



## SKILLS PROGRAMME

# TEST TWO

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

(REVISED: July 2022 (2))

### FIGURE MARCHING

1. <b>Forward March</b>	2. Forward March for 8 counts with arm swinging across the room and/or forward (no music)
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### FREE EXERCISES

<p>1. <b>Arm Positions:</b> Attention Forward Raise Side Raise Upward Stretch Neck Rest Hips Firm</p>	<p>2. <b>Leg and Feet Positions:</b> Side Step Toe Point Forward – <i>hands Hips Firm</i> Toe Point Side – <i>hands Hips Firm</i></p> <p><b>Arm and leg positions can be requested together</b></p>
<p>3. <b>Knee Bends:</b> <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. <b>Floorwork:</b> Single kneel Prone lie Supine lie Supine lie - with Alternate Leg Raises (one on each leg) <i>Commence with knees bent in the tuck position, feet pointed and no turnout</i></p>

### ROD EXERCISES

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

<p>1. <b>Inward:</b> Full Circle Head Swing Back Swing</p>	<p>2. <b>Outward:</b> Full Circle Head Swing</p>
<p>3. <b>Parallel:</b> (L&amp;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*

<b>1. <u>Arm Positions:</u></b> Preparation Position 1 <sup>st</sup> Position Low 2 <sup>nd</sup> position	<b>2. <u>Leg and Feet Positions:</u></b> 1 <sup>st</sup> Position 2 <sup>nd</sup> Position 3 <sup>rd</sup> Position Curtsey - <i>may be performed with foot behind on Demi-pointe</i>
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**DANCE***Expression is required in this section*

<b>1. <u>Identify in Set Choreography:</u></b> Galop Sideways Sautés in 1 <sup>st</sup> Position Forward Step with Toe Tap	Walking with Stretched Feet Walking on Demi-pointe
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**Set Choreography :***Commence standing in 1<sup>st</sup> Position**Hands Hips Firm*

1 - 2	1 Toe Tap with the <b>R</b> foot	Hands Hips Firm 1-16
3 - 4	Return to 1 <sup>st</sup> Position	
5 - 6	1 Toe Tap with the <b>L</b> foot	
7 - 8	Return to 1 <sup>st</sup> Position	
9 - 10	Demi-plié in 1 <sup>st</sup> Position	
11 - 12	Recover	
13 - 14	Rise in 1 <sup>st</sup> Position	
15 - 16	Lower in 1 <sup>st</sup> Position	
1 - 4	2 Galops to the <b>R</b> side	Hands Hips Firm
5 - 6	Side Step to the <b>R</b> and then close to 1 <sup>st</sup> Position with the <b>L</b> foot	
7 - 8	2 Sautés in 1 <sup>st</sup> Position	Clap the hands in the Demi-plié
9 - 12	2 Galops to the <b>L</b> side	Hands Hips Firm
13 - 14	Side Step to the <b>L</b> and then close to 1 <sup>st</sup> Position with the <b>R</b> foot	
15 - 16	2 Sautés in 1 <sup>st</sup> Position Lower heels in 1 <sup>st</sup> Position	Clap the hands in the Demi-plié <b>Arms hips firm</b>
1 - 6	Turn to <b>R</b> , step forward with <b>R</b> foot, and 3 forward step with toe tap <b>L, R, L</b>	Arms hips firm
7 - 8	Close to 1 <sup>st</sup> position facing upstage	
9 - 16	Commencing with <b>R</b> foot 8 Walks Forward with stretched feet on last step turn by <b>R</b> to <b>face L</b> side of room	Hands Hips Firm
1 - 8	Commencing with <b>R</b> foot, 8 walking on demi-pointe	
Coda	Run to <b>Centre Stage</b> finishing in 1 <sup>st</sup> Position Side step with <b>R</b> and curtsey	Arms 1 <sup>st</sup> , down through preparation Arms in low 2 <sup>nd</sup>

**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 "SAD"

**MIME****Perform individually:**

- "You come here"
- "Go away"
- "Surprised"
- "Frightened"

<b>Candidate is expected to have a working knowledge of ALL movements from the previous syllabus</b>
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