



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>1. Arm Positions: -Obliquely back -Mixed oblique positions</p>	<p>2. Legwork – -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>3. Bends: -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>4. Floorwork: -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 boureeé piqué 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 derrière, **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

1. Under Grip: -Forward raise twist with curve overhead -Neck strike -Back twist forward	2. Top Grip -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

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

CLUB SWINGING (contd)

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

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 - *half tempo (arms by side)*
-Step forward knee raise

* Alternative corner turn technique to be shown in set exercise with feet coming together .

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

AESTHETIC/DANCE

1. Arm Positions: -High 2 nd	2. Leg Positions: -Attitude devant -Attitude derrière
3. Identify in Set Choreography: - Assemblé - Sissone (fermée) - Jeté derrière - Grand jeté - Relevé in attitude derrière	- Echappé relevé to 4th open - 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 2nd

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

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

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

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

Coda

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

TURNOUT EXERCISE: MUSIC TRACK 6

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

On introduction take arms to low 2nd and back to preparation

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