◆ “Go away!”
- ◆ “Surprised”
- ◆ “Frightened”

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