

SKILLS PROGRAMME

TEST ONE

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

(REVISED: July 2022)

FIGURE MARCHING

Mark time	4. Mark time facing the side (no music)
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FREE EXERCISES

1. <u>Arm Positions:</u> Attention Forward Raise Side Raise Upward Stretch Hips Firm Fingers to shoulders	2. <u>Leg and Feet Positions:</u> Attention Side Step Toe Point Forward <i>Arms at attention, however arm and leg positions can be requested together.</i>
3. <u>Knee Bends:</u> <i>Commence with Side Step and Hips Firm - demonstrate 4 Knee Bends through Demi-plié, recovering to Attention. Maintain 45° turnout.</i>	4. <u>Floorwork:</u> Cross Leg Sit Long Sit – with Forward Trunk Bend over Legs <i>In the Forward Trunk Bend place the hands around the instep with the thumbs on top and the fingers together underneath</i>

ROD EXERCISES

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

1. <u>Inward:</u> Full Circle Head Swing	2. <u>Outward:</u> Full Circle Head Swing
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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

1. <u>Arm Positions:</u> Preparation Position 1 st Position Low 2 nd Position	2. <u>Leg and Feet Positions:</u> 1 st Position 2 nd Position Toe point (devant) forward
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DANCE*Expression is required in this section***1. Identify in Set Choreography:**

Toe Taps
 Rise in 1st Position
 Demi-plié in 1st Position

Toe Point to (2nd) Side
 Demi-plié in 2nd Position
 Sautés in 1st Position

Set Choreography:*Commence standing in 1st Position**Hands Hips Firm*

1 - 2	1 Toe Tap with the R foot	Hands Hips Firm 1-16
3 - 4	Return to 1 st Position	
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	R Side Toe Point, pass through Demi-plié in 2 nd and recover to L Side Toe Point	Arms Low 2nd
5 - 8	Pass through Demi-plié in 2 nd and recover to R Side Toe Point	
9 - 12	Close in 1st	
13 - 15	3 Sautés in 1 st Position & finish in Demi-plié	Clap the hands on each Demi-plié
16	Recover in 1 st Position.	Hands hip firms

MUSICAL APPRECIATION

1. Interpretative section and must include appropriate movement, use of space, face/body expression.
2. Candidate can interpret the music or use the example on the video.
3. The interpretation and presentation is the focus, rather than technique.

- ◆ Interpret the music "**HAPPY**"