

**IN ASSOCIATION WITH CECCHETTI
SOCIETY OF AUSTRALIA INC
PREPARED BY THE EXAMINING BOARD
OF CECCHETTI USA**

GRADED SYLLABI

**AS REVISED IN JANUARY
2013**

GRADE 1 – GRADE 7

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THE EXERCISES CONTAINED IN THIS BOOK ARE A TEACHING RESOURCE, AND SHOULD UNDER NO CIRCUMSTANCES BE USED AS A SUBSTITUTE FOR LEARNING THE MATERIAL FROM A MASTER TEACHER.

GRADE 1

MINIMUM AGE 7. DANCERS ARE EXAMINED IN PAIRS WITHOUT THE TEACHER PRESENT.

Props may be used in the dances only. Other use of props is intended for classroom purposes and are not used in the exam.

All material in the exam will be demonstrated together with the exception of the dance. If a child seems insecure the children will be asked if they are used to performing their dance separately or together.

ENTERING THE ROOM 3/4 (CD TRACK 50)

- 1-4 Student 1 runs in to take place in a line across the center of the room
pause Student 1 says “**Good morning/afternoon Mr/Mrs/Miss -----, I am -----**”
5-8 Student 2 repeats above
Students together say “**Good morning/afternoon**” to the pianist

THEORY

Students will show the examiner 1st, 2nd and 3rd positions of the feet with the correct transference of weight as the examiner says these positions before running to the barre. Students may be asked the 4 corners of the room individually or together, for example one child may be asked to point toward 2 corners and the other toward the other 2 corners.

BARRE

All exercises at the barre commence facing the barre (except No. 6) with arms 5th en bas at commencement and end of each exercise.

1) Preparatory Warm Up 2/4 (cd track 51)

Stand with feet parallel facing the barre

Introduction

- 1-2 *Hold the position*
3-4 *Place hands on the barre*
1-2 Roll right foot up to a full pointe
3-4 Roll right foot down to the floor
5-8 Repeat with the left foot
1-2 Slowly rise
3-4 Slowly lower heels
5-8 Repeat the rise and lower of heels
1-16 Repeat all starting with the same foot

The aim is to show the foot articulation while standing and concentrating on the correct foot alignment

2) Pliés 3/4 (cd track 52)

Stand with feet in 1st position facing the barre

Introduction

- 1-2 *Place hands on the barre*
- 3-4 *Tendu right foot to 2nd, lower the heel in 2nd,*
- 1-6 *3 Demi pliés in 2nd position*
- 7-8 *Tendu right foot in 2nd and close in 1st*
- 1-6 *3 Demi pliés in 1st position*
- 7-8 *Tendu right foot in 2nd and close in 3rd devant*
- 1-6 *3 Demi pliés in 3rd devant*
- 7-8 *Tendu right foot and close in 1st*
- 1-4 *Slow rise and hold*
- 5-6 *Lower heels*
- 7-8 *Lower arms 5th en bas and hold*

Adding to previous levels 3rd position and incorporating a rise still with the emphasis on the importance of maintaining body posture, turnout, lengthening of the spine, transfer of weight and showing articulation of the foot in the tendus.

3) Battements Tendus 2/4 (cd track 53)

Stand in 1st position facing the barre

Introduction

- 1-2 *Hold the position*
- 3-4 *Place the hands on the barre*
- 1-2 *Tendu right foot devant with articulation*
- 3-4 *Close into 1st position*
- 5-8 *Repeat with the same foot*
- 1-2 *Tendu right foot to 2nd position*
- 3-4 *Lower heel in 2nd position*
- 5-6 *Transfer weight onto the right foot to point left to 2nd (transfer with straight legs)*
- 7-8 *Close left foot into 1st position*
- 1-16 *Repeat the whole exercise on the other side*

As in previous levels introducing transfer of weight. Hands to move along the barre with the transfer of weight.

4) Retirés 6/8 (cd track 54)

Stand in 1st position facing the barre

Introduction

1-2 *Hold the position*

3-4 *Place the hands on the barre*

1 Slide the right foot in to cou-de-pied with the right ball of the foot on the floor (with the heel placed slightly in front of the left ankle)

2 Pull the right foot up to point the toe at the left ankle

3-4 Lift the right leg to retiré position

5-6 Lower down to the ankle

7-8 Return the right foot along the same track to 1st position

1-8 Repeat all on the other side

Emphasis is on teaching the correct track of the working foot (taking care not to allow students to ‘sickle’) in all retiré heights whilst maintaining correct hip placement. Painting along the floor and up the side of the supporting leg with the working foot. A smooth movement to retiré is encouraged.

Note – Both Jeté exercises (A & B) must be taught, but only one to be shown in the exam – teachers’ choice

5A) Preparation for Jeté 3/4 (cd track 55)

Stand in 1st position facing the barre

Introduction

1- 2 *Hold the position*

3- 4 *Place the hands on the barre*

1 Tendu right foot to 2nd

2 Place right foot in jeté derrière position, left leg en fondu

3 Tendu right foot to 2nd straightening supporting leg

4 Close in 1st position

5-16 Repeat exercise 3 more times on alternative legs

5B) Preparation for Jeté 2/4 (cd track 56)

Stand in 1st position facing the barre

Introduction

- 1-2 *Hold the position*
- 3-4 *Place the hands on the barre*
 - 1 Demi plié
 - 2 Lift the right foot into jeté derrière position, remaining en fondu
 - 3 Lower the right foot to demi plié
 - 4 Straighten knees
- 5-16 Repeat 3 more times with alternative legs

Both jeté exercises should be shown devant as a separate exercise. Baby toe touches the ankle in front-or may be slightly off the ankle. Heel is on the base of the calf in the back. Emphasis is on teaching the correct placement of the foot in jeté positions – placement is determined by the child's physique.

6) Port de Bras 3/4 (cd track 57)

Stand sideways to the barre in 1st position

Introduction

- 1- 2 *Hold the position*
- 3- 4 *Place the hands on the barre*
 - 1-2 Lift right arm to 5th en avant, lower to 5th en bas
 - 3-4 Lift the right arm to demi 2nd, lower to 5th en bas
 - 5-8 Repeat the above
 - 1-4 Execute 1st port de bras with the right arm with the use of the head
 - 5 Rise, arm remains in 5th en bas-head erect
 - 6-7 Patter turn in 1st towards the barre to face the other side finishing with the left arm en avant
(meeting both arms in 5th en avant as the body passes the barre, the place the right hand on the barre and open the left arm to 2nd position)
 - 8 Lower heels in 1st position, lower the left arm en bas
- 1-16 Repeat all on the other side

Emphasis is on teaching the track of the 1st Port de Bras showing the lift to the correct height in 5th en avant and closing through demi-seconde. The use of eye focus is continued from previous levels with the correct inclination of the head.

7) Polkas 6/8 (cd track 58)

Moving from the barre to center using the same natural polka learned in Standard 1 with a natural head now being shown. Students may finish in a simple presentation pose.

EXERCICES AU MILIEU

Stretching Exercises - Balletic descent to the floor

1) Hamstring Stretch 3/4 (cd track 59)

Sit on the floor with legs stretched and feet flexed in front parallel, facing diagonally, hands resting on the floor at sides. May also be done with stretched feet

Introduction

1-2 *Hold the position*

3-4 *Lift arms through 5th en avant to 5th en haut*

1-2 Lower through a curled spine and through to a forward stretch along the legs.
Elbows lead the downward spinal curve movement.

3-4 Lift up with a lengthened spine, arms to 5th en haut

5-16 Repeat all 3 more times

Lower arms after the music through second position

2) Turnout Exercise 4/4 (cd track 60)

Sit on the floor with legs stretched in front with the legs parallel and toes pointed, face diagonal or wall 5 arms placed at teachers' discretion

Introduction

1-2 *Turn legs out*

1 Lift right leg slightly off the floor

2 Flex right foot using articulation

3 Stretch right foot using articulation

4 Lower right leg to the floor

5-16 Repeat 3 more times with alternative legs

Purpose is to further develop the use of turnout while maintaining body placement but introducing stronger use of the abdominal muscles with the raising of the leg.

BALLETIC ASCENT FROM THE FLOOR

Port de Bras 3/4 (cd track 61)

Stand facing the front, right foot front in 3rd position, arms 5th en bas

Introduction

1-4 *Hold the position*

1-2 Open the right arm to demi-seconde and close

3-4 Lift the right arm to lyre position and close

5-8 Repeat with the left arm

1-4 Reverse port de bras through 2nd position and then pausing in 5th en haut

5-8 Continue reverse port de bras through 5th en avant, 5th en bas, 2nd position and finish in a lyre position for girls and an open 5th en haut for boys (*palms facing each other*)

Wearing diamond chokers, long earrings that must not touch the shoulders etc.

The reverse port de bras movement has been introduced into the syllabus to encourage the use of the upper back muscles and to show the correct shoulder alignment for strength through all the 5ths and 2nd position. The head should show the correct movements with freedom of movement using eye focus, use a slight turn of the head. If the eyes lead the movement then the chin will face the correct direction. While the arms lift - the shoulders pull down like the opposing movements of the weights and a lift, drawing a large circle in the air with the fingers.

ADAGE 3/4 (cd track 62)

Stand in 1st position at wall 7 facing corner 1

Introduction

1-4 *Hold the position*

1-2 Lift right arm to arabesque height (*the higher arm in 3rd arabesque*) and lower

3 Run forward and lift arms to 3rd arabesque

4 Balance on a rise in 1st position

5-6 Lower heels in 1st position maintaining arm line

7-8 Tendu left foot to arabesque à terre and hold

Arpeggio Close left foot to 1st, lower arms to 5th en bas, turn to face corner 2

1-8 Repeat all to the other side

Upper arm should not be above eye level. Emphasis is on teaching the pull up on the supporting leg and through the body as the student lowers from the rise and then transferring the weight onto the supporting leg when the working leg extends to the back in arabesque while keeping the weight over the supporting toes.

PIROUETTE 4/4 (2 counts = 1 bar) (cd track 63)

Face front, 1st position. To teach the use of the head in pirouettes

Introduction

- 1-4 *Place the arms either on the shoulders or to second with wrists flexed*
- 1 Rise
- 2 1/4 turn to the right, using little steps to face wall 8 leaving the head at wall 5
- 3 Lower the heels
- 4 Bring head to new front
- 5-8 Repeat to face the back
- 1-16 Repeat 2 more times for remaining two quarter turns
- 1-32 Repeat all to the left

ALLEGRO

1) Sautés 2/4 (cd track 64)

Stand with feet in 1st position, arms 5th en bas

Introduction

- 1-2 *Hold the position*
- 3-4 *Demi plié*
- 1-4 4 Sautés in 1st position
- 5-6 1 Échappé Sauté to 2nd then 1st, arms carry to demi 2nd and close in 5th en bas
- 7-8 Stretch knees and plié
- 1-8 Repeat all (*finish with stretched legs*)

2) Preparation for Pas de Chats 3/4 (cd track 65)

Stand at corner 3 then travel towards corner 1, feet in 1st position

Introduction

- 1-2 *Hold the position*
 - 3-4 *Tendu right foot to corner 1*
 - 1-2 Tiny ballet bourrées towards corner 1 finishing with a step down on a fondu ready for a spring into
 - 3-4 2 Pony Canters – finishing with the feet together after each canter
 - 5-16 Repeat 2 times in a small circle then run and pose
- Show to the other side as a separate exercise

Purpose is to teach the lift in a pas de chat. No turnout to be shown but the feet on the pony canters must lift to the side of the knees and show a high jump. Feel like a cat jumping up onto a fence, jumping puddles, etc. When traveling clockwise, encourage students to lift the right knee first and the left knee when traveling counterclockwise.

3) Classical Walks with Natural Turn Out 4/4 (cd tracks 66 & 67)

Girls have a softer version of music than boys.

Stand at corner 3 then travel towards corner 1, feet in 1st position

Introduction

- 1-2 *Hold the position*
- 3-4 *Tendu right foot devant and carry hands behind the back or to hips.*
- 1-3 3 Walks (right, left, right)
- 4 Point left foot devant
- and Lift the left foot slightly off the floor ready to step for the next set of walks
- 5-12 Repeat twice with alternate legs
- 13-14 Step to the side on the left, point right devant to corner 1
- 15-16 Step to the side on the right, point left devant to corner 1
- 1-12 Repeat all traveling in a circle passing walls 8,7,6
- 13-16 Small run forwards and finish in a pose

This exercise may be shown traveling from wall 7 to wall 5 then in a circle. The walks may be taken with a swish through 1st position or with a natural lift through. The points after the 3 walks and side steps may be taken en fondu or a straight supporting leg but the body remains facing corner 1. This finishing pose may be teacher's or student's own choice.

4) Jetés 2/4 (cd track 68)

Stand with feet in 1st position, arms 5th en bas

Introduction

- 1-2 *Hold the position*
- 3-4 *Demi plié*
- 1 1 Sauté in 1st
- 2 1 Sauté landing on left foot with right in jeté derrière position
- 3 1 Sauté into 1st
- 4 1 Sauté landing on right foot with left in jeté derrière position
- 5-8 4 petit jetés derrière
- 1-8 Repeat all on the same foot but land in 1st position on the final count

An introduction to jetés with sautés in 1st to help with transfer of weight and to assist with the lift required for ballon in jetés. Arms may be held in 5th en bas, demi-seconde, or on hips. Reverse as a separate exercise

5) Galops and Spring Points 6/8 (cd track 69)

To be taken in a circle

Introduction

- 1-2 *Hold the position*
- 3-4 *Tendu right foot devant*
- 1-4 4 Galops forward on the right foot
- 5-8 4 Spring Points (*right, left, right, left*)
- 1-8 Repeat all starting with left leg
- 1-8 Repeat all starting with right leg
- 1-8 Small run and finish in a pose

Optional use of arms throughout. A natural head should be used. The final pose may be set by the teacher or student, making use of steps learned in previous syllabi and encouraging travel and use of floor space.

6) Triplets 3/4 (cd track 70)

Series of triplet runs around the room, parallel or turned out.

Accent is down, up, up - this is a preparation for balancés, introduced for musicality and freedom of movement.

IMPROVISATION

As per previous levels

DANCES - ONE DANCE TO BE SHOWN IN THE EXAM, TEACHERS' CHOICE.

The dances will be shown individually.

1) Directions 6/8 (cd track 71)

Stand at corner 3 facing corner 1, in 1st position.

Introduction

- 1-2 *Hold the position*
- 3-4 *Tendu right foot devant towards corner 1, carry hands behind the back.*
- 1-4 2 Polkas towards corner 1 starting with the right then left
- 5-8 4 Sideways galops to the right side, lifting right arm to the lyre position
- 1-8 Repeat all to the other side
- 1-4 Turn and run towards corner 4, lifting arm forwards to shoulder height, finish in a plié in 1st position
facing corner 4 and lowering arms to 5th en bas
- 5-8 3 Sautés turn around passing walls 7, 6 and finish last one to wall 5 and hold
- 1-2 Sauté in 1st, jeté derrière onto left foot, arms may open to demi 2nd or be held in 5th en bas
- 3-4 Sauté in 1st, jeté derrière onto right foot
- 5-7 3 Jetés derrière
- 8 Land in 1st position, lift arms to presentation position

This dance is to show the use of the body direction and travel. Galops may be to corner or wall (*depending on space*). A natural head movement should be encouraged.

2) LYRICAL 3/4 (CD TRACK 72)

Stand at corner 3 facing corner 1 in 1st position

Introduction

1-2 *Hold the position*

3-4 *Tendu right foot devant towards corner 1, open arms to demi 2nd.*

1-2 Run forward towards corner 1, arms lifting to 3rd arabesque (*right arm high*) and finish with feet in 1st position holding the arm line

3 Point left foot derrière in 3rd arabesque

4 Small wave of the arms in 3rd arabesque

5 Step to the left side en fondu towards corner 3, open arms to demi 2nd

6 Pointe tendue right foot devant to corner 2, arms to Sylphide position
(*Sylphide position – crossed wrists near ribs*)

7-8 Rise and patter turn on the spot passing walls 8, 7, 6, holding the arm line

1-4 Run forward towards corner while lifting arm to 5th en haut, through 2nd and to 5th en bas - lower heels

5-8 Run lightly backwards towards corner 4, small waves with the arms in front
(*lifting right, left, right, left*) - Boys may walk

1 Sway through plié in 2nd to the right, carry arms across the body to the right side
(*face wall 5 for the sways at the end of runs or start of sways*)

2 Sway through plié in 2nd to the left, carry arms across the body to the left side

3-4 Galop to the right side and transfer weight onto the right foot, carry arms across the body in a full circle during the galop and finish with them to the right side on the transfer of weight

5-8 Repeat the sways and galop to the left side

1-4 1 or 2 turns on the spot passing walls 8, 7, 6, 5; wave the arms to the side
(*lifting right, left, right, left*)

5-6 Step on right towards corner 4, pointe tendue left foot devant to corner 1,
(*Sylphide position – crossed wrists near ribs*)

7-8 Step towards corner 1 on left leg, arms to demi 2nd, kneel down on right knee and finish with own arm position

A natural use of the head is encouraged. Boys - teachers may set suitable arms.

3) Polonaise 3/4 (cd track 73)

Stand at corner 3 facing corner 1 in 1st position

Introduction

- 1-3 *Hold the position*
- 4-6 *Arms open through 5th en avant to 2nd position, tendu right foot front*
- 1-3 3 Walks forward (right, left, right) and brush the left foot through a plié in 1st to devant (just off the floor)
on the 3rd count finishing in a fondu
- 4-12 Repeat 3 more times on alternate sides
- 1-3 Step to the right side finishing facing corner 2 and place the left foot derrière towards corner 4, carry the arms
from 2nd position to 5th en haut
- 4-6 Transfer through a plié in 4th onto the left foot finishing with the right foot devant towards corner 2, lower arms
through 5th en avant to 5th en bas, carry to 2nd position
- 7-12 Walk around passing wall 8 to corner 4, arms lifting through 5th en avant to 2nd position (*right foot steps first*)
Finish facing corner 2 in tendu front with arms showing a 1st port de bras movement to finish in 2nd position
- 1-24 Repeat all to the other side, finishing in own pose

All walks are ballet walks articulated through the foot (*not on a relevé*). This dance is to encourage open, broad movements of the chest. A natural head movement should be encouraged.

REVERENCE 4/4 (cd track 74)

GIRLS Stand in 1st position, arms 5th en bas

- 1 Tendu right foot to 2nd position, open arms to demi 2nd
- 2 Curtsey with the right on the ball of foot behind the left foot
- 3 Straighten supporting leg while maintaining placement of the right leg & foot
- 4 Close in 1st position, close arms to 5th en bas.
- 5-8 Repeat on the other side

BOYS

- 1 Step to the right
- 2 Close in first
- 3 Bow the head
- 4 Lift the head
- 5-8 Repeat on the other side

GRADE 2

Dancers may use third or fifth position of the feet.

ENTERING THE ROOM 3/4 (CD TRACK 2)

As in Grade 1

THEORY

Each child will be asked at least two questions individually.

Feet	5 Positions of the feet
Head	Erect, turned and inclined
Movement in Dancing	Plier, Sauter
8 Points of the room	
Positions of the arms	3 5 th positions, second position

BARRE

All exercises at the barre commence and finish with the arms 5th en bas.

1) Warm Up Exercise 4/4 (cd track 3)

Commence with feet in 1st position facing the barre

Introduction

- 1-2 *Hold the position*
- 3-4 *Place hands on the barre*
 - 1 Articulated tendu with right foot devant
 - 2 Turn the right leg parallel
 - 3 Turn the right leg out
 - 4 Close in 1st position
- 5-8 Repeat with the left leg devant
- 1-4 Repeat with the right leg devant
- 5-8 Slow rise in 2 counts and lower heels in 2 counts
- 1-16 Repeat all starting with the left leg

Hip placement and alignment must be maintained throughout as must the pull up off of the supporting side.

2) Pliés 3/4 (cd track 4)

Face the front, feet in 1st

Introduction

- 1-2 *Place the left hand onto the barre*
- 3 *Tendu right foot to 2nd and carry right arm to demi 2nd*
- 4 *Lower heel in 2nd and close the right arm to 5th en bas*
- 1-4 2 Demi pliés in 2nd position with no arm movement
- 5-6 Lift the right arm to 5th en avant, the head inclines to the barre and looks into palm and lower to 5th en bas, head erect.
- 7 Tendu the right foot to 2nd, carry right arm to demi 2nd, the head may incline towards the demi 2nd arm
- 8 Close in 1st position, close the right arm to 5th en bas, head erect
Repeat all in 1st, 5th devant and 5th derrière. Finish in 1st position

The head should have a natural flow of movement

3A) **Battements Tendus 4/4 (cd track 6)**

Face the barre, feet in 1st position

Introduction

- 1-2 *Hold the position*
- 3-4 *Place the hands on the barre*
- 1-2 1 Battement tendu devant and close in 1st
- 3-4 1 Battement tendu to 2nd and close in 1st
- 5-6 1 Battement tendu derrière and close in 1st
- 7-8 Demi plié and straighten knees
- 1-8 Repeat all using the left leg

3B) **Battements Tendus to 2nd Position 2/4 (cd track 5)**

Face the front, 5th position, right foot front

Introduction

- 1-2 *Place the left hand on the barre*
- 3-4 *Lift the right arm through 2nd position and place the hand on the shoulder*
- 1-2 1 Battement tendu to 2nd and close in 1st
- 3-4 1 Battement tendu to 2nd and close 5th derrière
- 5-6 1 Battement tendu to 2nd and close in 1st
- 7-8 1 Battement tendu to 2nd and close 5th devant
- 9-16 Repeat all
- Tag Lower the hand off the barre and shoulder to close in 5th en bas

All tendus are articulated. Encourage students to close through 1st position to the 5th positions

4) **Ronds de Jambe a Terre 3/4 (cd track 7)**

Face the front, feet in 1st position

Introduction

- 1-2 *Place the left hand on the barre*
- 3-4 *Lift the right arm to 2nd position*
- 1 Tendu the right foot devant and pause
- 2 Carry the leg to écarté front and pause
- 3 Carry the leg to 2nd position and pause
- 4 Close in 1st position
- 5 Tendu the right foot to 2nd and pause
- 6 Carry the leg to écarté back and pause
- 7 Carry the leg to derrière and pause
- 8 Close in 1st position
- 1-8 Repeat all in reverse
- Tag Lower both hands to close in 5th en bas

Students are encouraged to feel the turn out of the working leg in all positions

5a) Preparation for Développé 6/8 (cd track 8)

Face the barre, feet in 1st position

Introduction

- 1-2 *Hold the position*
- 3-4 *Place the hands on the barre*
- 1-2 Retiré the right foot to the base of the left calf muscle or side of the knee
- 3-4 Développé to 2nd maintaining thigh placement
- 5-6 Return leg to retiré position
- 7-8 Lower into 1st position
- 9-32 Repeat 3 more times with alternate legs

Relate the track of retiré as in Grade 1, the heel is brought forward as the working foot slides up the supporting leg.

5b) Preparation for Arabesque 4/4 (cd track 9)

Face the barre, feet in 1st position

Introduction

- 1-2 *Hold the position*
- 3-4 *Place the hands on the barre*
- 1 Pointe tendue to 4th derrière à terre
- 2 Lift to 4th derrière en l'air
- 3 Lower pointe tendue to 4th derrière à terre
- 4 Close in 1st position
- 5-16 Repeat 3 more times with alternate legs

Establish placement before lifting en l'air. Emphasis is on placement – not height of leg.

6) Preparation for Grands Battements 2/4 (cd track 10)

Face the barre, feet in 1st position

Introduction

- 1-2 *Hold the position*
- 3-4 *Place the hands on the barre*
- 1 Tendu right foot devant to ball of foot
- 2 Lift leg to dégagé height using the metatarsals
- 3 Lower to pointe tendue devant
- 4 Close to 1st position using articulation
- 5-12 Repeat twice with the same leg
- 13 Grand battement the right leg to dégagé height (*not holding the metatarsal position*)
- 14 Lower to pointe tendue devant
- 15 Close in 1st position
- 16 Hold
- 1-16 Repeat all with the left leg

This exercise is to show the correct use of the feet for future Grands Battements – not for height of leg

7A) Relevés 2/4 (cd track 11)

Face the barre, 5th position, right foot front

Introduction

- 1-2 Place hands on the barre
- 3-4 Hold count 3 and plié on count 4
- 1 Relevé in 5th position
- 2-3 Hold
- 4 Demi plié
- 5-12 Repeat 2 more times
- 13 Sauté into 1st position
- 14 Sauté into 5th position with left foot front
- 15 Stretch knees
- 16 Demi plié
- 1-16 Repeat all

Students must not lean on the barre during this exercise

7B) Echappé Relevés 2/4 (cd track 11)

Face the barre, 5th position, right foot front

Introduction

- 1-2 Place hands on the barre
- 3-4 Hold count 3 and plié on count 4
- 1-12 3 Echappés relevés soutenu
- 13-16 2 Echappés relevés de suite

8) Stretching Exercise 3/4 (cd track 12)

Face the barre, feet in 1st position

Introduction

- 1-2 Place the hands on the barre
- 1-2 Lift the right arm through 2nd position and turn the head to the right for eye focus and place the hand on the shoulder-head erect
- 3-4 Turn head to the left on “and” then bend sideways looking in the direction of the bend
- 5-6 Recover
- 7-8 Head erect and replace the right hand down to the barre
- 1-8 Repeat all to the other side

This is a stretching exercise incorporating the positions of the head learned in the theory section

9) Polonaise on Demi Pointe 3/4 (cd track 13)

Moving from the barre to the center following the front student around the room. The plié is on both legs in the polonaise. The brush on count 1 or count 3.

Intro should be counted as & 1 & 2 & 3 &

Students are to finish with a run across the center to place and finish in a simple presentation pose

EXERCICES AU MILIEU

Port de Bras 6/8 (cd track 14)

Face corner, 5th croisé, arms in 5th en bas

Introduction

1-4 *Hold the position*

1-16 1st Port de Bras 4 times

Begin head inclined upstage finish downstage. Eyes to hands en avant. This should also be taught facing corner 1.

1) Battements Tendus in the Positions of the Body 2/4 (cd track 15)

Face the front, 5th position, right foot front

Introduction

1-4 *Hold the position*

1 Pointe tendue the right foot devant, arms to 5th en avant

2-3 Slowly open the arms to 2nd holding the leg in pointe tendue devant – the position is à la quatrième devant

4 Close in 5th devant, close arms to 5th en bas

5-8 Repeat with right leg to pointe tendue to 2nd position, close 5th derrière, arms as above – the position is à la seconde

1-8 Repeat all on the other side

The head remains erect throughout. The arms open slowly to 2nd as in 1st Port de Bras

2) Temps Lié 4/4 (cd track 16)

Face the front, 5th position, right foot front

Introduction

1-3 *Hold the position*

4 *Demi plié*

1 Dégagé right foot devant (*just slightly off the floor*)

2 Step forward onto demi-pointe in 5th position

3 Hold

4 Demi plié

5-12 Repeat 2 more times finishing in plié on count 12

13-16 Run/walk in a small circle passing wall 8 and prepare in a demi plié, left foot front

1-16 Repeat all to the other side and finish in own pose

Arms may be held in open 5th en avant all through or open 5th en avant on dégagé, rise and lowered to 5th en bas on demi plié or placed on shoulders on intro and held during the temps lié with free use during runs and final pose.

ADAGE

Arabesques 3/4 (cd track 17)

Face corner 1, 5th effacé, right foot front

Introduction

- 1-2 *Hold the position*
- 3-4 *Tendu right foot devant to corner 1, arms to demi 2nd*
- 1-2 Walk forward on the right, left, hold the arms in demi 2nd
- 3 Step forward onto demi-pointe in 5th position with right foot front, arms lift to 5th en avant
- 4 Hold the rise and carry the arms to 3rd arabesque, right arm high
- 5 Lower heels maintaining arm line
- 6 Tendu derrière (*à terre*)
- 7 Hold
- 8 Close 5th
- 1 Plié
- 2 Chassé
- 3-4 Stretch up to 3rd arabesque and hold
- 5-6 Lift en l'air
- 7 Tendu
- 8 Prepare to the other corner with a small développé through the ankle

PIROUETTES

1) Exercise for the use of the head (girls and boys) 2/4 (cd track 18)

Face the front, feet in 1st

Introduction

- 1-2 *Hold the position*
- 3-4 *Demi plié*
- 1-2 2 Sautés in 1st position
- 3 Relevé in 1st, lifting arms through 2nd to place hands on shoulders
- 4 Hold
- 5-7 Quick spin to the right with head spot
- 8 Demi plié in 1st, lower arms to 5th en bas
- 9-16 Repeat to the same side

Repeat to the other side as a separate exercise

2) Exercise for Tour en L'air (boys and girls) 2/4 (cd track 19)

Face the front, feet in 1st position

Introduction

- 1-4 *Hold the position*
- 1 Demi plié
- 2 Sauté in 1st position making a ¼ turn to the right
- 3-4 Slowly straighten knees
- 5-16 Repeat 3 more times to complete a full turn to the right

Repeat to the other side as a separate exercise

ALLEGRO

BASIC STEPS Students may be asked individually or as a group – examiners' discretion

Sauté in 1st	Soutenu or de suite
Changement	Soutenu or de suite
Echappé Sauté	Soutenu or de suite
Echappé Relevé	Soutenu or de suite
Pas de Chat	Soutenu or de suite
Petit Jeté	Devant or derrière
Galops	Ecarté or Effacé
Polka	En avant
Temps Levé	Devant or derrière
Chassé in all directions - plié (if done in a series: plié, chassé, stretch to tendu, close)	

1) **Sautés 2/4 (cd track 20)**

Face the front, feet in 1st position, arms 5th en bas

Introduction

1-3 *Hold the position*

4 *Demi plié*

1-16 16 Sautés in 1st position

2) **Pas de Chats 2/4 (cd track 21)**

Face the front, 5th position, left foot front, arms 5th en bas

Introduction

1-2 *Hold the position*

3-4 *Prepare arms and demi plié*

1 1 Pas de chat

2-4 Slowly stretch knees and demi plié on 4

5-6 2 Pas de chats de suite

7-8 Pointe tendue right foot to 2nd on a straight supporting leg and close 5th devant in a demi plié

1-8 Repeat all on the other side

A natural use of the head is used. Arms demi 4th en avant with demi 2nd on tendu to change sides or two hands on the shoulders throughout.

3) **Step, Temps Levé 3/4 (en diagonale) (cd track 22)**

Stand at corner 3 facing corner 1, 5th effacé, right foot front, arms in 5th en bas

Introduction

1-2 *Hold the position*

3-4 *Pointe tendue right foot effacé devant, arms in demi 2nd*

1-4 Step, temp levé in attitude devant 4 times on alternate sides towards corner 1

5-8 Small run (bourrées) to corner 4 and repeat to other side and finish in own pose in the center

Repeat derrière as a separate exercise. Derrière placement is at the base of the calf (low) or back of the knee (high)

4) Galops 6/8 (cd track 23)

Stand at corner 3 facing corner 2, feet in 1st position, arms in 5th en bas

Introduction

1-2 *Hold the position*

3-4 *Pointe tendue right foot to 2nd, arms to demi 2nd, head turns to the right*

1-8 8 Sideways galops in écarté to corner 1

1-8 Run around to corner 4, face corner 1 and prepare left foot

1-8 8 Sideways galops in écarté to corner 2

1-8 Run around to the center back and finish in own pose

This exercise may be shown one by one or in small groups at the examiners' discretion. Students must finish center back to enable to next student or group to commence without stopping the music.

5) Polkas and Petits Jetés (Autour de la salle) 2/4 (cd track 24)

Stand in 5th position, right foot front, arms in 5th en bas

Introduction

1-2 *Hold the position*

3-4 *Pointe tendue right foot devant with arms –*

Girls – hands clasped behind backs Boys – hands on hips

1-4 2 Polkas forwards on right then left (commence polka with a hop on the left foot)

5-8 4 Petits jetés derrière onto right, left, right, left – arms may open to demi 2nd

9-24 Repeat 2 more times (right polka first all the time)

25-32 Run and finish in own pose facing the front

May be asked for in the other direction, either natural (hop, gallop & step) or balletic (hop, step, coupé, jeté) polka may be used at the teacher's discretion

6) Echappés Sautés and Changements 2/4 (cd track 25)

Face the front, 5th position, right foot front, arms in 5th en bas

Introduction

1-2 *Hold the position*

3-4 *Demi plié*

1-6 3 Échappés sautés, arms open to a low demi 2nd and close to 5th en bas to co-ordinate with the legs.

7-8 2 Changements, arms remain in 5th en bas

1-8 Repeat all

IMPROVISATION: WILL BE ASKED

DANCES

One dance to be shown – teachers' choice. This is to be shown individually. A bit of choreographic freedom is allowed as long as the dances are not re-invented.

1) **Le Chat 4/4 (cd track 26)**

Commence center back facing wall 7

Right foot crossed on ball of foot in front of left leg – paws up

Introduction

1-4 *Rise into a détourné to face wall 5 – dégagé left foot to 2nd on a fondu,
Arms relaxed in a 3rd arabesque to the right side,
Head turned to corner 2 in épaulement*

1-2 Transfer weight through a demi plié in 2nd onto left foot in a fondu, change arms to left side

3-4 2 Pas de chevaux with right foot (*following the track learned in the retirés in Grade 1*)

5-6 Transfer weight through a demi plié in 2nd onto right foot in a fondu, change arms to right side

7-8 2 Pas de chevaux with left foot

1-2 4 Petits jetés derrière traveling towards corner 2

3 Coupé dessous to pointe tendue right foot devant to corner 1 en fondu

4 Spring forwards onto right foot to pointe left derrière en fondu

5-6 Soutenu turn en dedans to right side, close 5th in a demi plié, right foot front

7-8 3 Quick petits changements and hold

1-2 2 Pas de chats to the right – eyes looking up towards corner 1, arms to relaxed 3rd arabesque on left side

3-4 Small runs on a rise in 1st backwards towards center finishing in a demi plié with right foot front, hands scratching in air

5-8 Repeat pas de chats & runs backwards to the other side

1-4 Finish in own pose

Students are encouraged to characterize this dance - e.g. stalking, coy, arrogant etc.

2) Sailor's Hornpipe 4/4 (cd track 27)

Stand in 1st position at wall 7 facing the front

No introduction

- 1-2 Hold the position
- 3-4 2 Walks forwards (right, left) arms swinging naturally by sides
- 5 Close in 1st position
- 6 Right hand salute
- 7 Right arm down by side
- 8 Arms to 'Hornpipe' (*arms crossed, elbows across from chest, hands under the elbows*)
- 1-2 Spring right heel to a natural 2nd position and spring back into 1st
- 3-4 Repeat with left leg
- 5-6 Echappé sauté to 2nd and close 1st
- 7-8 Jump with turned in knees, jump with turned out knees in 1st position
- 1-4 2 Polkas (right, left) towards corner 1
- 5-8 4 Petits jetés derrière towards corner 1
- 1-2 Sway through a demi plié in 2nd to the right, look to right with right hand on forehead
- 3-4 Repeat sway and look to the other side
- 5 Spring backwards onto right leg pointing left foot to corner 2, point left finger to corner 2
- 6-8 Parallel runs towards corner 2 and pick up rope
- 1-4 Parallel runs backwards towards corner 4 pulling rope
- 5-6 Turn around passing wall 8
- 7-8 Parallel pas de chat to the right with a salute

REVERENCE 4/4 (cd track 28)

- GIRLS** Stand in 1st position, arms in 5th en bas
- 1 Step on the right foot in 2nd position, open arms to demi 2nd
 - 2 Place left foot derrière in short tendu on the ball of the foot
 - 3 Curtsey and straighten
 - 4 Hold the position
 - 5-8 Repeat to the other side closing in 1st with arms in 5th en bas on the final count

BOYS As in Grade 1

GRADE 3

ENTERING THE ROOM 3/4 (CD TRACK 30)

Students enter the room as in Grade 2

Students will then show the examiner Theory section. Students will be asked individually at least two questions.

THEORY

Arms	1st, demi 2nd (adage and allegro)
Head	raised, lowered
Movements in Dancing	Etendre, Relever
Arabesques	1st and 3rd
Body Positions	A la quatrième devant
	A la seconde
	A la quatrième derrière

BARRE

All exercises start and finish with the arms in 5th en bas

1) Warm Up 3/4 (cd track 31)

Face the barre, feet in 1st position

Introduction

- 1-2 *Hold the position*
- 3-4 *Place hands on the barre*
- 1-4 *Tendu right foot devant, flex, stretch, and close in 1st*
- 5-8 *Repeat to 2nd position with right foot*
- 1-4 *Repeat to derrière with right foot*
- 5-8 *Rise, hold for 2 counts, lower in 1st*
- 1-16 *Repeat all on the other side.*

2) Pliés 6/8 (cd track 32)

Face the front, 5th position, right foot front

Introduction

- 1-2 *Place hand on the barre*
 - 3 *Tendu to 2nd, and carry arm to demi 2nd (eye focus slightly diagonal to center)*
 - 4 *Lower the heel in 2nd, close arm to 5th en bas (eye focus to front)*
 - 1-4 *2 demi pliés, the arm remains in 5th en bas*
 - 5 *Lift arm to 5th en avant, head inclines towards the barre*
 - 6 *Open arm to 2nd, use head as in 1st port de bras*
 - 7 *Tendu to 2nd position with right foot*
 - 8 *Close in 1st, close arm to 5th en bas, head erect*
- To be shown in 2nd, 1st, 5th devant and derrière finish in 5th devant

Following the Cecchetti principles of 1st Port de Bras, the head inclines with a slight turn

3) Battements Tendus 2/4 (cd track 33)

Face the front, 5th position, right foot front

Introduction

- 1-2 *Hold the position*
- 3-4 *Place hand on the barre*
- 1-2 Tendu devant and close
- 3-4 Tendu devant and close in a demi plié
- 5 Tendu devant straightening supporting leg
- 6-7 Hold
- 8 Close in 5th devant
- 9-32 Repeat en croix

4) Battements Dégagés 2/4 (cd track 34)

Face the barre, feet in 1st position

Introduction

- 1-2 *Hold the position*
- 3-4 *Place hands on the barre*
- 1-4 2 Dégagés with right leg to 2nd (*out, in, out, in*)
- 5 Demi plié in 1st
- 6 Dégagé the right foot to 2nd and straighten supporting leg
- 7 Hold
- 8 Close in 1st position
- 9-16 Repeat all with the other leg

5) Ronds de Jambe à Terre 3/4 (cd track 35)

Face the front, feet in 1st position

Introduction

- 1-2 *Hold the position*
- 3-4 *Open arms through 5th en avant to 2nd, place hand on the barre*
Head to be used as in Grade 1 barre port de bras then becomes erect before the
1st rond de jambe
- 1-8 2 Ronds de jambe à terre en dehors with a slight pause in each position
- 9-16 2 Ronds de jambe à terre en dedans with a slight pause in each position
- Tag Close arms to 5th en bas

6) Preparation for Battements Frappés 2/4 (cd track 36)

Face the barre, 5th position, right foot front

Introduction

Place hands on the barre

3-4 *Tendu right foot to 2nd, bring to cou-de-pied devant (with ball of the foot on the ground)*

1 Slide ball of foot along floor to pointe tendue to 2nd (on the floor)

2-3 Hold

4 Slide ball of foot along floor to cou-de-pied derrière

5-16 Repeat 3 more times closing to devant, derrière & devant

& Lift the ball of foot off the floor (*a relaxed flex of the ankle keeping the toes in line with the foot*)

1 Battement frappé to 2nd position (*off the floor*)

2-3 Hold

4 Place the foot at cou-de-pied derrière (*with a relaxed flex off the floor*)

5-12 Repeat 2 more times closing in alternate devant & derrière

13 Battement frappé to 2nd position (*off the floor*)

14 Hold

15 Pointe tendue right foot to 2nd position

16 Close in 5th derrière

Tag Close arms to 5th en bas

Placement of the cou-de-pied - rest the working heel above the supporting ankle bone

7a) Port de Bras and Développés 3/4 (cd track 37)

Face the front, 5th position, right foot front

Introduction

1-2 *Hold the position*

3-4 *Place hand on the barre*

1-4 1st Port de Bras with the use of the head finishing in 5th en bas

5-6-7 Développé devant with 1st port de bras, the head remains erect

8 Close to 5th devant, arm to 5th en bas

1-8 Repeat all with a développé to 2nd position, close 5th derrière

Pass through the retiré without pausing

7b) Développé Derrière 3/4 (cd track 38)

Face the barre, 5th position, right foot front

Introduction

1-2 *Hold the position*

3-4 *Place hands on the barre*

1-2-3 Développé right foot to derrière

4 Hold

5 Lower to pointe tendue derrière

6 Close right foot while rising on left to a rise in 5th position

7 Hold

8 Lower heels in 5th position

9-16 Repeat all with the other leg.

Distance from the barre may be adjusted either on rise (6) or lower (8)

8a) Grands Battements Devant and à la Seconde 3/8 (cd track 39)

Face the front, 5th position, right foot front

Introduction

1-3 *Hold the position*

4-6 *Open arms through 5th en avant to 2nd position, place 1 hand on the barre*

1-12 4 Grands battements devant

1-12 4 Grands battements to 2nd (*close front, back, front, back*)

Grands battements are in 3 counts – throw, tendu, close. (*The feeling is to throw upwards and to control down*) 45° is acceptable, emphasis is on hip placement, not height. Students should continue to use the metatarsals.

8b) Grands Battements Derrière and à la Seconde 3/8 (cd track 40)

Face the barre, 5th position, right foot derrière

Introduction

1-3 *Hold the position*

4-6 *Place hands on the barre*

1-12 4 Grands battements derrière

1-12 4 Grands battements to 2nd (*close back, front, back, front*)

9A) Relevés 2/4 (cd track 41)

Face the barre, 5th position, right foot front

Introduction

1-2 *Hold the position*

3-4 *Place hands on the barre*

1 1 Relevé in 5th position

2 Lift front foot to retiré

3 Return to a relevé in 5th

4 Plié

5-12 Repeat 2 more times

13-16 Repeat but place the foot in the back after the retiré

1-16 Repeat to the other side

Shown derrière as a separate exercise

9B) Relevés 2/4 (cd track 41)

Step away from the barre, facing the examiner, 5th position, right foot front

Introduction

1-4 *Hold the position*

1-6 3 Échappés relevés changés

7-8 1 Relevé in 5th position

9-32 Repeat 3 more times

10) Stretching Exercise 2/4 (cd track 42)

Face the barre, feet in parallel

Introduction

- 1-2 *Hold the position*
- 3-4 *Place hands on the barre*
 - 1 Demi plié
 - 2 Remain in a plié and roll up to the balls of the feet
 - 3 Straighten knees while remaining up on the balls of feet
 - 4 Lower heels with straight knees
- 5-8 Repeat all
- 9-10 Slide right leg behind to demi pointe (*metatarsals*) on a straight left leg maintaining a parallel line of leg and foot
- 11-14 Fondu on left leg and lower right heel on the floor in a parallel line and hold
- 15-16 Straighten on the left leg as the right foot slides back into parallel keeping the right heel on the floor
- 1-16 Repeat all on the other side

11) Ballet Runs to the Center 3/4 (cd track 43)

Students may finish in a simple presentation pose

EXERCICES AU MILIEU

Port de bras 3/8 (cd track 44)

Face corner, 5th croisé, arms in 5th en bas

Introduction

- 1-4 *Hold the position*
- 1-16 3rd Port de Bras 4 times

1) Battements Tendus 3/4 (cd track 45)

Face the front, 5th position, right foot front, arms 5th en bas

Introduction

- 1-4 *Hold the position*
- 1-2 Tendu right foot devant and close 5th devant
- 3-4 Tendu right foot to 2nd and close 5th derrière
- 5-8 Repeat with the left foot
 - 1 Tendu right foot to 2nd
 - 2 Demi plié in 2nd position
 - 3 Transfer weight onto a straight right leg, pointe tendue left to 2nd
 - 4 Close left foot to 5th devant in a demi plié
- 5-6 Demi détourné passing wall 8 to face the back, demi plié (1/2 turn)
- 7-8 Demi détourné passing wall 8 to face the front, demi plié
- 1-16 Repeat all on the other side straightening support leg on the first tendu devant

Optional use of hands on hips, or 2nd position throughout or hands on shoulders throughout. Or may use 1st Port de Bras - If using first Port de Bras on temps lié, use usual timing- as is used in the port de bras exercise

2) Port de Bras and Chassés into Body Positions 6/8 (cd track 46)

Face corner 2, 5th position, right foot front, arms 5th en bas

Introduction

1-4 *Hold the position*

- 1 Lift arms to 5th en avant
- 2 Lift arms to croisé derrière position of the body
- 3 Hold the position
- 4 Close arms to 5th en bas
(*the high arms lowers to meet the other arm in demi 2nd then both arms close to 5th en bas*)
- 5 Demi plié and chassé en avant, arms lift to 5th en avant
- 6 Straighten on right leg and carry arms to pointe tendue in croisé derrière position of the body
- 7 Hold
- 8 Close 5th derrière and close arms to 5th en bas (*the arms close as in count 4*)
- 9-12 Port de Bras arms to croisé devant position of the body and close
- 13 Demi plié and chassé en arrière, arms lift to 5th en avant
- 14 Straighten on left leg and carry arms to pointe tendue in croisé devant position of the body
- 15 Hold
- 16 Close 5th devant and close arms to 5th en bas

This exercise shows the 2 high positions of the arms used in the 4th Port de Bras

ADAGE

1) Port de Bras and Développés 3/4 (cd track 47)

Face the front, 5th position, right foot front, arms 5th en bas

Introduction

- 1-4 *Hold the position*
- 1 Lift the arms to 5th en avant, head inclines left, eyes look into palms
- 2-3 Open arms to 2nd position, head inclines right, eyes look slightly towards corner 1
- 4 Close arms to 5th en bas, head erect, eyes to the front
- 5-6-7 Développé devant with 1st port de bras (*without stopping in retiré*), head remains erect
- 8 Lower to pointe tendue and close in 5th devant, close arms to 5th en bas.
- 1-4 Repeat 1st port de bras using the same direction for the inclined head
- 5-8 Développé to 2nd with 1st Port de Bras and close 5th derrière
- 1-16 Repeat all on the other side

This exercise may be halved at the examiners discretion and will show the side not seen at the barre.

2) Arabesque 3/4 (cd track 48)

Stand at corner 3 facing corner 1, right foot front in 5th effacé, arms 5th en bas

Introduction

- 1-2 *Hold the position*
- 3-4 *Chassé en arrière to pointe tendue right foot to devant, arms to 5th en avant to 2nd*
- 1-2 *2 Walks right, left, arms to 5th en bas to 5th en avant*
- 3-4 *Step on right foot into 1st Arabesque á terre and hold*
(arms arrive in 1st arabesque on count 3 with lower arm traveling through demi 2nd to derrière)
- 5 *Demi plié into 5th position, arms close directly to 5th en bas*
- 6 *Straighten on left leg with a tendu with right foot to devant, carry arms to 5th en haut*
- 7-8 *Open arms to 2nd position hold the tendu devant*
- 1-8 *Repeat all*
- 1-4 *Repeat walks and step into 1st arabesque position and hold*
- 5-6-7 *Lift en l'air*
- 8 *Pointe tendue derrière, hold the arms in 1st Arabesque line*
- 1-2 *Chassé left foot through 1st to a lunge in 5th arabesque eyes ahead (à terre)*
- 3-4 *Straighten supporting leg, changing the head to effacé*
- 5-6-7 *Run or walk around passing wall 8 to the center, a simple use of arms may be used*
- 8 *Finish in own pose.*

Repeat to the other side as a separate exercise

PIROUETTES

1) Exercise for the Use of the Head (Girls and Boys) 2/4 (cd track 49)

Face the front, 5th position, right foot front, arms 5th en bas

The arms remain in 5th en bas throughout the exercise

Introduction

- 1- 3 *Hold the position*
- 4 *Demi plié*
- 1 *Relevé in 5th position*
- 2-3 *Hold for 2 counts*
- 4 *Demi plié*
- 5 *Relevé in 5th with a 1/4 turn to face body to wall 8, head remains to wall 5*
- 6-7 *Hold the position*
- 8 *Demi plié*
- 1 *Relevé in 5th*
- 2 *Hold*
- 3-6 *Patter turn to the right on demi-pointe to complete a full rotation with a head spot, finish to wall 5 and stay up on demi-pointe*
- 7 *Demi plié*
- 8 *Changement*
- 1-16 *Repeat all on the other side.*

2) Exercise for Tour en L'Air (Boys and Girls) 2/4 (cd track 50)

Face the front, 5th position, right foot front

Introduction

1-4 *Hold the position*

1 Demi plié

2 Changement making a 1/4 turn to the right to finish facing wall 8

3-4 Slowly stretch knees

5-8 Repeat making a 1/4 turn to the left to finish facing wall 5

1-8 Repeat all

Arms remain in 5th en bas throughout

This exercise may be shown starting with the left foot front as a separate exercise.

ALLEGRO

BASIC STEPS Students may be asked individually to demonstrate at least two steps from the following list:

Assemblé dessus and dessous	Soutenu
Pas de Bourrée dessous	Soutenu or de suite
Jeté	Dessus and dessous
Balancé	de côté
Balletic Polka	En avant and de côté
Posé coupé	

1) Echappés Sautés 2/4 (cd track 51)

Face the front, 5th position, right foot front, arms 5th en bas

Introduction

1-2 *Hold the position*

3-4 *Demi plié*

1 Échappé sauté to 2nd position, arms to demi 2nd

2-3 2 Sautés in 2nd position, arms remain in demi 2nd

4 Spring into 5th position with left foot devant, arms close in 5th en bas

5-16 Repeat 3 more times closing in alternate 5th positions

2) Assemblés 3/4 (cd track 52)

Face the front, 5th position, left foot front, arms 5th en bas

Introduction

1-3 *Hold the position*

4-6 *Demi plié*

and Dégagé right foot to pointe tendue to 2nd

1 Rise with right foot front in 5th

2 Hold

3 Demi plié

&4-6 Repeat to other side

1-6 Repeat all

1-12 4 Assemblés soutenu

Arms may be used in demi 2nd with the dégagé, rise and assemblés or hands on shoulders throughout. Students may use the head – inclined over the front foot at the end of the assemblés, but the head should remain erect throughout if the use of head disturbs body placement.

Reverse as a separate exercise

3) Pas de Bourrée dessous 2/4 (cd track 53)

Face the front, 5th position, left foot front

Introduction

1&2& *Hold the position*

3& *Demi plié, lift arms to 5th en avant*

4 *Arms to presentation position (a low opened 5th en avant with palms turned upwards)*

& *Dégagé the right foot to 2nd position*

1-8 Pas de bourrée dessous soutenu twice

1-8 4 Pas de bourrées dessous de suite

An inclined head over the front foot may be used at the end of each pas de bourrée

4a) Posés Coupés and Galops – Girls 6/8 (cd track 54)

Stand at corner 3, face corner 1, 5th position, right foot front, arms 5th en bas

Introduction

1-2 *Hold the position*

3-4 *Chassé en arrière to pointe tendue the right foot devant, arms to presentation position (a low opened 5th en avant with palms turned upwards)*

1-8 4 Posés coupés onto the right leg to corner 1

1-4 4 Galops forwards to corner 1, lower arms to demi 2nd

5-8 Chassé en avant into 3rd arabesque à terre carrying arms through 5th en avant to 3rd arabesque and hold

Close after the music

Placement of retiré is toe at mid calf at the back of the leg – or on back of the knee.

4b) Posé en Avant – girls and boys 3/4 (cd track 55)

Face the front, 5th position, right foot front, arms 5th en bas

Introduction

1-2 *Hold the position*

3 *Demi plié*

and Dégagé right foot devant, arms to open 5th en avant with palms up

1 Posé onto right leg with left placed in arabesque position

2 Close with left derrière in a demi plié, arms in 5th en bas

3 Changement

4-12 Repeat all 3 more times on left, right, left

(there is enough music for 8 times, although it is shown 4 times in the exam)

5) Autour de la Salle 3/4 (cd track 56)

Stand in 5th position, right foot front, arms 5th en bas (start preparation on outside leg)

Introduction

1-4 *Chassé en avant*

1-3 Chassé coupé, arms in 5th en avant 3 times

4 Chassé, temps levé in 3rd arabesque (right arm high)

5-15 Repeat 3 more times on alternative sides, then 2 chassés coupés

16 Finish with a chassé into pointe tendue derrière with arms in demi 2nd instead of temps levé in arabesque.

Close after the music.

After the preparation the back foot comes through to chasse on count 1.

Coupé – should have the feeling of 2 stretched legs and feet in the air as in soubresauts. Temps levé – the weight should be transferred onto the front foot for the lift, not taken from a plie in 4th position. Emphasize the height and strength of the temps levé in the air. A 45° height of arabesque leg is acceptable.

6) Balancés 3/4 (cd track 57)

Face the front, 5th position, left foot front

Introduction

1-2 *Hold the position*

3-4 *Step forwards on the left foot and place right leg in short tendu position, lift arms to 5th en avant to 2nd position*

1 Balancé de côté (sideways) to right, carry arms to 4th en avant (*left arm forward*) and incline head to the right side

2 Balancé de côté to left, carry arms to 4th en avant (*right arm forward*) and incline head to the left side

3-4 Chassé right foot to corner 1 into 3rd arabesque position

5-8 Repeat balancés and chassé to other side

1-4 4 Balancés de côté to right, left, right, left using arms and head as in counts 1 & 2

5 Chassé, temps levé in 3rd arabesque to corner 1

6-8 Run in a small circle passing wall 8 and stand on right foot ready to repeat all to the other side

1-16 Repeat all on other side and finish in own pose

UNSEEN: A SIMPLE ENCHAINMENT USING NO MORE THAN 2 STEPS FROM PREVIOUS GRADES.

DANCES

Teachers' choice.

This is to be shown individually.

Le Grand Classique 3/4 (cd track 58)

Stand at corner 3, face corner 1 in 5th croisé, arms 5th en bas

Introduction

- 1-2 *Hold the position*
- 3-4 *Chassé en arrière to pointe tendue left foot devant, lift arms to 5th en avant and open to 2nd position*
- 1-2 2 Walks towards corner 1 (left, right), carry arms through 5th en bas to 5th en avant
- 3 Run forward towards corner 1, arms remain in 5th en avant
- 4 Fondu on right leg, pointe tendue left devant, right arm forward and low in arabesque line (diagonal)
- 5-6 Transfer weight through a demi plié in 4th into 3rd arabesque croisé à terre on left leg with right arm high
- & Fondu with right foot in cou-de-pied derrière, arms to Sylphide position
(*Sylphide position – crossed wrists near ribs*W)
- 7 & Turn to right towards the back foot changing feet to face corner 2
- 8 Demi plié in 5th croisé
- 1 Temps lié en avant to a rise in 5th croisé, arms to presentation 5th en avant (palms up)
- 2 Demi plié en face – prepare arms for pas de chat
- 3-4 2 Pas de chats to the left, facing front or corner 3 (*Pas de chat arms may be either a low 4th en avant or directional hand on shoulder*)
- 5-6 Chassé to corner 2 in 3rd arabesque croisé à terre on right leg with left arm high
- 7-8 Run passing wall 6 to center
(*last step is on left foot on a soft rise to allow a fall into the 1st balancé*)
- 1-4 4 Side balancés (*right, left, right, left*) traveling slightly backwards
- 5-6 Soutenu turn towards wall 8, arms lift to 5th en haut
- 7-8 Demi plié facing corner 1 and pointe tendue right foot towards corner 1, arms lower to presentation position
- 1-2 2 Posés coupés on the right towards corner 1
- 3-4 Chassé en avant or transfer weight through a demi plié in 4th into 3rd arabesque à terre on right leg with right arm high
- & Turn to face corner 2 with a “rond” of left leg to pointe tendue devant, arms to presentation position
- 5-6 2 Posés coupés on the left towards corner 2
- 7-8 Run towards corner 2, face corner 1 with right foot pointe tendue devant, arms to presentation
- 1-4 4 Times - step temps levé in attitude devant on right, left, right, left, traveling along wall 5 towards wall 8, arms in 4th en avant opposition
- 5-8 Run around passing wall 8 to the center, finish standing on left foot en face, right in short tendu, arms demi 2nd
- 1-2 Step to the right, galop, step to the right and temps levé in retiré position, arms carry across to 3rd arabesque to the right side
- 3-4 Step to the left, galop, step to the left and temps levé in retiré position, arms carry across to 3rd arabesque to the left side
- 5-8 Own finish

Arm lines noted above are suitable for girls, teachers may choreograph suitable arms for boys

2) Tarantella 6/8 (cd track 59)

Stand at corner 2 in 1st position holding tambourine in right hand, left hand on hip

Introduction

- 1-4 Run across front into a small circle to finish in center of room
- 5-6 Small jump to parallel facing corner 1 with a clap - hit tambourine onto right hip,
- 7-8 Lift tambourine up and shake
- 1-2 Step right, temps levé in attitude devant, clap (*Claps – height of claps is optional, either or high or low*)
- 3-4 Step left, temps levé in attitude devant, clap
- 5-8 4 parallel petits jetés onto right, left, right, left turning around passing wall 8 to finish facing wall 5
- 1-4 Toe turned in parallel to 2nd –heel turned out in 2nd - twice with right foot
- 5-8 Repeat toe heels with left foot
- 1-2 2 Sideways galops towards corner 2
- 3-4 Step on left foot, place right devant on ball of foot and clap high (*Placement of the devant foot is on the ball and may be either parallel beside the supporting leg or in a small 4th devant with a relaxed knee*)
- 5-6 2 Sideways galops towards corner 4
- 7-8 Step on right foot, place left devant on ball of foot and clap high
- 1-4 Step on left and stamp right foot on flat in parallel 1st, hit tambourine on right hip and hold for 2 counts
- 5-8 4 Character pivots (*paddle turns*) turn around to the right, shake tambourine
- 1-2 2 Jetés onto left, right
- 3-4 Spring to lunge on left to corner 2, clap high
- 5-8 Repeat jetés and lunge to other side
 - 1 Jump into 2nd position, arms to 2nd position
 - 2 Spring onto left foot with right cou-de-pied derrière, clap
 - 3 Jump into 2nd position, arms to 2nd position
 - 4 Spring onto right foot with left cou-de-pied derrière, clap
- 5-8 Step onto left foot and place right foot devant on ball of foot facing corner 2, shake tambourine
- 1-4 4 Parallel petits jetés right, left, right, left (*traveling in a circle line around passing wall 8*)
- 5-8 4 Character pivots en tournant to the right on the spot
- 1-4 4 Parallel petits jetés left, right, left, right (*still traveling in the circle line*)
- 5-8 4 Character pivots en tournant to the left on the spot
- 1-4 4 Parallel petits jetés traveling to center
- 5-6 Step right, temps levé in attitude devant, clap
- 7-8 Step left, temps levé in attitude devant, clap
- 1-4 Step right and complete a full turn (chainé), step onto right and clap to right side
- 5-7 Step onto left towards wall 6, step to corner 2 on right, kneel on left knee with a clap of tambourine in front and lift tambourine high

The use of a tambourine is optional. Teachers may choreograph their own arms when a tambourine is not used

REVERANCE 2/4 (CD TRACK 60)

- GIRLS** Stand in 5th position, right foot front, arms in 5th en bas
- 1-2 2 steps forwards (right, left) lifting arms to 5th en avant
- 3 Step sideways on the right foot, open arms to 2nd position
- 4 Place left foot derrière in a short tendu on the ball of the foot and bob
Curtsey, straighten on right leg
- 5-8 Repeat on the other side
Close in 5th position, arms to 5th en bas after the music

BOYS Same as girls but with bow instead of Curtsey using one arm.

GRADE 4

ENTERING THE ROOM 2/4 (cd track 2)

Students enter the room as in Grade 2 and 3

THEORY

Students may be asked at least two questions individually any of the following:

Arms 4th en avant & 4th en haut, and traditional pas de chat

Movements in Dancing Glisser & Tourner

Positions of the Body Croisé Devant & Croisé Derrière - Ecarté

Arabesque 2nd Arabesque à terre

BARRE

1) Warm Up 2/4 (cd track 3)

Face the barre, feet in 1st position, arms 5th en bas.

Introduction

1-2 *Hold the position*

3-4 *Place hands on the barre*

1-2 Tendu right foot to 2nd position

3-4 Lower the metatarsals

5-6 Fully stretch right foot to pointe tendue

7-8 Close in 1st position

1-2 Tendu right foot to 2nd position

3-4 Flex the metatarsals only

5-6 Fully stretch right foot to pointe tendue

7-8 Close in 1st position

9-32 Repeat with the left foot, right foot, left foot

2) **Pliés 4/4 (cd track 4)**

Face the front, 5th position, right foot front, arms 5th en bas

Introduction

- 1-2 *Place hand on the barre*
- 3 *Tendu to 2nd, and carry arm to demi 2nd (eye focus slightly diagonal towards center front)*
- 4 *Lower the heel in 2nd, close arm to 5th en bas (eye focus to front)*
- 1-2 *Demi plié & stretch, arm remains in 5th en bas*
- 3-6 *Grand plié and stretch, arm opens to a low demi 2nd and closes 5th en bas*
- 7 *Tendu right foot to 2nd position, arm to demi 2nd*
- 8 *Close right foot in 1st position, close arm to 5th en bas*
- 1-6 *Repeat demi plié & grand plié*
- 7 *Tendu right foot, arm to demi 2nd*
- 8 *Close right foot in 5th devant, close arm to 5th en bas*
- 1-4 *2 Demi pliés*
- 5 *Lift arm to 5th en avant*
- 6-7 *Tendu right foot to 2nd position, arm to 2nd and hold*
- 8 *Close right foot in 5th derrière, close arm to 5th en bas*
- 1-4 *2 Demi pliés*
- 5 *Lift arm to 5th en avant*
- 6-7 *Tendu right foot to 2nd position, arm to 2nd and hold*
- 8 *Close right foot in 5th devant on a rise, lower arm to 5th en bas and lift for a balance of both arms in 5th en avant*
- Tag 1-4 *Hold the balance*
- 5-8 *Lower in 5th position with arms 5th en bas*

3) **Battements Tendus 2/4 (cd track 5)**

Face croisé into the barre, 5th position, right foot front, arms 5th en bas.

Introduction

- 1-2 *Hold the position*
- 3-4 *Place hand on the barre*
- 1-4 *2 Battements tendus to croisé devant with right foot, head inclines to working leg, arm remains in 5th en bas*
- 5-8 *2 Battements tendus to croisé derrière with left foot, head inclines to working leg, arm remains in 5th en bas*
- 1-4 *2 Battements tendus to écarté line with right foot, close 5th derrière – 5th devant, head turns to working leg, arm remains in 5th en bas*
- 5 *Tendu right foot to écarté line, carry arm to 5th en avant, head en face looking into the palm*
- 6 *Carry arm and head to écarté line*
- 7 *Hold*
- 8 *Close 5th devant, close arm to 5th en bas.*
- 1-16 *Repeat all*
- Tag *Hands off the barre*

1 count out – 1 count in. The head is used as in the Croisé Body positions

4) Battements Dégagés 2/4 (cd track 6)

Face the front, 5th position, right foot front, arms 5th en bas.

Introduction

- 1-2 *Hold*
- 3-4 *Place the hand on the barre*
- 1-2 Dégagé to 2nd & close in 1st position , hold count 2
- &3-4 Dégagé to 2nd & close in 5th derrière, hold count 4
- &5-6 Dégagé to 2nd & close in 1st position, hold count 6
- &7-8 Dégagé to 2nd & close in 5th devant, hold count 8
- &1-2 Dégagé to 2nd & close in first and first
- &3-4 Dégagé to 2nd & close in 5th derrière
- &5-6 Dégagé to 2nd & close in first and first
- &7-8 Dégagé to 2nd & close in 5th devant

Accent in – 2nd count hold. The closings to 5ths should show the passing through 1st positions as in Grade 2 Tendus

5) Ronds de Jambe à Terre 3/4 (cd track 7)

Face the front, feet in 1st position, arms 5th en bas

Introduction

- 1-2 *Hold the position*
- 3-4 *Place hand on the barre*
- 1 1/4 demi plié and extend right foot to 4th devant deepening to demi plie, lift arm to 5th en avant
- 2 Demi rond de jambe to 2nd position straightening the supporting leg, carry arm to 2nd position
- 3 *Hold*
- 4 Close in 1st position, hold the arm in 2nd position
- 5 Tendu right foot to 4th devant
- 6-7 Rond de jambe en dehors à terre (*show a continuous movement in the rond de jambe*)
- 8 Close in 1st position, lower arm to 5th en bas
- 1-8 Repeat all en dedans
- 1-16 Repeat all
- Tag Lower the arm

This is an introduction to the Cecchetti preparation for rond de jambe à terre. A Cecchetti preparation commences with a semi-demi plié on 2 feet on ‘and’ (before the working leg extends)

6) Fondus 2/4 (cd track 8)

Face the barre, 5th position, right foot front, arms 5th en bas

Introduction

1-2 *Hold position*

3-4 *Place hands on the barre*

1 Fondu and place right foot to cou-de-pied devant

2 Close in 5th position on straight legs

3 Fondu and place right foot to cou-de-pied devant

4 Extend to pointe tendue in 4th devant on a straight supporting leg

5 Fondu and place right foot to cou-de-pied devant

6-8 Repeat counts 2,3 & 4 with the extension to 2nd position

1 Fondu and place right foot to cou-de-pied derrière

2-4 Repeat all with extension to 4th derrière

5 Rise in 5th position

6-7 Hold

8 Lower to 5th on straight knees

1-16 Repeat all on the other side showing a balance with arms in 5th en avant on the last rise

Tag Lower to 5th position, close arms to 5th en bas

Students may adjust distance from the barre on the rise

7) Battements Frappés 2/4 (cd track 9)

Face the front, 5th position, right foot front, arms 5th en bas

Introduction

1-2 *Place hand on the barre*

3 *Tendu right foot to 2nd, open right arm to demi 2nd*

4 *Slide right foot in to cou-de-pied devant with a relaxed foot with toes on the floor, close arm to 5th en bas*

1 Slide the right foot to pointe tendue to 4th devant (*this movement is the same as in Grade 3*)

2-3 Hold the extension

4 Return to cou-de-pied devant

5-16 Repeat en croix

& Lift toe slightly off the floor

1-12 6 Battements frappés to 2nd position with accent out and a hold on the extension

13-14 Lower to pointe tendue

15-16 Slide right foot in through 5th position and place on cou-de-pied devant (*above the ankle with a fully stretched foot*) and balance on a flat foot with arms in 5th en avant
Close after the music

8) Adage 4/4 (cd track 10)

Face the front, 5th position, right foot front, arms 5th en bas

Introduction

1-2 *Hold the position*

3-4 *Place hand on the barre*

1-2 Retiré, arm begins to lift to 5th en avant (*a slow retiré taking 2 counts, then the extension taking 2 counts*)

3-4 Développé right foot to 4th devant and hold, arm arrives en avant on 4

5-6 Demi rond de jambe to 2nd position, carry arm to 2nd position

7-8 Retiré (*placement is to the side of the supporting knee*) carry arm to 5th en bas then 5th en avant

1-2 Small heel pivots to face the barre, place hands from 5th en avant on the barre, (*Heel pivots as in a promenade movement*)

3-4 Développé derrière to arabesque line

5 Close into 5th position in a demi plié

6 Straighten supporting leg while lifting to arabesque en l'air

7-8 Hold

Tag Close right foot in 5th derrière on a rise, balance both arms in 5th en avant

Lower to 5th position, lower arms to 5th en bas at the end of the tag

9) Grands Battements 3/4 (cd track 11)

Face the front, 5th position, right foot front, arms in 5th en bas

Introduction

1-2 *Hold the position*

3-4 *Prepare arms to 2nd position passing through 5th en avant, place hand on the barre*

and 1 Grand battement devant to dégagé height and close in 5th devant,

and 2 Hold

3-4 Repeat

5-8 2 Grands battements to full height (*full height meaning to student's own ability with secure hip placement*)

9-32 Repeat en croix-Finish both hands off the barre

10) Relevés 2/4 (cd track 12)

Face the barre, 5th position, right foot front, arms in 5th en bas

Introduction

1-2 *Hold the position*

3 *Place hands on the barre*

4 *Demi plié*

1 Relevé devant

2-3 Hold

4 Close 5th devant in a demi plié

5-8 Repeat

1-2 Relevé in 5th position, demi plié

3-4 Relevé devant, demi plié

5-6 Relevé in 5th position, demi plié

7-8 Relevé passé on a rise, demi plié

1-16 Repeat all on the other side

Tag Lower the arm

Reverse as a separate exercise

11) Stretching exercise 3/4 (cd track 13)

Face the front, 5th position, right foot front, arms 5th en bas

Introduction

1-2 *Hold the position*

3-4 *Place hand on the barre*

1-2 Chassé en avant to pointe tendue left foot derrière, lift arm to 5th en avant and carry to 2nd position

3-4 Close left foot to 5th derrière, hold the arm in 2nd

5-8 Forward stretch carrying the arm to 5th en haut, recover, leaving arm in 5th en haut

1-4 Reverse port de bras and carry through 5th en avant arching the upper back, recover the back arm carrying arm to 5th en bas then 2nd position to lyre position

5 Rise with arm 5th en bas

6 Demi-détourné in towards the barre meeting the arms 5th en avant when facing the barre

7-8 Open to 2nd position to the other side, place right hand on the barre when lowering in 5th position, left arms closes 5th en bas

1-16 Repeat all showing a balance at the end of the détourné

Tag Close

The arm reaches a 5th en haut alignment at the most extreme point of the forward stretch and remains in this alignment as the body recovers to the upright position

12) Ballet runs to the center. 3/4 (cd track 14)

Students may finish in a simple presentation pose

EXERCICES AU MILIEU

Port de Bras 3/4 (cd track 16)

Face corner, 5th croisé position, arms 5th en bas

Introduction

1-4 *Prepare arms through 5th en avant to croisé derrière position*

1-16 4th Port de Bras 4 times

1) Battements Tendus 3/4 (cd track 17)

Face corner 2, 5th croisé, right foot front, arms 5th en bas

Introduction

1-4 *Hold the position*

1-2 Tendu right foot to croisé devant and carry arms through 5th en avant to croisé devant position of the body

3 Hold the position

4 Close 5th devant, close arms to 5th en bas through demi 2nd

5-6 Tendu left foot to croisé derrière and carry arms through 5th en avant to croisé derrière position of the body

7 Hold the position

8 Close 5th derrière, close arms to 5th en bas through demi 2nd

1-2 Tendu right foot to écarté and carry arms through 5th en avant to écarté position of the body

3-4 Hold the position

5 Turn to face corner 1 and plié in 4th open position, arms to 5th en avant (*the left arm passes through 1st position to 5th en avant*)

6 Straighten with weight on right leg extending left leg to arabesque line à terre, arms to 3rd arabesque

7-8 Fondu on right foot with the left foot lifting to cou-de-pied derrière & rise in 5th position and continue into a pas de bourrée dessous finishing in a demi plié facing corner 1 in 5th croisé, arms lower directly to 5th en bas (*arms may lower en fondu or during pas de bourrée*)

1-16 Repeat all to the other side stretching supporting knee on count 1

Arms close as per the Cecchetti principles - the arms close to 5th en bas simultaneously

ADAGE

1) Demi Rond de Jambe 3/4 (cd track 18)

Face the front, 5th position, right foot front, arms in 5th en bas

Introduction

1-6 *Hold the position*

1-3 Demi plié, chassé en avant on right leg, lift arms to 5th en avant
Straighten on right leg, opening arm to 2nd

4-6 Close to 5th derrière, close arms to 5th en bas

1-3 Retiré the right foot, arms to 5th en avant

4-6 Développé devant, hold arm line

1-3 Demi rond de jambe en dehors en l'air, open arms to 2nd position

4-6 Retiré the right foot to the left knee, arms to 5th en bas then 5th en avant

1-3 Fondu on the left leg and place right derrière in a lunge with the heel on the ground, arms to presentation position en face

4-6 Straighten on the left leg and pointe tendue the right foot to 4th derrière, lift arms to lyre position, then close the right foot in 5th derrière, close the arms through 2nd to 5th en bas

Repeats on other side

Show a smooth transition after the demi plié into the chassé en avant. Boys may take an appropriate arm position

2) Arabesque 2/4 (cd track 19)

Face 5, feet in 5th position, left foot front

Introduction

1-4 *Hold the position*

1-2 Tendu right foot to 2nd position, opening arms through 5th en avant to 2nd position

3-4 Fouetté into 1st arabesque à terre facing 6

5-6 Raise leg to 1st arabesque en l'air

7-8 Hold the arabesque and lower to pointe tendue on count 8

1-2 Change arms through 2nd position to 2nd arabesque

3-4 Change arms through 5th en avant to 3rd arabesque

5-6 Raise leg in 3rd arabesque,

and Open arms to demi 2nd and face the corner and lower to pointe tendue

7-8 Chassé croisé into 5th arabesque à terre to corner 2, close in 5th

1-16 Repeat to other side starting the tendu with the back foot

PIROUETTES

1) Pirouette en Dehors - Girls and Boys 2/4 (cd track 20)

Face the front, 5th position, right foot front, arms in 5th en bas

Introduction

1-3 *Hold the position*

4 *Demi plié*

1 Relevé in 5th position, arms to 4th en avant with right arm forward

2 Demi plié, hold arms in 4th en avant

3 Relevé devant, arms to a low 5th en avant (*the arms may remain in 4th en avant*)

4 Demi plié, hold arm line

5 Relevé in 5th to finish facing wall 8, (*1/4 turn*) eyes remain to wall 5, arms to 4th en avant with right arm forward

6 Demi plié, hold arms in 4th en avant

7 Execute a 3/4 pirouette en dehors

8 Close 5th derrière in a demi plié, hold arms in pirouette position

1-8 Repeat on other side

1-16 Repeat all

2) Soutenu Turns - Girls and Boys 2/4 (cd track 22)

Face the front, 5th position, right foot front, arms in 5th en bas

Introduction

- 1-4 *Hold the position*
- 1 & a Demi pli , d gag  right foot to 2nd, spring onto right foot (*as in a glissade movement- 2nd leg comes straight in*)
- 2 Pull up into a soutenu turn finishing en face with right foot front (*spot in all turns*)
- 3 Demi pli 
- 4 Stretch
- 5-12 Repeat 2 more times in the same direction
- 13 14 Chass  right foot to 2nd, straighten on right leg with left foot in pointe tendue to 2nd
- 15 16 Close left foot in 5th devant
- 1-16 Repeat all to the other side

A slight  paulement is acceptable in the chasse to 2nd. Arms may be held on the shoulders, hips, or use demi 2nd on d gag  and turn finishing in a low 5th en avant, lowering to 5th en bas on the demi pli .

3) Pirouette en Dedans - Girls and Boys 2/4 (cd track 23)

Face corner 2, feet in 5th position, right foot front

Introduction

- 1-4 *Hold the position*
- 1 Tendu front foot to corner, arms 5th en avant
- 2 Transfer weight into lunge, arms to 4th en avant
- 3 Relev  en face
- 4 Lower in 5th crois , arms 5th en bas
- 5-8 Repeat to the other side
- 9-16 Repeat all with a pirouette

4) Tour en l'air - Boys and Girls 3/4 (cd track 24)

Face the front, 5th position, right foot front, arms in 5th en bas

Introduction

- Hold the position*
- 1 Demi pli 
- 2 Changement making a 1/2 turn to the right side
- 3-4 Slowly straighten knees
- 5-8 Repeat making a 1/2 turn to the left side
- 1-8 Repeat all

Arms are held in 5th en bas throughout

ALLEGRO

BASIC STEPS Students may be asked individually at least two steps per candidate any of the following soutenu or de suite:

Glissade devant & derrière
Sissonne fermé en avant & en arrière
Echappé closing with a beat
Pas de bourrée devant & derrière
Balancé en avant & en arrière

1) Sautés & Changements 4/4 (cd track 25)

Face the front, 5th position, right foot front, arms 5th en bas

Introduction

- 1-3 *Hold the position*
- 4 *Demi plié*
- 1 Sauté to 1st
- 2 Sauté closing 5th with the left foot front,
- 3 Sauté to 1st
- 4 Sauté closing 5th with the right foot front
- 5-8 4 Changements
- 1-8 Repeat all

2) Glissades 6/8 (cd track 28) (Track 27 useful for teaching in the beginning)

Face the front, 5th position, right foot derrière, arms 5th en bas

Introduction

- 1-3 *Hold the position*
- 4 *Demi plié*
- 1-2 Glissade derrière soutenu, arms to demi 2nd and close to 5th en bas
- 3-4 Glissade derrière soutenu, arms to demi 2nd and close to 5th en bas
- 5-6 2 Glissades derrière de suite
- 7 & 8 3 Petits changements, arms in 5th en bas
- 1-8 Repeat all

Head may incline towards the front foot at the end of the glissades, but should be erect for soutenu movement and changements. Arms may lift to presentation position and hold during the 2 glissades de suite, or open to demi 2nd

This exercise to be shown devant as a separate exercise

3) Sissonnes 6/8 (cd track 29)

Face corner 1, 5th effacé, right foot front, arms 5th en bas

Introduction

1-3 Hold the position

4 Demi plié

&a1 Sissonne en avant fermé, arms to 5th en avant

2 Straighten on left leg and extend right to a tendu devant, arms to 5th en haut

3&a Open arms to 2nd position, incline head with eye focus to wall 5

4 Demi plié in 5th position, arms to 5th en bas, (*by the end of the demi plié the head and eye focus will have changed to corner 1*)

5-8 Repeat all

1-4 Repeat all

&a5 Soubresaut sur place lifting arms to 5th en avant with the head erect, chassé right foot to 2nd position and open the arms to 2nd position, incline the head to the right (*chassé may be taken upstage toward the corner*)

&a6 Pas de bourrée dessous, arms lower to 5th en bas, the head inclines to the left

7 Relevé in 5th position finishing en face, arms may lift to 5th en avant or 5th en haut with the head erect

8 Demi plié in 5th position facing corner 2, closing arms to 5th en bas through 2nd position

1-16 Repeat all to the other side

The arms should have the softness and flow of 3rd Port de Bras. In the sissonne, activate the front foot, it is a step of ballon and élané

4) Jetés 4/4 (cd track 31)

Face the front, 5th position, left foot front, arms 5th en bas

Introduction

2&3& Hold the position

4 Demi plié

&1&2 Jeté, temps levé onto right foot, arms in 3rd position, right arm en bas

&3&4 Jeté, temps levé onto left foot, arms in 3rd position, left arm en bas

&5&6 2 Petits jetés, arms in presentation position

&a7 Pas de bourrée dessous, finish with arms in 5th en bas (*Pas de bourrée commences from the petit jeté position*)

&8 Deepen the demi plié

1-8 Repeat all

Arms may be held in presentation position for counts 1-6 and finish in 5th en bas at the end of the pas de bourrée

4B) Balletic Polka 2/4 (cd track 32)

Face corner 1 croisé, chassé en avant to a tendu derrière

1-8 4 Balletic polkas forwards facing toward corner 1

1-8 4 balletic polkas sideways, facing en face

1-12 6 balletic polkas forward traveling in a circle

13-16 Run and pose

5) Chassé, Temps levé 3/4 (En Diagonale) (cd track 33)

Stand at corner 3, 5th croisé facing corner 1, arms 5th en bas

Introduction

1-2 *Hold the position*

3-4 *Chassé en avant to pointe tendue derrière, arms to demi 2nd*

1 Chassé, temp levé on right foot with left in arabesque, arms pass through 5th en avant to 1st arabesque (*Eyes over the hand in 1st arabesque*)

2 Chassé, temp levé on left foot with right in retiré derrière position, arms meet in 5th en avant

3-6 Repeat 2 more times

7-8 Small run towards corner 1 and finish in own pose

Arms may be taken to 3rd arabesque and 4th en avant. The retiré derrière placement is at the back of the calf or the back of the knee, slight effacé use of the eyes

Repeat all to the other side as a separate exercise

6) Echappés Saute closing with a Beat 2/4 (cd track 35)

Face the front, 5th position, right foot front, arms in 5th en bas

Introduction

1-3 *Hold the position*

4 *Demi plié*

1 Echappé sauté to 2nd position, arms open to demi 2nd

2 Pull up to a rise in 5th position with right foot front; arms close in 5th en bas

3 Hold

4 *Demi plié*

5-6 Echappé sauté closing with a beat (*beat right foot front and close behind*), arms open to demi 2nd and close in 5th en bas

7-8 Stretch knees and demi plié

1-8 Repeat all on the other side

7) Preparations for Chaîné (petits tours) 2/4 (cd track 37 or 38)

Stand at corner 3, face corner 2, 1st position, arms in 5th en bas

Introduction

1-2 *Hold the position*

3-4 *Place hands on shoulders & turn head to look to corner 1*

1-2 Rise and take a small step towards corner 1 with right, small step with left making a ½ turn, eyes remain to corner 1

3-4 Lower heels and rise

5-6 Small step towards corner 1 with left, small step with right completing the turn with a head spot

7-8 Lower heels

9-24 Repeat all 2 more times

25-30 3 Chaînés at an even tempo

31-32 Chassé en avant towards corner 1 on right into 3rd arabesque à terre.

Close in 5th and lower arms to 5th en bas after the music

The first small steps on counts 1, 3 & 5 are only taken to a small 1st position – do not step outwards in 2nd

Repeat to the other side as a separate exercise

UNSEEN ENCHAINMENT

A simple enchaînement using no more than 3 steps from previous grades

DANCES

1) Classical dance for Girls or Boys 3/4 (cd track 42 OR 43)

Stand at corner 3 in 5th croisé facing corner 1

Introduction

- 1-2 *Tendu left foot devant to corner 1, arms to demi 2nd; lift arms to 4th en haut (left arm high) arms as in croisé derrière position of the body*
- 3-4 Transfer weight through a demi plié in 4th position onto front foot, change arms as in 4th port de bras arms as in croisé devant position of the body
 - 1 Balancé on right to corner 1, arms in 1st arabesque line (*the body is in a open écarté line*)
 - 2 Balancé on left to corner 3, arms in 5th en avant (*the body faces corner 2*)
 - 3 Step towards wall 8 on right to 2nd position en face, arms to demi 2nd
 - 4 Retiré left and lower to pointe tendue devant on a fondu to corner 1, cross wrists long in front with left on top
 - 5 Rond left leg en dehors to arabesque line on a fondu, arms to 5th en avant
- & Close to 5th derrière in a demi plié
- 6-7 2 Sissonnes en avant towards corner 1, building arms to a high 3rd arabesque
 - 8 Step forwards on right leg to wall 5 and place left leg in short tendu derrière, lower arms 5th en avant
- 1-2 Repeat balancés to corner 2 & 4
- 3-4 Step sideways to wall 6 on left in a plié, temps lie on the right to corner 2 finishing in a rise 5th croisé, right arm high in 4th en haut
- 5-8 Run around passing wall 8 to corner 4, stand on right facing corner 2 with left in short tendu derrière smoothly port de bras arms to 2nd position during the run to finish with left arm high in 4th en haut on count 8
- 1-4 Temps levé in 1st arabesque on left leg, temps levé in retiré on right leg with arms in 5th en avant, repeat temps levés in arabesque & retiré
- 5-6 Glissade derrière with arms in demi 2nd, grand pas de chat with 3rd port de bras arms finishing in demi 2nd
- 7-8 Step left to 2nd, place right foot in a short tendu derrière, facing corner 1, arms remain in demi 2nd
- 1-4 Repeat temps levés to other side
- 5-6 Pas de bourrée couru backwards towards center in 5th croisé, arms open to demi 2nd
- 7-8 Continue the bourrée couru movement turning (*on the spot*) past wall 8 to finish facing corner 2 in 5th croisé
- & Demi plié, close arms to 5th en bas
 - 1 Echappé relevé to finish facing corner 1, arms in demi 2nd (*the rise is en face and close croisé with the demi plié*)
 - 2 Relevé in 5th croisé, carry arms to 4th en haut with the left arm passing through 5th en bas, 5th en avant to 4th en haut
 - 3 Echappé relevé to finish facing corner 2, balance arms in demi 2nd position
 - 4 Relevé in 5th croisé, right arm high in 4th en haut passing through 5th en bas, 5th en avant to 4th en haut
- 5-8 Students or teachers own finish

Boys would show long tendus, not short and they would walk in a small arc and finish with a rise in 5th croisé instead of bourrée. Where arms have a feminine look, teachers should set strong broad positions suitable for boys.

2) Polka - girls 2/4 (cd track 44 OR 45)

Start center back slightly croisé to corner 1 standing on left foot with right leg short tendu derrière - arms demi 2nd

Introduction Hold the position

1-6 3 forward polkas with the right, left then right, traveling towards corner 1 - arms extend with a soft wave to 4th en avant in opposition with palms facing down

7 Hop down onto the right foot en fondu and petit développé with the left leg to pointe tendue devant arms in 1st arabesque line en diagonale with the right hand reaching down along the line of the left leg

8 Step forward on the left leg with right foot short tendu derrière – change the arabesque line to the right arm high – head turned towards 5

and Coupé dessous onto the right foot

1-4 2 Polkas with the left then right traveling towards corner 2 - arms extend with a soft wave to 4th en avant in opposition with palms facing down

5-6 Step on the left foot en fondu and soutenu turn to the left side - arms either 5th en avant or 5th en haut

7-8 Step down on the left foot towards 5 and place the right in a short tendu – arms to demi 2nd

1 Posé sideways toward 8 onto the right leg, left leg to retiré derrière– arms to a curved 3rd arabesque line across to the right side of the body with palms up

2 Galop on left leg toward 6, the arms carry to a low 5th en avant ready for the next movement

3 Posé sideways toward 6 onto the left leg, right leg to retiré derrière – arms to a curved 3rd arabesque line across to the left side of the body with palms up

4 Close right foot derrière in a demi plié in the 5th position, the arms carry to a low 5th en avant

5 Relevé in 5th position with left foot devant - right hand to mid chest with the fingers softly pointing upwards and the left arm opens to demi 2nd

6 Demi plié, hold arm line

7-8 Demi détourné toward back foot - arms remain as above or may change to the left hand in at the chest with the right in demi 2nd

1-2 (*facing the back and traveling towards 7*) Step temp levé in 3rd arabesque on the right leg

3-4 Galop, step temp levé in 3rd arabesque on the left leg

5-8 Run to corner 3, turning to face 1 and step on left foot with right foot short tendu derrière, arms in demi 2nd

1 Step temp levé on the right foot in 1st arabesque (*3rd arabesque may be used as an alternative*)

2 Step temp levé on the left with the right in relevé derrière position- arms to 5th en avant (*right arm forward in 4th en avant is using 3rd arabesque on above temps levé*)

3-4 Repeat the last 2 counts

5-8 2 Polkas with the right then left foot traveling towards corner 1 - arms extend with a soft wave to 4th en avant in opposition with palms facing down

& 1 Coupé dessous onto the right foot and step temp levé in 1st arabesque on left foot towards corner 2 (*3rd arabesque may be used as an alternative*)

2 Step temp levé on the right with the left in retiré derrière - arms to 5th en avant (*left arm forward in 4th en avant is using 3rd arabesque on above temps levé*)

3-4 Repeat the last 2 counts

- 5-6 Little runs on demi pointe towards corner 2
- 7-8 Step down on left foot en fondu and point tendu devant with the right foot - arms open to demi 2nd
- 1-4 Little runs on demi pointe traveling backwards to corner 4 - arms carry to 5th en avant and open as if parting the curtains (*at waist height*)
 - 5 Posé sideways toward 8 onto the right leg, left leg to retiré derrière, arms to a curved 3rd arabesque line across to the right side of the body with palms up
 - 6 Galop on left leg toward 6, the arms carry to a low 5th en avant ready for the next movement
 - 7 Posé sideways toward 6 onto the left leg, right leg to retiré derrière, arms to a curved 3rd arabesque line across to the left side of the body with palms up
 - 8 Close right foot derrière in a demi plié in the 5th position, the arms carry to a low 5th en avant
- 1-2 Relevé in 5th position facing the front and demi plié (*1 count each*) – hold the arm position from last count,
- 3-4 Polka on the right towards corner 1 - arms extend with a soft wave to 4th en avant in opposition with palms facing down
 - 5 Hop down onto the right foot en fondu and petit développé with the left leg to pointe tendue devant arms in 1st arabesque line en diagonale with the right hand reaching down along the line of the left leg
- 6-7 Step forward on the left leg with right foot short tendu derrière – change the arabesque line to the right arm high – head turned towards 5

3) Ragtime - 2/4 (cd track 46 OR 47)

- Stand at corner 3 facing corner 1, feet in 1st, left hand on hip, hat held in right hand at left hip **Use of hat is optional**
- 1-4 4 walks towards center starting right, left, right, left
 - 5-6 Soutenu turn to right
 - 7 Step to 2nd on right, open hat to 2nd position
 - 8 Bring left foot across in front of right foot to ball of foot, hat to head
 - 1-2 Glissade devant towards 6, (*eye line towards left elbow*)
 - 3-4 Temps lié towards corner 1 into 5th position on a rise – raise the eye line to corner 2
 - 5-6 Small développé with right foot and place heel in 2nd en fondu en face, lift hat and eye line to wall 8
 - 7-8 Pas de bourrée dessous and bring hat in two hands close to the body keeping elbows lifted
 - 1-2 Échappé sauté battu, hold arm position
 - 3-4 Relevé in 5th position, slightly croisé, extend hat with both hands towards corner 1
 - 5-8 Repeat échappé sauté battu and relevé to other side
 - 1-2 Jeté, temps levé on left foot, bring hat in two hands close to the body keeping elbows lifted
 - 3-4 Jeté, temps levé on right foot
 - 5 Coupé dessous and extend right heel and right arm towards wall 8
 - 6 Fouetté right foot to cou-de-pied derrière with a pointed foot
 - 7 2 Petits jetés onto right, left
 - 8 Jump together with feet parallel facing corner 2, hat to head
 - 1 Step onto left foot towards corner 2 and brush right leg through to croisé devant (*just off the floor*) extend hat in right hand towards wall 8
 - 2 Step onto right foot towards corner 2 (*with normal walking movement*) forwards
 - 3-4 Repeat last 2 counts
 - 5-8 Run to left to finish near corner 3 facing corner 1, bringing hat to left hip
 - 1 Step onto left and temps levé in relevé derrière position towards corner 1
 - 2 Step onto right and temps levé in arabesque, open hat in right hand to 2nd
 - 3-4 Repeat last counts
 - 5-7 Run in small circle passing wall 8
 - 8 Jump with feet in parallel position facing corner 2, bring hat to head

REVERENCE 2/4 (cd track 48)

GIRLS Face the front; stand on left foot with right in short tendu derrière

- 1-2 2 steps forwards, right left, carry arms to a low 5th en avant
- 3 Step to the side on the right foot, arms to demi 2nd
- 4 Curtsey

5-8 Repeat to the other side

BOYS As above but with arms to a full 2nd and a simple bow

GRADE 5

ENTERING THE ROOM 3/4

Students enter the room as in previous grades

THEORY

Students may be asked individually any of the following:

Arms	3 rd
Arabesques	4 th , 5 th
Movements in Dancing	Elancer
Positions of the Body	Effacé, Epaulé

BARRE

1) Warm Up Exercise 4/4 (cd track 3)

Face the barre, feet in 1st position, arms in 5th en bas

Introduction

- 1-2 *Hold the position*
- 3-4 *Place hands on the barre*
 - 1 Articulated tendu with right foot devant
 - 2 Lower in 4th position
- 3-4 Slide the right foot in the flat position along the floor into 1st position
- 5-8 Repeat with the right leg to 2nd position
- 1-4 Repeat with the right leg to 4th derrière (*the 4th position may be shortened for correct placement and distance from the barre*)
- 5-8 Slow demi plié and straighten knees - 2 counts down 2 counts up
- 1-16 Repeat all starting with the left leg.
- Tag Lower the arms to 5th en bas

Tendus to 4th devant and 4th derrière are opposite 1st position

2) Pliés 3/4 (cd track 4)

Face the front, 5th position, right foot front, arms in 5th en bas

Introduction

1-2 *Place hand on the barre*

3-4 *Prepare to 2nd position, arm opens to demi 2nd and closes in 5th en bas when the foot lowers in 2nd*

1-4 1 Grand plié in 2nd position, demi 2nd arm and close to 5th en bas

5-6 Rise with port de bras through 5th en avant to 2nd position

7 Lower the heels, leave the arm in 2nd

8 Tendu right foot and close in 1st position, lower arm to 5th en bas

1-8 Repeat all and close to 5th devant

1-4 1 Grand plié

5-6 Rise with port de bras through 5th en avant to 2nd position

7 Lower the heels, leave the arm in 2nd

8 Tendu right foot and close in 1st position, leave the arm in 2nd position

1-4 Forward stretch and recover finishing with the arm in 5th en haut

5 Lower the arm to 5th en avant

6-7 Upper backstretch and recover

(This stretch is shown using the upper back only – the head may turn slightly towards the center)

8 Rising in 5th position, the feet draw together to a tight 5th position with the front foot being the one to move towards the back foot

Tag Balance both arms in 5th en avant, lower the heels in 5th position, arms lower to 5th en bas

The arm in the forward stretch is the same as the Grade 4 Stretching exercise.

3) **Battements Tendus 2/4 (cd track 5)**

Face croisé into the barre, 5th position, right foot front, arms in 5th en bas

Introduction

- 1-2 *Place hand on the barre*
- 3-4 *Petit retiré passé en arrière right foot to 5th effacé*
- 1-4 2 Battements tendus to effacé with left foot, arm lifts to 5th en avant, head erect
- 5-6 Tendu left foot to effacé body position with full arm & head
- 7 Hold
- 8 Close 5th devant, lower arm to 5th en bas through 2nd position
- 1-4 2 Battements tendus to épaulé with right foot, arm to 5th en avant, head erect
- 5-6 Tendu right foot to épaulé body position with full arm & head
- 7 Hold
- 8 Close 5th derrière, lower arm to 5th en avant
- 1-4 2 Battements tendus in écarté line, closing front, back, head erect
- 5-6 1 Battement tendu in écarté body position with full arm & head
- 7-8 Hold
- 1-2 Pivot to arabesque line (*facing croisé to the back corner*), place right hand on the barre & lift left arm to 1st arabesque, incline head and look along arm
- 3-4 Hold the position
- 5-6 Close right foot to 5th derrière, raise the left arm to 5th en haut, head erect
- 7-8 Petit retiré passé en arrière left foot to 5th effacé, lower arm to 5th en bas through 2nd position, head erect
- 1-32 Repeat all but omit the last petit retiré passé, just close the arm so the exercise finishes in a croisé line

4) **Battements Dégagés 2/4 (cd track 6)**

Face the barre, 5th position, right foot front, arms in 5th en bas

Introduction

- 1-2 *Hold the position*
- 3-4 *Place hands on the barre*
- & *Dégagé the right foot to 2nd position (this enables the 1st dégagé to close on count 1)*
- 1-4 4 Battements dégagés with right leg closing all 5th devant (*the dégagé is out “&” and in on count “1” – hold count 2*)
- 5-8 4 Battements dégagés with left leg closing all 5th derrière
- &1 2 Battements dégagés with right foot closing in 1st position
- &2 1 Battement dégagé with right foot closing 5th derrière in a demi plié
- &3 2 Battements dégagés with right foot closing in 1st position
- &4 1 Battement dégagé with right foot closing 5th devant in a demi plié
- &5 2 Battements dégagés with right foot in 1st position
- &6 1 Battement dégagé with right foot closing 5th derrière in a demi plié
- & *Dégagé the right foot to 2nd position*
- 7 1 quick pas de bourrée dessous
- & 8 Changement
- 1-16 Repeat all
- Tag Lower arms to 5th en bas

Head may incline slightly over the front foot (when closing in the demi plié) only if the shoulder and bodyline is maintained

5) Ronds de Jambe à Terre 2/4 (cd track 7)

Face the front, 5th position, right foot front, arms 5th en bas

Introduction

- 1-2 *Hold the position*
- 3-4 *Place hand on the barre*
- 1-2 Usual preparation to 2nd position, lift arm to 5th en avant to 2nd position
- 3 Hold the position
- 4 Close to 5th derrière, hold the arm in 2nd
- 5-6 Chasse en arrière on right leg, head inclines to supporting foot (away from the barre)
- 7-8 Transfer weight through a demi plie in 4th position onto left leg, change head to finish inclined over new supporting foot (towards the barre)
- 1-8 3 Ronds de Jambe à terre en dehors, close 5th derrière, close arm to 5th en bas
- 1-16 Repeat all in reverse closing to 5th position on a rise and balance, bringing the arms to 5th en bas and then to 5th en avant.
- Tag Lower heels and close arms to 5th en bas.

Head erect during the ronds de jambes

6) Fondus 2/4 (cd track 8)

NOTE - IT IS THE TEACHER'S CHOICE TO FACE THE BARRE OR FRONT

Face the barre, 5th position, right foot front, arms in 5th en bas

Introduction

- 1 *Hold the position*
- 2 *Place hands on the barre (the left hand would be placed on the barre if facing en face)*
- 1 Fondu lifting right foot to cou-de-pied devant (lift arm to 5th en avant)
- 2 Straighten and extend right leg to 4th devant
- 3 Fondu as in count 1
- 4 Straighten and extend right leg to 2nd position (open arm to 2nd position)
- 5 Demi rond de jambe to 4th derrière
- 6 Fondu in attitude derrière
- 7 Straighten supporting leg and extend right leg to 4th derrière
- 8 Close 5th derrière (close arm to 5th en bas)
- 1-8 Repeat all in reverse
- Tag Lower arms to 5th en bas

This exercise may be taken en face if space is limited (*arms noted in brackets are when facing en face*). This exercise is taken at ankle height to ensure correct placement during the ronds de jambe.

7) Battements Frappés 2/4 (cd track 9)

Face the front, 5th position, right foot front, arms in 5th en bas

Introduction

- 1-2 *Place hand on the barre*
- 3 *Tendu right foot to 2nd, open right arm to demi 2nd*
- 4 *Slide right foot in to cou-de-pied devant with a relaxed foot, close arm to 5th en bas*
- 1-7 1 Battement frappé en croix
- 8 Hold the extension in 2nd position
- 1-8 4 Double battements frappés to 2nd position with a hold each extension
- 1-16 Repeat all in reverse
- Tag Pointe tendue the right foot and close 5th devant

This exercise may also be taken facing the barre if students' placement is better maintained. The frappé is out on '1', hold '2', cou-de-pied on 'and'. The first double beat is front, back. In reverse the first double beat is back, front.

8) Petits Battements 2/4 (cd track 10)

NOTE - IT IS THE TEACHER'S CHOICE TO FACE THE BARRE OR FRONT

Face the barre, 5th position, right foot front, arms in 5th en bas

Introduction

- 1-2 *Place hands on the barre*
- 3 *Tendu right foot to 2nd*
- 4 *Slide right foot in to cou-de-pied devant with a relaxed foot*
- 1-4 4 Petits battements, accents to back
- 5-8 4 Petits battements, accents to front
- 1-2 2 Petits battements, accents to back
- 3-4 2 Petits battements, accents to front
- 5-8 2 Petits battements, (back, front, back, front)
- 1-16 Repeat all
- Tag
 - 1-4 Rise on the left leg, draw the right foot up to retiré devant
 - 5-8 Hold (both hands are still on the barre)
 - 1-8 Balance arms in 5th en avant, lower in a demi plie 5th position and straighten knees as arms lower to 5th en bas

Students balance as long as stable and then close.

This exercise may be taken en face showing the same preparation as in battements frappés. The battement accents are not a full petit battement movement, only accents to the same position.

9) Adage 4/4 (cd track 11)

Face the barre, 5th position, right foot front, arms in 5th en bas

This exercise may be taken at 45° all through to ensure correct hip placement during the rond de jambe.

Introduction

- 1-2 *Hold the position*
- 3-4 *Place hands on the barre*
- 1-2 Retiré right foot
- 3-4 Développé to 2nd position
- 5-6 Demi rond de jambe en dehors
- 7-8 Close in 5th derrière
- 1-2 Slow lift right leg to cou-de-pied derrière
- 3-4 Open to attitude derrière
- 5 Extend leg to 4th derrière en l'air
- 6 Fondu
- 7 Straighten supporting leg
- 8 Close to 5th derrière
- 1-16 Repeat all on the other side
- Tag Lower arms to 5th en bas

10) Grands Battements 6/8 (cd track 12)

Face the front, 5th position, right foot front, arms in 5th en bas

Introduction

- 1-2 *Hold the position*
- 3-4 *Prepare arms to 2nd position through 5th en avant, place hand on the barre*
- 1-4 4 Grands battements devant with outside leg
- 5-8 4 Grands battements derrière with inside leg
- 1-4 4 Grands battements to 2nd position with outside leg closing back, front, back, front
- 5-6 2 Retiré passé, holding the arm in 2nd position
- &7 Demi plie, relevé demi détourné to the other side, arms pass through 5th en avant and open the left arm to 2nd, right hand onto the barre
- &8 Demi plié and straighten, hold the arms in 2nd position
- 1-16 Repeat all to the other side
- Tag Lower arms to 5th en bas

All Grands Battements and Retirés are taken down on the beat

11) Relevés 3/4 (cd track 13)

Face the barre, 5th position, right foot front, arms in 5th en bas

Introduction

- 1-2 *Hold the position*
- 3-4 *Place hands on the barre*
& *Demi plié*
- 1-5 Relevé devant
- 6 Demi plie
- 1-5 Relevé passé en arrière
- 6 Demi plié
- 1-12 Repeat on the other side
- 1-24 Repeat all in reverse
- Tag Arms to 5th en bas

Placement for Relevé passé is always taken to the front of the knee (*in preparation for pirouettes en dehors & en dedans*)

12) Ballet runs to the center. 3/8 (cd track 14)

Students may finish in a simple presentation pose

EXERCICES AU MILIEU

Port de Bras 6/8 (cd track 15)

Face croisé, feet in 5th position, arms 5th en bas

Introduction

- 1-2 *Hold the position*
- 3-4 *Lift arms to 5th en avant then carry to attitude croisé line.*
- 1-16 2nd Port de Bras 4 times
Close to 5th en bas after the music ends.

The front arm in arabesque must not be taken so high as to lose the line of the neck. Arms close at the end of this port de bras by showing a balance at demi-2nd height then lowering to 5th en bas.

1) Battement Tendus 3/4 (cd track 16)

Face corner 2, 5th efface, left foot front, arms in 5th en bas

Introduction

- 1-4 *Hold the position*
- 1-2 Tendu devant and carry arms to effacé position of the body
- 3 Hold the position
- 4 Close 5th devant, close arms directly to 5th en bas passing through demi 2nd position
- 5-6 Tendu derrière and carry arms to épaulé position of the body
- 7 Hold the position
- 8 Close 5th derrière, close arms directly to 5th en bas passing back arm through 1st position
- 1-2 Tendu and carry arms to écarté position of the body
- 3-4 Hold the position
- 5 Turn to face corner 1 and plié in 4th open position, arms carry directly to 5th en avant passing back arm through 1st position
- 6 Straighten with weight on right leg extending left leg to pointe tendue derrière in épaulé position of the body
- 7 Hold the position
- 8 Close in 5th derrière, arms lower directly to 5th en bas passing back arm through 1st position
- 1-16 Repeat all to the other side

ADAGE

1) Demi Ronds de Jambe 4/4 (cd track 17)

Face the front, 5th position, right foot front, arms in 5th en bas

Introduction

- 1-4 *Hold the position*
- 1 Lift arms to 5th en avant
- 2 Tendu right foot to 2nd position, open arms to 2nd
- 3-4 Demi rond de jambe en dehors
- 5-6 Chassé en avant with right foot and finish on straight supporting leg with left foot pointe tendue derrière carry arms through 5th en bas, 5th en avant to presentation position
- 7-8 Close left foot to 5th derrière, lower arms to 5th en bas
- 1-2 Retiré the right foot, lift arms to 5th en avant
- 3-4 Développé right foot to 2nd position, open arms to 2nd
- 5-6 Demi rond de jambe en dehors
- 7-8 Close 5th derrière, lower arms to 5th en bas
- 1-16 Repeat all to the other side

2) Arabesque 4/4 (cd track 18)

Face corner 2, 5th croisé, right foot front, arms in 5th en bas

Introduction

1-4 *Hold the position*

1-2 Carry left arm through 2nd position to 5th en haut

3-4 Carry right arm through 2nd position to 5th en haut

5 Demi plié, lower arms to 5th en avant

6 Chassé en avant into 4th arabesque à terre

7-8 Change arms to 5th arabesque passing back arm through 1st position

1-3 Lift to 5th arabesque en l'air and hold

4 Lower to pointe tendue derrière and straighten supporting leg to 3rd arabesque croisé, change head to effacé

& Pull up to a rise in 5th, arms lower to 5th en avant and continue without stopping into

5-6 Chassé pas de bourrée dessous to finish facing corner 1, open arms to 2nd and finish in 5th en bas

7 Dégagé the left foot to croisé devant and temps lié en avant to a rise in 5th croisé facing corner 1, arms to presentation position

8 Demi plié, close arms to 5th en bas.

1-16 Repeat all to other side

Eye line follows along the top arm in 4th & 5th arabesques. In 5th arabesque head may be erect and lifted, or slightly inclined

PIROUETTES

1) Pirouette en Dehors 2/4 (cd track 19)

Face the front, 5th position, right foot front, arms in 5th en bas

Introduction

1-4 *Hold the position*

1 Tendu right foot to 2nd position, carry arms through 5th en avant to 2nd position

2 Close 5th devant in a demi plié, carry right arm forward into 4th en avant at pirouette height

3 Pirouette with legs together (*pencil turn*), arms to pirouette position

4 Demi plié

5-8 Repeat

1-2 Repeat counts 1 & 2

3-4 Pirouette en dehors to the right side finishing croisé in a lunge to corner 1, arms to presentation position

5-6 Straighten supporting leg and carry arms to 3rd arabesque croisé

7-8 Close 5th derrière en face, close arms to 5th en bas.

1-16 Repeat all to the other side.

The first 2 turns of each side are to teach the impetus for pirouettes, the weight is actually on one foot with the other foot skimming the floor (don't lift the toes in a flexed position) and enables the turn to finish on a balanced rise –pencil turn. Optional ending close 5th back, relevé. The final relevé arms are teacher's choice

2) Pirouette en Dedans 3/4 (cd track 20)

Face croisé, 5th position, right foot front, arms in 5th en bas

Introduction

1-4 *Hold the position*

1 Tendu right foot devant, lift arms to 5th en avant at pirouette height

2 Lunge on right foot, open left arm to 2nd

3-4 Pirouette, arms to pirouette position, close 5th devant, detourné staying up at the end of the turn

5-8 Chassé effacé (arms full body position), pas de bourrée, relevé in 5th croisé (*arm teachers choice*), plié.

1-8 Repeat to the other side.

1-16 Repeat both sides

Arms hold in pirouette position at the end of the detourné and pirouettes.

3) Tour en l'air - Boys and Girls 2/4 (cd track 21)

Face the front, 5th position, right foot front, arms in 5th en bas

Introduction

1-3 *Hold the position*

4 *Demi plié*

1-2 Relevé in 5th making a 1/4 turn towards wall 8, lift arms to pirouette preparation position, leave the head & eye line to wall 5

3 Demi plié, hold the arm line

4 3/4 Tour en l'air, arms to a low 5th en avant, using a head spot

5-7 Straighten knees opening arms to 2nd position (*Girls may open to presentation position*)

8 Demi plié, lower arms to 5th en bas

1-8 Repeat all on other side

1-16 Repeat all

ALLEGRO

FOR EXAM PURPOSES THE EXAMINER WILL ASK TO SEE 1A OR 1B, 2A OR 2B, 3A OR 3B.

BASIC STEPS

Students may be asked individually:

Glissade Changé

Sissonne en avant or en arrière ouverte

Entrechat Quatre

Chaîné (petit tours)

Coupé

Soubresaut (traveling and sur place)

Pas de bourrée dessus (w/épaulement)

The use of all chasses from a temps leve must show passage through 5th, 1st, and out to 2nd

1A) Sautés (cd track 22)

Face the front, 5th position, right foot front, arms 5th en bas.

Introduction

- 1-3 *Hold the position*
- 4 *Demi plié*
- 1-2 2 Sautés in 1st
- 3-4 Sauté closing in 5th derrière
- 5-12 Repeat twice
- 13-16 2 Grands changements

1B) Changements & Soubresauts 2/4 (cd track 23)

Face the front, 5th position, right foot front, arms 5th en bas.

Introduction

- 1-3 *Hold the position*
- 4 *Demi plié*
- 1-2 3 Petits changements, closing last one slightly croisé to corner 1
- 3-4 2 Grands soubresauts élané toward the corner
- 5-8 Repeat 3 times

Lift the arms through 5th en avant to 3rd arabesque with eye line up along the top arm, then lower the arms to 5th en bas during the 1st petit changement

2A) Glissades 6/8 (cd track 24)

Face the front, 5th position, right foot derrière, arms 5th en bas

Introduction

- 1-3 *Hold the position*
- 4 *Demi plié*
- 1-2 Glissade derrière, soubresaut sur place
- 3-4 Glissade derrière, assemble dessus
- 5-8 Repeat to other side
- 9-16 Repeat all

Reverse as a separate exercise.

2b) Glissades Changé et Pas de Chat 6/8 (cd track 25)

Face the front, 5th position, right foot devant, arms 5th en bas

Introduction

- 1-3 *Hold the position*
- 4 *Demi plié*
- 1-3 3 Glissades changés towards wall 8, hold the arms in 5th en bas
- 4 1 Pas de chat, traditional arm, the head turns towards corner 1
- 5-6 2 Glissades changés towards wall 8, close the arms to 5th en bas during 1st glissade
- 7-8 2 Pas de chat, traditional arm, the head turns towards corner 1
- 1-8 Repeat all to the other side.

The head should incline towards the front foot at the end of the glissades and turn to the traveling direction for the pas de chat

3A) Chassé Temps Levé Balance 3/4 (cd track 26)

Face 5, right foot front, arms 5th en bas

Introduction

- 1-3 Hold the position
- 4 Demi plié
- 1-2 Chassé towards corner 1, temps levé in 1st arabesque, and balancé turning, arms to 5th en bas then to en avant
- 3-4 Chassé to 2nd on right foot, and pas de bourrée dessous facing 5 with 1st port de bras
- 5-8 Temps levé to repeat towards corner 2, on the other leg
- 9-16 Repeat all

3B) Sissonnes 3/4 (cd track 27)

Face corner 1, 5th effacé, right foot front, arms 5th en bas

Introduction

- 1-3 Hold the position
- 4 Demi plié
- 1-2 1 Sissonne en avant soutenu, lift arms to 5th en avant
- 3-4 Repeat
- 5 1 Sissonne en avant fermé
- 6 1 Sissonne en avant ouverte, arms lift to 3rd arabesque
- 7 Hold the ouverte position
- 8 Pas de bourrée dessous to finish facing corner 2, close arms down to 5th en bas
- 1-8 Repeat all to the other side

Students must hold the Sissonne ouverte on count 7 and take a quick pas de bourrée on count 8.

4) Jetés 4/4 (cd track 28 or 29)

Face the front, 5th position, left foot front, arms 5th en bas

Introduction

- 1-3 Hold the position
- 4 Demi plié
- 1-2 Jeté dessus, temps levé on right foot, arms in 3rd en avant (*right arm in front*)
- 3-4 Jeté dessus, temps levé on left foot, arms in 3rd en avant (*left arm in front*)
- 5-6 2 Petits jetés derrière, arms in presentation position
- &a7 Pas de bourrée dessous, finish with arms in 5th en bas (*Pas de bourrée commences from the petit jeté position*)
- 8 Deepen the demi plié
- 1-8 Repeat all on the other side
- 1-2 Jeté dessous, temps levé on left foot, arms in 3rd en avant (*left arm in front*)
- 3-4 Jeté dessous, temps levé on right foot, arms in 3rd en avant (*right arm in front*)
- 5-6 2 Petits jetés devant, arms in presentation position
- &a7 Pas de bourrée dessus, finish with arms in 5th en bas
- 8 Deepen the demi plié
- 1-8 Repeat the reverse on the other side

Arms may be held in presentation position for counts 1-6 and finish in 5th en bas at the end of the pas de bourrée. The first half of this exercise is from Grade 4, the second half is the reverse. Placement of the petit jetés is as in Grade 1 barre exercises.

5A) Step, Pas de Bourrée, Temps Levé 3/4 (cd track 30)

Stand at corner 3, 5th croisé facing corner 1, arms in 5th en bas

Introduction

- 1-2 *Hold the position*
- 3-4 *Step forwards on left foot and place right in a short tendu derrière, open arms to a low demi 2nd (arms may lift to 5th en haut on the intro and open to 2nd position during counts 1 & 2) Boys would extend to a full tendu (not a short one)*
- 1 &a Step on right in a demi plié, pas de bourrée dessous to 4th position,
- 2 Temps levé in retiré derrière position on left leg, lift arms to 5th en haut
- 3&a Step on right in a demi plié, pas de bourrée dessous, open arms from 5th en haut to 2nd position
- 4 Temps leve in retiré derrière position on left leg, lift arms to 5th en haut
- 5&a6 Repeat counts 3&a4
- 7-8 Step, pas de bourrée dessous, chasse to croisé derrière. (Close in 5th position, arms in 5th en bas)

In the exam students would show this exercise one by one from corner 3 to corner 1 then from corner 4 to corner 2 running immediately after first set to the other corner and repeat from the opposite direction. Boys would extend to a full tendu not a short one

5b) Grand Jeté 3/4 (cd track 31)

Around the room

Introduction

- 1-4 *Chassé en avant, coupé on "and" after 4*
- 1-2 Chassé temps levé in first arabesque, posé, jeté in attitude devant
- 3-4 Repeat on other leg
- 5 Chassé temps levé in first arabesque
- 6,&7,8 3 runs and grande jeté en avant, arms 5th en avant palms up
- and Coupé dessous
- 1-8 Repeat on the same side, end with coupé dessous, chassé forward

**6) Preparation for Entrechat quatre 2/4
(cd track 32 or 33, teachers' choice)**

Face the front, 5th position, right foot front, arms in 5th en bas

Introduction

- 1-3 *Hold the position*
- 4 *Demi plié*
- 1-4 4 Sautés in 1st position
- 5 Sauté and beat the right foot back and close it in front in 5th position (*Spring into the air and beat the right back and close front*)
- 6 Execute one entrechat quatre
- 7 Changement
- 8 Deepen the demi plié
- 1-8 Repeat all on the other side.

7) Chaîne (Petits tours) 2/4 (cd track 34-35-36, teachers choice)

Stand at corner 3, face corner 2, feet in 5th position, right foot front, arms in 5th en bas

Introduction

1-2 Hold the position

3-4 Tendu right foot devant, lift arms to 4th en avant, right arm forward

1-14 7 Chainés to corner 1

15-16 Chassé en avant towards corner 1 on right into 3rd arabesque à terre.

Close in 5th position and lower arms to 5th en bas after the music

Repeat to the other side as a separate exercise

In the exam students would show this exercise one by one

UNSEEN ENCHAINMENT

A SIMPLE ENCHAÎNMENT USING NO MORE THAN 3 STEPS FROM PREVIOUS GRADES

DANCES

1 dance to be shown – teachers choice.

This is to be shown individually. Noted arms are optional. Props must be used for the set dances as noted. A fan should be used in the Spanish Waltz.

Spanish waltz - Girls 3/4 (cd track 37)

Start off center (towards corner 3), face corner 1, stand on left foot with right leg in short tendu derrière. Arms – Right hand holding fan in front of diaphragm, left hand on left hip. Turn head turn to wall 5.

Introduction

1-2 *Hold the position*

3 *Quick run on toes then plié on left leg*

4 *Pas de chat to the right finishing with the left leg extending derrière in a lunge facing corner 2, open fan to 2nd*

1 Sideways balancé to the left, return fan to the front of diaphragm (*use épaulement during all balancés*)

2 Sideways balancé to the right, open fan to 2nd position

3-4 Repeat balancés left and right

5 Posé onto left foot towards corner 2 in attitude devant, leave the fan in 2nd position

6 Lower onto the right foot in a demi plié

7 Glissade derrière en face to the left

& Assemblé dessus finishing croisé to corner 1

8 Relevé in 5th croisé, fan in front of diaphragm

1 Sideways pas de bourrées couru diagonally towards corner 4, hold the fan in front of diaphragm

2 Plié on right foot, tendu left to écarté line, small side bend over the left leg carrying the fan through 2nd to 5th en haut

3 Repeat the pas de bourrées couru towards corner 4, opening the fan to 2nd position

4 Plié on right foot, tendu left to croisé devant line, forward bend over the left leg, fan in front of diaphragm

5 Pas de chat to pointe tendue right foot to corner 2 (*face corner 2*)

6 Pas de chat to pointe tendue left foot to corner 1 (*face corner 1*)

7 & 8 Soutenu turn to the left side, lift fan through 2nd position to 5th en haut

& Step down on left foot facing corner 1

1 Posé onto right foot towards corner 1 in attitude devant, open fan to 2nd position

2 Lower onto the left foot in a demi plié

3 Glissade derrière en face to the right

& Assemblé dessus finishing croisé to corner 2

4 Relevé in 5th croisé, fan in front of diaphragm

5 Chassé, temps levé in arabesque on right leg towards corner 1, fan to 2nd position

6-8 Run around passing wall 8 to corner 4 and (*without stopping*)

1-2 Step on left foot in 2nd position, pas de bourrée dessous taking right foot to devant to corner 2 for a temps levé with the left in retiré derrière, leave fan in 2nd position for the step, pas de bourrée and lift to 5th en haut for temps levé

3-4 Repeat step, pas de bourrée, temps levé in retiré

5 Chassé, temps levé in arabesque on left leg towards corner 2, fan remains in 2nd position

6-8 Run around passing wall 6 to corner 3 and (*without stopping*),

1-2 Step on right foot in 2nd position, pas de bourrée dessous taking left foot to devant

to corner 1 for a posé with right in retiré derrière,
leave fan in 2nd position for the step, pas de bourrée and place in front of diaphragm
for pose

3-4 Repeat step, pas de bourrée, posé in retiré

5-8 Chasse right foot in 2nd position to corner 1 and chaîné towards corner 1, fan in front
of diaphragm and finish in own pose

Spanish waltz - Boys 3/4 (cd track 38)

Stand at corner 3 facing corner 1, stand on left foot with right foot pointe tendue derrière, arms 5th en bas

Introduction

- 1-2 Hold the position
- 3-4 Step on right foot then left foot towards corner 1
- 1-2 Step, temps levé in 1st arabesque on right foot towards corner 1, step on left foot towards corner 1 closing arms to 5th en bas
- &a3 Glissade derrière, open arms to demi 2nd
- &a Assemblé dessus (*finish slightly croisé facing corner 2*) close arms to 5th en bas
- 4 Relevé in 5th position, arms to 5th en haut
- 5-6 Chassé right foot in 2nd to wall 8, pas de bourrée dessous to finish in demi plié in 4th croisé to corner 1, arms open to 2nd position then prepare for a pirouette
- 7 Pirouette en dehors
- 8 Finish in a lunge on left facing corner 1, arms to presentation position
- and Coupé dessous
- 1-2 Step temps levé in 1st arabesque on left foot towards corner 2, step on right foot towards corner 2 closing arms to 5th en bas
- &a3 Glissade derrière, open arms to demi 2nd
- &a Assemblé dessus (*finish slightly croisé facing corner 1*) close arms to 5th en bas
- 4 Relevé in 5th croisé, arms to 5th en haut
- 5-8 Walk passing wall 6 to center, step forwards on right foot and pointe tendue left derrière en face, arms open through 2nd position
- & Close in 5th position in a demi plié, close arms to 5th en bas
- 1-2 Echappé sauté to 2nd position, pas de bourrée dessous, traveling to the right side (*may show 2 échappés sauté battu instead of 2 échappés, pas de bourrées*)
- 3-4 Echappé sauté to 2nd position, pas de bourrée dessous (*traveling to the left side*)
- 5 Sissonne en avant, arms to presentation position to 5th en bas
- 6 Changement
- 7-8 Repeat sissonne en avant & changement
- 1-2 Echappé sauté to 2nd position, pas de bourrée dessous, traveling to the right side (*may show 2 échappés sauté battu*)
- 3-4 Échappé sauté to 2nd position, pas de bourrée dessous (*traveling to the left side*)
- 5-6 2 Steps forwards on right foot, left foot with arms in 5th en avant (*leave the right foot pointe tendue derrière*)
- 7-8 Open arms to 2nd position
(traveling around the room passing corner 1, wall 8, corner 4 and across towards corner 3 for the next counts of 1-16)
- 1-16 Step on right in a demi plié, pas de bourrée dessous, temps levé in retiré on left leg, (*arms as in allegro number 5*) 4 times
- 1-4 Step, temps levé in 1st arabesque on right foot towards corner 1, step towards corner 1 on left foot into glissade derrière, assemblé dessus, relevé in 5th croisé
- 5-8 Students own finish

Teachers may choreograph their own arms.

Character dance for Girls - Cinderella (cd track 39)

Stand center on left foot facing corner 1, right leg in short tendu derrière, hold broom as if ready to sweep

Introduction

- 1-4 *Hold the position*
- 1-2 Posé on right foot towards corner 1 in attitude devant, lower down on left foot placing right foot in short tendu derrière use broom in a sweeping manner
- 3-4 Repeat
- 5-8 Pas de bourrée couru backwards in parallel 1st to center using broom in a side-to-side sweeping manner, step down on right foot towards corner 2
- 1-8 Repeat all to the other side, stepping down on left foot towards front, right in short tendu derrière
- 1-2 With a small pas de cheval movement, tendu right foot to 2nd position on a fondu, hold the position
- 3-4 Pas de bourrée dessous, pas de chat to the left
- 5-8 Repeat tendu, hold, pas de bourrée, pas de chat to the other side
- 1-8 Run to corner 2, face corner 1, stand on left foot with right in short tendu derrière, turn broom upside down to make 'Prince' and Curtsey
(Traveling around the room past walls 5,8 to center back during the next 12 counts)
- 1-4 Step, pas de bourrée dessous, temps levé in retiré *(as in allegro number 5)* twice
- 5 Fondu on right foot with left in cou-de-pied derrière
- 6-8 Pas de bourrée couru sur place en tournant *(turning to the right)*
- 1-4 Step, pas de bourrée dessous, temps levé in retiré twice
- 5 Step towards wall 6, temps levé on right foot in 1st arabesque
- 6-8 Run to center, stand in a rise in 5th croisé facing corner 1
- & Demi plié
- 1-4 2 Echappés relevés *(open en face and demi plié to corner 2 then corner 1)*
- 5 Relevé in 5th croisé
- 6 Lower on left foot, right lifted in cou-de-pied derrière
- 7&8 3 Petits jetés derrière onto right, left, right
- 1-4 Step towards wall 6 in 2nd position in a fondu on left leg, right to pointe tendue to 2nd position, listen with left hand to left ear
- 5-8 Run to corner 1 and stand on right foot, place left foot across in front *(either with full stretch or on the ball of the foot)*
Turn broom around again to hold the handle, lean on handle with left arm, right elbow on left arm with right hand dessous the chin, the expression is one of sadness.

Character dance for Boys - The Pirate's Treasure Hunt (cd track 40)

Stand at corner 3, face corner 3 in 2nd position, holding an imaginary map up as if reading.

Imagine a treasure chest at corner 1.

Introduction

1-4 *Hold the position*

1-4 4 Walks backwards towards center on left, right, left, right

5 Step back again on left

6 Turn around through a plié in 2nd position and lunge forward on left leg facing corner 1, still reading the map

7-8 Look to left then right sides

1-4 4 sideways galops in a half circle passing walls 8 & 7

& Turn passing wall 6 to face the front

5 Posé on right foot to wall 5 in arabesque

6 Close in a demi plié

7-8 2 big skips en arrière

1 Step out to corner 1 onto the right foot (*with a small stamp*) with left in a low arabesque

& Coupé dessous

2 Repeat the step onto the right foot with left in a low arabesque

3-4 Pas de bourrée dessous and hold

5-6 1 Echappé battu

7-8 Relevé in 5th position and hold

1-2 (*with a spring down onto the left foot*) 2 slow jetés in attitude derrière (*low*) onto the left foot then right foot

3&4 3 Quick petits jetés onto left, right, left

& Coupé dessous onto the right foot

5 Temps levé in arabesque on left foot to wall 6

6-8 Run around to corner 3,

1 Lunge forwards on left foot facing corner 1

2-4 Look around the room then back to the map on count 4

5-6 Step out to corner 1 onto the right foot with left in pointe tendue derrière, point towards chest at corner 1

& Close left foot in a demi plié

7-8 2 Sissonnes en avant fermé, arms in 3rd arabesque

1-2 Step, temps levé on right in 1st arabesque towards corner 1- Step, temps levé on left in retiré towards corner 1

3-4 Repeat last 2 counts

5-8 Run to chest and finish counts as desired

REVERENCE 4/4

GIRLS Face the front; stand on left foot with right in short tendu derrière

Introduction Hold the position

1-2 2 steps forwards, right left, carry arms to a low 5th en avant

3 Step to the side on the right foot, arms to demi 2nd

4 Curtsey

5-8 Repeat to the other side

BOYS As above but with arms to a full 2nd and a simple bow

GRADE 6

A NATURAL USE OF THE HEAD (WITHIN THE BOUNDARIES OF THE CECCHETTI PRINCIPLES) IS TO BE ENCOURAGED THROUGHOUT GRADE 6

Entering the Room (Track1)

3/4 As in previous grades

THEORY

Students may be asked individually any of the theory from previous grades.

BARRE

1) Warm Up Exercise 2/4 (Track 2)

Face the barre, feet in 1st position, arms 5th en bas

Introduction

1-2 *Hold the position*

3-4 *Place hands on the barre*

1 Articulated tendu with right foot to 2nd position

2 Lower the metatarsals

3 Stretch the right foot and lift to dégagé height

4 Close in 1st position

5 Pressure roll through the right foot to lift to show a pointed foot just off the floor with a relaxed knee, (*the toes of the working foot should stretch underneath the heel close to the supporting foot as in a sauté movement*)

6 Lower in 1st position

7-8 Repeat the counts 5 & 6 on the same leg

1 Demi plié

2 Roll to demi pointe with bent knees

3 Straighten knees (*as in a rise in 1st position*)

4 Lower heels

5-8 Repeat the last 4 counts

1-16 Repeat all on the left side

Tag Lower the arms

2) Pliés 4/4 (Track 3)

Face the front, 5th position, right foot front, arms 5th en bas

Introduction

1-2 Place hand on the barre

3-4 Prepare to 2nd position, arm opens to demi 2nd and closes in 5th en bas when the foot lowers in 2nd

1-2 Demi plié and straighten, arm remains 5th en bas

3-4 Rise and lower heels, arm remains 5th en bas

5-8 1 Grand plié, arm opens to demi 2nd and closes 5th en bas

& a Tendu and close to 1st position, arm opens to demi 2nd and closes 5th en bas

1-8 Repeat all in 1st position

& a Tendu and close to 5th devant, arm opens to demi 2nd and closes 5th en bas

1-8 Repeat all in 5th devant

& a Tendu and place in 4th croisé, arm opens to demi 2nd and closes 5th en bas

1-2 Demi plié and straighten, arm remains 5th en bas

3-4 Rise and lower, arm remains 5th en bas

5 Rise, lift the arm to 5th en avant

6-8 Hold the rise, balance both arms in 5th en avant then carry left arm to Spanish 4th

Tag Lower the heels, arms to 5th en avant - pointe tendue devant and close 5th devant, open arms to 2nd position and close 5th en bas

3) Battements Tendus 4/4 (Track 4)

Face front, 5th position, right foot front, arms 5th en bas

Introduction

1-2 Hold the position

3-4 Port de bras arms to 2nd and place hand on the barre.

1 Tendu the right foot devant, incline head dessus the working foot (to the center)

2 Demi plié in 4th position, head erect

3 Transfer weight and straighten on the right leg, incline head over the working foot (to the barre)

4 Close left foot in 5th derrière, the head remains inclined to the back foot

5 Tendu the left foot derrière

6 Demi plié in 4th position, head erect

7 Transfer weight and straighten on the left leg, incline head over the working foot (to the center)

8 Close right foot in 5th devant, head erect

1-2 Tendu the right foot to 2nd, close 5th derrière

3-4 Tendu the right foot to 2nd, close 5th devant

& Open the right foot to 2nd

5 & Close the right foot 5th derrière and open to 2nd, the tendus on counts 5 & 6 have the Cecchetti accent.

6 & Close the right foot 5th devant and open to 2nd

7 Close 5th derrière in a demi plié, close the arm to 5th en bas

8 Straighten knees, port de bras arm to 2nd position

1-16 Reverse all, leaving the arm in 5th en bas on the demi plié on the last count of 7 straighten knees leaving the arm 5th en bas on last count of 8

Head- croisé when going forward and effacé when going backward

4) Battements Dégagés 6/8 (Track 5)

Face front, 5th position, right foot front, arms 5th en bas

Introduction

- 1-2 *Hold the position*
- 3-4 *Place hand on the barre*
- 1-2 2 Battements dégagés to 4th devant
- 3-4 1 Petit retiré passé en arrière. The placement in retiré is at the side of the supporting foot no higher than the anklebone
- 5-6 2 Battements dégagés to 4th devant (*with inside leg*)
- 7-8 1 Petit retiré passé en arrière
- 1-4 4 Battements dégagés to 2nd position closing back, front, back, front
- 5 Dégagé to 2nd
- 6-7 2 Piqués in 2nd position
- 8 Close 5th derrière
- 1-16 Repeat all in reverse
- Tag Lower the arms

5) Ronds de Jambe à terre 2/4 (Track 6)

Face the front, 5th position, right foot front, arms 5th en bas

Introduction

- 1-2 *Hold the position*
- 3-4 *Cecchetti Preparation with arms and foot to 2nd position - place hand on the barre*
- 1-10 5 ronds de jambe à terre en dehors
- 11-14 1 Grand ronds de jambe en fondu with 1st port de bras (*showing a demi plié through 1st position*)
- 15-16 Pass through 1st position to 4th devant while straightening on supporting leg
- 1-16 Reverse all, closing in 5th position with arm to 5th en bas on last count

Ending

- 1-2 Lift arm to 5th en avant then tendu right foot to 2nd position and carry arm to 2nd position – the head follows the arm to 2nd position
- 3-4 Port de bras with side stretch towards the barre, the head turns and looks over the left shoulder
- 5-6 Recover
- 7-8 Fouetté to the barre
- 1-2 Fondu into an allongé lunge leaving the derrière foot pointed (*the aim is to show a lengthened line from the derrière foot through the spine*)
- 3-4 Straighten
- 5-6 Upper back stretch with the head turned to the supporting side shoulder (*supporting side helps maintain correct alignment*)
- 7-8 Recover
- Tag Close 5th derrière on a rise, hold the rise, balance with the arms in 5th en haut
Close after the music

6) Battements Frappés 2/4 (Track 7)

Face the front, 5th position, right foot front, arms 5th en bas

Introduction

- 1-2 Place hand on the barre
- 3 Tendu right foot to 2nd, the arm remains in 5th en bas
- 4 Lift the foot to dégagé height
- 1 Fondu on the cou-de-pied (with a relaxed working foot)
- 2 1 Battement frappé to 4th devant on a straight supporting leg
- 3-8 Repeat en croix
- 1-4 2 double battements frappés to 2nd position with a hold on the extension
- 5-7 3 double battements frappés to 2nd position without holding the extension
- 8 Hold the extension
- 1-16 Repeat all in reverse
- Tag Pointe tendue the right foot and close 5th devant

The first double beat is front, back. In reverse the first double beat is back, front.

7) Petits Battements 2/4 (Track 8)

Face the front, 5th position, right foot front, arms 5th en bas.

Introduction

- 1- 2 Place hand on the barre
- 3 Tendu right foot to 2nd, open right arm to demi 2nd
- 4 Slide right foot to cou-de-pied devant with a relaxed foot, close arm to 5th en bas
- 1-8 (to be taken slowly) 4 Petits battements (count 1 for back, count 2 for front)
(Students should be aware of the pause between the slow and fast Petits Battements)
- 1-8 8 Petit battements (count 'and' for back, count 1 for front = even timing)

Ending

- 1- 2 Lift the right foot to cou-de-pied devant, lift arm to 5th en avant then petit battement to derrière
- 3- 4 Lift to attitude derrière en l'air, carry arm to 5th en haut
- 5-8 Extend to arabesque line; *the arm lowers and extends to arabesque (to eye level) then the palm turns down and the arm extends into the arabesque line.
- Tag Close to 5th derrière, close arm through arms 5th en avant to 5th en bas

45° is acceptable, higher only if hip alignment is correct-timing is slow-think of the rebound. On the double timing the “and” is on the back

8) Ronds de Jambe en l'air 3/8 (Track 9)

Face the barre, 5th position, right foot front, arms 5th en bas

Introduction

- 1-2 *Hold the position*
- 3-4 *Place hands on the barre*
 - 1 Lift right foot to 2nd position at 45°
 - 2 Ronds de Jambe en l'air touching retiré to mid calf
 - 3 Extend to 2nd position at 45°
 - 4 Close 5th derrière
- 5-8 Repeat en dedans closing 5th devant
- 1-4 Repeat en de hors closing 5th derrière
- & *Plié*
 - 5 *Dégagé (battement dégagé height) on the fondu*
 - 6 *Pas de bourrée dessus (with use of épaulement)*
- 7-8 Slowly stretch the knees
- 1-16 Repeat on the other leg
- Tag Lower the arms to 5th en bas

9) Adage 3/4 (Track 10)

Face the front, 5th position, right foot front, arms 5th en bas

Introduction

- 1-2 *Place hand on the barre*
- 1-4 *Développé to 4th devant, arm to 5th en avant*
- 5-8 *Grand rond de jambe en dehors en l'air, carry arm to 2nd position*
- 1-2 *Lower and pass right leg through 1st position to quatrième devant, demi en l'air (45°), the arm travels through en bas to en avant*
 - 3 *Pivot to face the barre with the right foot now extending in 2nd position, place the right hand on the barre and lift the left arm en haut*
 - 4 *Pivot to face the other side with the right foot now extending in arabesque line, arm remains en haut*
 - 5 *Lift higher en l'air and carry the arm to 1st arabesque (as in the petit battement exercise)*
- 6-7 *Hold the position*
 - 8 *Lower to pointe tendue derrière*
- & *Coupé dessous, arm closes to 5th en bas*
- 1-16 Repeat on the other side finishing in 5th on a rise
- Tag Lower to 5th derrière with arm closing to 5th en bas

10) Grands Battements 3/4 (Track 11)

Face the front, feet in 1st position, arms 5th en bas.

Introduction

- 1-2 Hold the position
- 3 Lift arms through 5th en avant
- 4 Pointe tendue the right foot to 4th derrière, open arms to 2nd position, place hand on the barre
- 1-4 2 Grands battements devant (*the first grand battement starts from pointe tendue derrière and passes through 1st to devant, but both grands battements close in 5th devant*)
- 5-8 2 Grands battements to 2nd position, close devant, derrière
- 1-3 2 Grands battements derrière, finishing the last one in pointe tendue derrière
- 4 Demi plié in 1st position (*The arms remain in 2nd position throughout the next 8 counts*)
- 5 Grand battement devant on a rise, lifting the right leg (*arm en haut*)
- & Close to 1st position en relevé, making ½ turn towards barre to other side, both arms en haut
- 6 Grand battement derrière staying on rise, one hand to barre other remains en haut
- 7 Fondu, opening arm to 2nd
- 8 Straighten supporting leg & lower to pointe tendue derrière (*these movements happen simultaneously*)

This exercise is a preparation for Grand Jeté en Tournant

11) Grand Preparation for Pirouette en dehors 4/4 (Track 12)

Face the barre, 5th position, right foot front, arms in 5th en bas

Introduction

- 1-2 Hold the position
- 3-4 Place hands on the barre
- & Demi plié
- 1 Relevé in 5th position
- 2 Demi plié in 5th position
- 3 Degagé right foot to 2nd position (*maintain the fondu on the support leg*)
- & 1/4 Rise on the left foot
- 4 Demi plié in 2nd position
- 5-6 1/4 Rise on the left foot, place the right in cou-de-pied devant and hold
- & 7 Echappé sauté to 4th position with the right foot derrière, lowering the heels, articulating through the feet and without bending the knees
- 8 Slide the right foot into 5th derrière
- 1-8 Repeat on the other side
- 1-16 Repeat all

12) Polonaise (3/4) to the Center (Track 13)

or

Ballet Runs (3/8) (Track 14)

THIS IS TO BE THE EXAMINER'S CHOICE

Students may finish in a simple presentation pose

EXERCICES AU MILIEU

Port de Bras 6/8 (Track 15)

A) 1st & 2nd Port de bras

Face croisé to corner, feet in 5th position, arms 5th en bas

Introduction

- 1-4 *Hold the position*
- 1-16 Execute 1st port de bras 4 times
& Prepare arms for 2nd port de bras
- 1-16 Execute 2nd port de bras 4 times
- Tag Close arms showing a balance but not a pause through demi 2nd to 5th en bas

B) 3rd & 4th Port de Bras (Track 16)

Face croisé to corner, feet in 5th position, arms 5th en bas

Introduction

- 1-4 *Hold the position*
- 1-16 Execute 3rd port de bras 4 times
& Prepare arms for 4th port de bras
- 1-16 Execute 4th port de bras 4 times
- Tag Close arms showing a balance but not a pause through demi 2nd to 5th en bas

CENTER PRACTICE

1) Battements Tendus et Degagés 2/4 (Track 17)

Face corner 2, 5th croisé, right foot front, arms 5th en bas

Introduction

- 1-2 *Hold the position*
- 3-4 *Prepare arms to 4th en avant with left arm forward, head inclines towards corner 1*
- 1-4 2 Battements tendus to croisé devant, arms remain (*the head follows the rule for croisé body positions*)
- 5-8 2 Battements tendus in croisé derrière, arms to 4th en avant with right arm forward
- 1-2 1 Battement tendu to 2nd position en face opening arms to 2nd position, close 5th derrière. The body changes to en face as the foot opens to 2nd
- 3-4 2 Battements dégagés, close 5th devant then derrière, head inclines over the front foot (*close derrière in a demi plié with arms slowly closing to 5th en bas by count 4*)
- 5-6 2 Glissades changés (with the head inclined over the front foot) towards wall 8, arms remain in 5th en bas. Finish croisé to corner 1
- 7-8 Stretch knees and prepare arms to 4th en avant with right arm forward
- 1-16 Repeat all to the other side
Close arms after the music

2) Temps Lié 6/8 (Track 18)

Face corner 2, 5th effacé, left foot front, arms 5th en bas

Introduction

1-4 Hold the position

- 1 Demi plié arms lift to 5th en avant. (This movement as in the Ronds de Jambe à terre preparation but takes 1 count for each movement)
- 2 Extend the left foot to pointe tendue devant
- & 3 Transfer the weight through a demi plié in 4th position and straighten on the left leg in épaulé position of the body
- 4 Close 5th derrière, arms close to 5th en bas
- 5-8 Repeat en arrière into effacé position of the body, arms passing through 5th en avant to full effacé position
- 1-2 Tendu right foot to écarté position of the body, arms passing through 5th en avant to full écarté position
- 3-4 Pivot to face corner 1 in effacé position of the body passing (*but not pausing*) arms through 2nd position then to effacé
- 5-6 Transfer the weight through a demi plié in 4th position and straighten on the right leg in épaulé position of the body arms carry directly to épaulé position from the effacé
- 7 Hold the position
- 8 Close 5th derrière, arms close directly to 5th en bas
- 1-16 Repeat all to the other side

ADAGE

1) Deux Grands Ronds de Jambe avec Arabesque 6/4 (Track 19)

Face corner 2, feet in 5th croisé, arms 5th en bas

Introduction

1-4 Hold the position

- 1-8 Grand plié. Head inclines to back foot
- & 1 Relevé in 5th (*croisé*), head still inclined
- 2-3 Hold position
- 4 Coupé dessous to face 5, head erect
- 5-8 Développé a la quatrième devant, arms 5th en avant (*right leg*)
- 1-4 Grand rond de jambe en l'air en dehors arms open to 2nd
- 5-8 Lower leg through pointe tendue a terre, lowering arms to 5th en bas, coupé dessous and développé à la quatrième devant (left leg), arms 5th en avant
- 1-4 Grand rond de jambe en dehors en l'air, opening arms to 2nd
- 5-8 Retiré, arms 5th en bas, and développé to 2nd, opening arms through 5th en avant to 2nd
- Tag Fouetté into 1st arabesque. Close after the music and repeat on the other side

2) Fondus & Attitudes 2/4 (Track 20)

Face corner 2, 5th croisé, right foot front, arms in 5th en bas

Introduction

- 1-3 *Hold the position*
- 4 *Open arms to demi 2nd*
- 1 Fondu and place right foot to cou-de-pied devant, lift arms to 5th en avant through 5th en bas
- 2 Straighten on the left leg and extend to 4th devant at 45°, open right arm to 2nd
- 3 Fondu and place right foot to cou-de-pied devant, hold the arm line (*arms may close to 5th en avant on count 3*)
- 4 Straighten on the left leg and extend the right to 2nd position, open the left arm to show 2nd position
- 5 Carry the right foot to cou de pied derrière on a straight supporting leg; carry arms to 5th en bas
- 6-7 Lift to attitude effacé, arms through 5th en avant to full effacé position
- & 8 Rise on the left foot, pas de bourrée dessous, close arms through demi 2nd to 5th en bas
- 1-2 Chassé en avant on the right leg and finish with left in pointe tendue derrière, arms lift through 5th en avant to attitude croisé position
- 3-4 Lift the left leg and hold in attitude croisé
- 5 Stretch leg to arabesque, opening the arms to 2nd
- 6 Fondu on supporting leg lowering the raised leg à terre into a lunge. The downstage arm lowers through 1st position and 5th en bas, to lift up to 5th en avant (*the arms are now in 4th en avant*)
- 7 Pirouette en dedans, closing 5th devant, croisé, in demi plié facing the other downstage corner (*arms to pirouette position and lower to 5th en bas*)
- 8 Relevé in 5th croisé, arms through 5th en avant to 5th en haut
- 1-16 Repeat all on the other side, but finish with arms in 5th en bas

When in the effacé line, the leg is at a demi-height. When in the croisé line, the leg should be lifted to full height. In either case, the toe should never be higher than the knee.

PIROUETTES

1) Pirouette en Dehors - Girls and Boys 3/8 (Track 21)

Face corner 2, croisé, feet in 5th position, right foot devant, arms 5th en bas

Introduction

- 1-2 *Hold the position*
- 3-4 *Demi plié and Relevé in 5th position, lift arms to 5th en haut*
- 1-2 Chassé the right foot to effacé, toward corner 1, pas de bourrée dessous finishing in 4th, arms may be in effacé, 2nd, or slightly forward of 2nd. Open arms to 2nd position finishing with right arm through 5th en bas to show 4th en avant. On the chasse the head is effacé, spot the corner on the pirouette.
- 3-4 Rise in 4th position, hold the arm line
- & Demi plié, hold the arm line. (*the demi plié on '&' avoids the 'sitting in the plié'*)
- 5-6 Single pirouette en dehors finishing in 5th derrière, arms in pirouette position. Single or double pirouette will be accepted
- 7-8 Relevé in 5th position, arms to 5th en haut and hold
- 1-8 Repeat to other side opening arms through 2nd
- 1-16 Repeat all, plié and straight knees with arms closing through 2nd position on the final count

2a) Pirouette en Dedans - Girls 6/8 (Track 22)

Face the front, feet in 5th position, right foot devant, arms 5th en bas

Introduction

- 1-3 *Hold the position*
- 4 *Demi plié*
- 1-8 4 Relevés passé en avant en face with the arms held in 5th en bas, show épaulement on the relevés
- 1-2 Tendu the right foot to pointe tendue devant to corner 2, arms to 5th en avant
- 3-4 Lunge on the right foot, open the left arm to 2nd position
- 5-8 Pirouette en dedans finishing en face, arms in pirouette position (*arms lower to 5th en bas when closing into the plié after the pirouette*)
- 1-16 Repeat to the other side
- 1-32 Repeat all

2b) Pirouette en Dedans - Boys 4/4 (Track 23)

Face corner 2, 5th croisé, right foot front, arms 5th en bas

Introduction

Hold the position

- 1 Tendu the right foot to pointe tendue devant to corner 2, lift arms to 5th en avant
- 2 Lunge on the right foot, open left arm to 2nd position to show 4th en avant
- 3 Pirouette en dedans finishing facing corner 1, in 5th croisé, arms in pirouette position
- 4 Close in plié, lower arms to 5th en bas
- 5-8 Repeat to the other side, straightening with a tendu on count 1 to begin the other side
- 1-8 Repeat all

3b) Tour en l'air – Boys and Girls 2/4 (Track 24)

Face the front, feet in 5th position, right foot devant, arms 5th en bas

Introduction

- 1-3 Hold the position
- 4 Demi plié, dégagé devant
- 1 Temps lié en avant to a rise in 5th position, arms to 4th en avant with the right arm forward
- 2 Hold the position
- 3 Demi plié, hold the arm line
- 4 Tour en l'air, arms to pirouette position
- 5-7 Straighten knees and present arms then close 5th en bas
- 8 Demi plié, dégagé devant
- 1-8 Repeat all on the other side
- 1-16 Repeat all except no brush to finish

BASIC STEPS

The following steps may be asked soutenu or de suite (where applicable)

Pas de Bourrées piqué & couru

Soussus

Sissonnes dessus & dessous

Assemblé en avant

Demi-contretemps

Assemblé élané dessus

Grands Jetés en avant & en tournant

Poses Tours

Posés Développés

Entrechat Royale

Posé Développé is taken through mid-calf. Must pass through attitude before fondu occurs.

Students may also be asked for any steps learned in previous grades and these may be done in a series

Examples

8 Jetés dessus

4 Pas de Bourrées Devant

1) Echappes Sautés et Soubresauts 2/4 (Track 25 slower speed Track 26 quicker speed)

Face croisé to corner 2, 5th croisé, right foot front, arms 5th en bas

Introduction

- 1-3 Hold the position
- 4 Demi plié
- 1-2 Echappé sauté to 4th croisé and close, arms to 4th en avant in opposition
- 3-4 Echappé sauté to 2nd en face and close croisé to corner 1, arms to 2nd position
- 5-6 Echappé sauté to 4th croisé and close, arms to 4th en avant in opposition
- 7-8 2 Soubresauts towards corner 1, carry arms through 5th en avant to 3rd arabesque
- 1-8 Repeat all to the other side.

The arms carry from one position to the next without closing. The soubresauts travel en avant

Reverse as a separate exercise

**2) Pas de Bourrée en Tournant 2/4 (Polka moderato) 8 bars (2 counts – 1 bar)
(Track 27)**

4 counts Musical Introduction

- 1 Demi plié into dégagé devant on a fondu, arms 5th en avant
- & 2 Grand rond de jambe en dehors to quatrième derrière
N.B. The foot skims the floor, with no weight on the toes, arms open to 2nd position
- & 3 Pas de bourrée en tournant en dehors, arms to pas de chat position
- 4 Straighten the knees, bringing the body erect, arms to 5th en bas
- 5-8 Repeat with pas de bourrée en dedans, arms to demi-seconde on the dégagé remain here for the rond de jambe and lower to 5th en bas for the pas de bourrée
- 9-16 Repeat both pas de bourrées

As a separate exercise repeat all starting with the other foot

3) Sissonnes 6/8 (Track 28)

Face corner 1, feet in 5th position, right foot devant, arms 5th en bas

Introduction

- 1-3 *Hold the position*
- 4 *Demi plié*
- 1-2 2 Sissonnes en avant towards corner 1, arms through 5th en avant to 3rd arabesque
- 3-4 Temps levé, chassé towards wall 8, arms lower to 5th en avant then open to 2nd, pas de bourrée dessous en face, arms close to 5th en bas
- 5-7 3 Sissonnes dessus, arms to 4th en avant with the palm facing downwards (*same arm forward as the foot that finishes in front*)
- 8 Changement to face corner 2, lower arms to 5th en bas
- 1-8 Repeat all to the other side

Reverse as a separate exercise including chassé pas de bourrée, arms 2nd or effacé for the sissonne en arrière, arms demi 2nd for sissonne dessous

4a) Demi-contretemps 3/4 (Track 29)

Stand at wall 7, face the front, 5th position right foot front, arms 5th en bas

Introduction

- 1-2 *Hold the position*
- 3-4 *Chassé en avant to pointe tendue the left foot derrière, arms remain in 5th en bas*
- 1-7 7 slow Demi-contretemps (travel towards wall 5)
- 8 Straighten on left leg to corner 1 to pointe right foot pointe tendue derrière and carrying arms to Spanish 4th (back arm high)

*The 7th Demi-contretemp finishes with the chassé movement to corner 1
This exercise has the feel of keeping the hips en face with a slight use of épaulement*

In the exam this would be shown one by one without stopping the music

4b) Demi-contretemps Assemblé 3/4 (Track 30)

Stand at wall 7, face the front, 5th position right foot front, arms 5th en bas

Introduction

- 1-2 *Hold the position*
- 3-4 *Chassé en avant to pointe tendue the left foot derrière, arms remain in 5th en bas*
- and a *Demi-contretemps*
- 1-2 *Assemblé élané*
- 3-4 *Soutenu*
- 5-12 *Repeat 2 more times*
- 12-16 *Run to other corner and chassé, repeat to other side*

In the exam this would be shown one by one without stopping the music

**5) Preparation for Grands Jetés en Tournant 6/8
(Track 31 use a run; Track 32 use a galop)**

Face corner 1, 5th croisé, left foot front, arms 5th en bas

Introduction

- 1-2 *Hold the position*
- 3-4 *Chassé en avant to pointe tendue right foot derrière, arms open to demi 2nd*
 - 1 *Chassé, temps levé in 3rd arabesque on the right leg to corner 1*
 - 2 *Galop on the left towards corner 3, arms open to 2nd position (turn to face corner 3 during galop)*
 - 3 *Temps levé on the left leg with the right lifted en l'air devant facing corner 3, arms lifting through 5th en bas, 5th en avant to 5th en haut (this is a grand battement sauté)*
 - 4 *Galop on the right towards corner 3, arms open to 2nd position*
- 5-8 *Repeat all (on the same legs as above) starting to corner 3 and traveling to corner 1*
 - 1 *Chassé, temps levé in 3rd arabesque on the right leg to corner 1*
 - 2-3 *Galop towards corner 3 (turn to face corner 3 during galop) grand jeté en tournant*
 - 4-5 *Repeat galop and grand jeté en tournant*
 - 6 *Coupé dessous*
 - 7-8 *Chassé on the right leg towards corner 1 to finish with left in pointe tendue derrière, own choice of arms at end*

**This exercise would be shown traveling from corner 2 and 4 as a separate exercise
Show the grand jete en l'air on counts 3 & 5**

6) Grand Allegro En Diagonale 6/8 (Track 33)

Stand at corner 3, face corner 1, 5th croisé, arms 5th en bas

Introduction

- 1-2 *Hold the position*
- 3-4 *Chassé en avant on the left leg and straighten on left with the right in pointe tendue derrière, arms open to demi 2nd*
 - 1 Step, temps levé on right leg in 1st arabesque, arms in 1st arabesque
 - 2 Step, temps levé on left leg in retiré derrière en tournant en dehors, arms in 5th en avant
- 3-4 Step sideways to the right on the right leg and pas de bourrée dessous to the right, arms open to 2nd position and finish in 5th en bas
- 5-6 Glissade derrière, assemblé élané (*traveling diagonally towards corner 1*) finishing in a demi plié facing corner 2, then lift to either 2nd position or oblique line (*sideways arabesque line with right arm higher*) for the assemblé, close 5th en bas
- 7-8 Relevé in 5th position, arms carry to 5th en haut and hold
- 1-3 Run to corner 4, opening arms through 2nd to 5th en bas
 - 4 Step on the right foot towards corner 2 with left foot pointe tendue derrière, arms to demi 2nd
- 5&a Tombé, pas de bourrée arms 1st port de bras
- 6 & Grand jeté en avant with the left leg devant, arms to either 2nd arabesque, 3rd arabesque or 5th en haut (*this jeté may be shown with a développé*)
- 7-8 Pas de bourrée, chassé to pose

In the exam this would be shown one by one without stopping the music

7) Batterie 2/4 (Track 34)

Face the front, feet in 5th position, right foot devant, arms 5th en bas

Introduction

- 1-3 *Hold the position*
- 4 *Demi plie*
- 1-4 2 Échappés sautés closing with a beat, arms to demi 2nd and closing 5th en bas for each échappé
- 5 Relevé in 5th position, arms in 5th en bas
- 6 Hold
- 7 Demi plié
- 8 Entrechat royale
- 1-8 Repeat on the other side

8) Poses Tours 2/4 (Track 35)

Face corner 2, 5th croisé, right foot front

Introduction

- 1-2 *Hold the position*
- 3-4 *Tendu the right foot to croisé devant, prepare arms to 4th en avant right arm forward) turn head to the right*
- 1-14 7 Posés tours en dedans (*The foot is placed at the front of the supporting knee*)
- 15 16 Finish to a lunge or traditional Cecchetti ending

UNSEEN

Set by the examiner using no more than 4 steps from previous syllabi

DANCES

DANCE MAY BE SET BY THE TEACHER OR USE ONE OF THE SET CHOICES BELOW.

Girls Lyrical 3/4 (Track 36)

Introduction

1-8 Teachers' choice but must finish at Corner 3, standing on left leg facing corner 1, right foot in short tendu derrière by count 8

- 1 Posé in 1st arabesque to corner 1 on right leg
- 2 Balancé en arrière towards corner 3
- 3-5 1 & 1/2 balancés turning towards corner 1 (*step brush left foot through 1st & 2 small steps 3 – turn on the right & 2 small steps – step brush left foot through 1st*)
- 6 Posé on left towards corner 1 with right foot in retiré derrière, left arm forward in arabesque line
- 7 & Run turning past wall 8 to face corner 2
- 8 Stand on right foot to corner 2, left in short tendu derrière, right arm high in 4th en haut
- 1-2 2 Posés développés on left then right traveling towards corner 2
- 3-4 Chassé, pas de bourrée dessous into a posé on right foot to corner 2, with left foot in retiré derrière right arm forward in arabesque line
- 5-8 Run to center back passing wall 8, turn to face the front then step sideways in a plié on left into a soutenu turn, finishing with the right foot derrière
- 1-2 2 Sissonnes dessus
- 3 Pas de chat to the right (*picking up the right foot to cou-de-pied derrière*)
- 4 Pas de bourrée dessous and finish on left en fondu, right to pointe tendue croisé devant, left arm forward and low in arabesque line
- 5 Posé onto right foot with left in retiré derrière facing corner 2, arms to 5th en avant, coupé
- 6 Posé onto right foot in 1st arabesque croisé, (*right arm forward*)
- &a 3 quick running steps traveling and facing towards corner 4 with arms opening to 2nd position, step towards wall 8 on left
- 7-8 Assemblé dessus, arms to demi 2nd and close to 5th en bas – finish croisé to corner 2 arms may finish in 5th en haut and open directly to 4th
- & Lift the left foot cou-de-pied derrière, arms to 5th en avant position for the couru
- 1-4 Pas de bourrée couru to the right towards corner 1, finish in pointe tendue devant to corner 2, arms show 4th port de bras to finish with the left arm en haut.
- 5 Step up (*temps lié*) to a rise in 5th position croisé facing corner 1, arms to 5th en avant
- 6 Tombé into a croisé lunge on the left leg, right arm forward in 4th arabesque à terre
- 7 Posé in 1st arabesque to corner 1 on right
- 8 Run towards corner 3
- 1-4 2 Grands jetés en tournant towards corner 3 (*the grands jetés are up on counts 1 & 3*)
- 5 Step back through retiré to a lunge croisé (heel down)
- 6-8 Forward stretch lifting arms through to 5th en haut and finish in a back stretch Recover opening arms through 2nd position to demi 2nd on a straight supporting leg with working leg pointe tendue derrière
- 1-6 (*Traveling in a circle to the right around to corner 3*) 3 times Grade 5 Diagonale step (step, pas de bourrée, temps levé in retiré)
- 7-8 Run to corner 3 and fondu on left, right to pointe tendue devant facing corner 2, students own choice of arms
- 1-4 1 Posé sideways on right, left to retiré derrière - 1 petit pas de basque en tournant, twice; traveling en diagonale towards corner 1

- & Fondu on the right, left in cou-de-pied derrière
- 5-7 Pas de bourrée couru in an arc traveling around passing walls 8, 7 & 6 to finish in the center facing corner 1
- 8 Pass the left foot to devant to demi plié in 5th croisé facing corner 1, arms in 5th en bas
- 1 Rise on right foot in full effacé position of the body to corner 2 (the left leg may show a tiny développés to extend devant or dégagé to extend devant)
- &a2 Tombé onto left foot to corner 2 and pas de bourrée dessous into a demi plié facing corner 2, arms close to 5th en bas through 2nd position
- 3 Rise on left foot in full effacé position of the body to corner 1
- &a4 Tombé onto right foot to corner 1 and pas de bourrée dessous into a demi plié facing corner 1 and go straight into the ending
- 5 Chassé on left foot to corner 1 in croisé derrière position of the body
- 6 Plié in 4th and pirouette en dehors to a lunge
- 7-8 Own ending

Boys Mazurka 3/4 1 bar = 1 count (Track 37)

Stand at corner 3, face corner 1, 5th croisé, arms in 5th en bas

2 bars intro

Chassé en avant on the left foot, right hand to hip, left arm lifts to 5th en haut

- 1-4 Step onto the right and temps levé in 1st arabesque, step on the left and temps levé in retiré derrière – twice towards corner 1
- 5 Step onto the right and pas de bourrée dessous towards wall 8
- 6 Assemblé dessus finishing en face
- 7 Relevé 5th, arms to 5th en haut
- 8 Lower onto right foot with left in short tendu derrière, arms to 2nd position
- 1-4 4 side balancés (*left, right, left, right*) traveling backwards and towards center (*the body faces corner 1 during these balancés*)
- 5-6 Step to the side on the left into 5 small hops en tournant (*1 rotation*) in arabesque on left foot with left arm forward in 4th en avant
- 7-8 Step forwards onto right foot towards corner 2, arms to presentation position
 - 1 Chassé left foot towards corner 1 to pointe tendue the right derrière, right arm high in 4th en haut
 - 2 Plié in 4th, prepare arms for pirouette with right arm front
- 3-4 Pirouette en dehors finish in a lunge facing corner 1, arms to presentation position
- 5-8 Dégagé en tournant (rotation) to finish facing corner 2 with the right foot pointe tendu devant, left arm presents to corner 2 with the palm turned upwards, right in arabesque derrière or on hip
 - & Place the left hand on the hip and carry the right across the body into
 - 1 Chassé en avant on right towards corner 1 into arabesque, right arm from the heart to en avant with the palm facing upwards, left to arabesque derrière
 - 2 Hold the position
- 3-4 Pas de bourrée dessous and chassé left en avant to croisé derrière to corner 1, left arm high in 4th en haut
- 5-8 Repeat last 4 counts
- 1-2 Turn right and run into an assemblé élané (*working the left leg*) towards corner 3, finishing with the left foot devant facing corner 2
- 3-4 Turn left and run then assemblé élané (*working the right leg*) towards corner 4, finishing with the right foot devant facing corner 2
- 5-8 Walk to corner 2, stand on left foot with right in pointe tendue devant to wall 5, right arm forward in 4th en avant
Traveling around the room (*next 8 counts*)
- 1-2 Step onto the right and temps levé in 1st arabesque, step on the left and temps levé in relevé derrière
 - & 3 Chassé on right foot into a coupé en tournant (*or into a soutenu turn*)
- & a 4 2 small steps into a jeté en avant on the right leg (*the jeté lands on count 4*) then step onto the left foot
- 5-8 Repeat the last 4 counts
- 1-4 Walk to the center and temps lié en avant, right foot front, arms to presentation position – demi plié, close arms to 5th en bas
 - 5 2 petits changements
 - 6 Relevé in 5th, demi plié
 - 7 Tour en l'air to ending
 - 8 Student's own pose
- Alternate last 4 counts

- 5-6 Chaîné to corner 1
- & Step on a fondu on the right foot
- 7 Posé tour en dehors on the left foot
- & Step down on a fondu on the right foot
- 8 Step into a lunge on the left foot into 2nd arabesque croisé

Please note - The movements of the arms notated must be shown, teachers may choreograph all other arm movements.

REVERENCE 4/4 (Track 38)

- GIRLS** Face the front; stand on left foot with right in short tendu derrière
- 2 bar intro Hold the position*
- 1-2 2 steps forwards, right then left, carry arms to a low 5th en avant
 - 3 Step to the side on the right foot, lift left arm to 5th en haut & open right arm to demi 2nd position
 - 4 Curtsey lowering left arm through 5th en avant to show a balanced demi 2nd
 - 5-8 Repeat to the other side

BOYS As above but with arms to a full 2nd only and a simple bow

Tracks 39-43 Free music for Class and Unseen

GRADE 7

THEORY

Students will be asked individually

- 1 Five positions of the feet
- 2 Five positions of the arms
- 3 Five positions of the head
- 4 Seven movements in dancing
- 5 Use of the eight fixed points of the room
- 6 Five arabesques
- 7 Eight Directions of the Body
- 8 The meaning of the French technical terms

BARRE

1) **Pliés 3/4 32 bars (1 count = 1 bar) (Track 1)**

Introduction

- 1-2 *Place hand on the barre*
- 3-4 *Tendu and place foot in 2nd position*
- 1-32 2 demi- pliés and 1 grand plié in 2nd, 1st, open 4th and 5th
Rise and balance in 5th with arms in 5th en haut

2a) **Battements Tendus Quick 3/4 (mazurka) 32 bars (1 count= 1 bar) (Track 2)**

Introduction

- 1-2 *Hold the position*
- 3-4 *Tendu to 2nd position opening the arms through 5th en avant to 2nd position*
- 1-4 4 battements tendus to 2nd, with Cecchetti accent, closing derrière first.
- 5-8 Close 5th derrière on a demi plié lowering the arm to 5 en bas and tendu inside leg to 4th devant straightening both legs and lifting the arm to 5th en haut, close 5th position demi plié leaving the arm 5th en haut, and extend other leg to 2nd position straightening both legs opening the arm to 2nd on the tendu
- 9-16 Repeat 1-8 in reverse, on count 5 close arm to en bas on the plié, extend to arabesque on count 6, return arm to en avant on plié, open the arm to second on the tendu on 8
- 17-32 Repeat all

2b) **Battements Dégagés 6/8 16 bars (2 counts = 1 bar) (Track 3)**

Introduction

- 1-4 *Musical introduction*
- 1-8 2 Battements dégagés en croix
- 9-12 2 Battements dégagés closing in 1st, battement dégagé closing 5th devant in demi plié,
- 13-16 2 Battements dégagés closing in 1st, battement dégagé closing 5th derrière in demi plié
- 17-31 Repeat all in reverse
- 32 Straighten knees

3) **Ronds de Jambe à terre 3/4 16 bars (1 count = 1 bar) (Track 4)**

Introduction

- 1-2 *Hold the position*
- 3-4 *Traditional preparation*

- 1-4 4 Ronds de Jambe à terre en dehors
- 5 Lift to 4th devant en l'air (45° height) arm 5th en avant
- 6 Demi-ronds de jambe to 2nd, opening arm to 2nd position
- 7 1 Rond de jambe en l'air en dehors
- 8 Lower to pointe tendue
- 9-16 Repeat all en dedans, and close in 5th position, lowering arms to 5th en bas

4) Grands Battements 4/4 8 bars (2 counts = 1 bar) (Track 5)

Introduction

- 1-2 *Hold*
- 3-4 *Open arm through 5th en avant to 2nd position*
- 1-12 4 Grands battements to 4th devant, 2nd and 4th derrière
- 13-15 3 Battements retirés finishing in 5th devant
- 16 Lower arms to 5th en bas

5) Fondus 2/4 (cd track 7) (Track 6)

Face front, 5th position, right foot front, arm 5th en bas

Introduction

- 1-2 *Hold the position*
- 3-4 *Pressure rise to a closed 5th position, arms through 5th en avant to 2nd, place hand on the barre (the front foot slides towards the back foot for the rise)*
- 1 Fondu lifting right foot to cou-de-pied devant, lower right arm to 5th en bas
- 2 Straighten and hold the foot in cou-de-pied, lift the right arm in 5th en avant
- 3 Fondu as in count 1, hold the arm in 5th en avant
- 4 Straighten and extend right leg to 4th devant, open arm to 2nd position, the height may be between dégagé and 45°
- & Coupé dessus (*with a rise*)
- 5-8 Repeat all to 4th derrière
- & Coupé dessous
- 1-4 Repeat all to 2nd position
- 5 Slide right foot through 5th position to pirouette position on a rise, co-ordinate the arm through 5th en bas to 5th en avant
- 6 Hold the position
- 7 Lower the right foot to 5th devant on a rise, open the right arm to 2nd position
- 8 Demi-détourné to the other side, hold the rise, carry the left arm to 2nd position
- 1-16 Repeat all on the other side taking the first fondu from the rise on the demi-détourné
- Tag Balance both arms in 2nd position before lowering the heels into 5th position and closing the arms to 5th en bas

6) Battements Frappés 2/4 16 bars (1 count = 1bar) (Track 7)

Introduction

- 1-2 *Place hand on the barre*
- 3-4 *Tendu to 2nd and place foot on cou-de-pied devant*
- 1-4 4 Single en croix
- 5-8 4 double battements frappés to 2nd
- 9-15 Reverse but with 3 doubles to 2nd
- 16 Rise holding the extended leg

Balance after the music, arms 5th en avant

7) Petits Battements 2/4 16 bars (1 count = 1 bar) (Track 8)

Introduction

- 1- 2 Hold
- 3-4 *Tendu right foot to 2nd and place foot cou-de-pied devant*
- & 1 Beat back, front
- & 2 Beat back, front
- & 3 Beat back, front
- & 4 Beat front, back
- 5-8 Repeat all in reverse
- 9-12 Petits battements on demi-pointe closing back, front, back, front
- & 13 Retiré passé into attitude derrière on demi-pointe, lifting arm through 5th en avant to 5th en haut
- 14-16 Balance on a rise after the music

8A) Développé en Croix 3/4 16 bars (1 count = 1 bar) (Track 9)

Introduction

- 1- 4 *Musical Introduction*
- 1-4 Développé à la quatrième devant with a ¼ rise after the extension, closing in 5th.
Arm passes through 5th en avant, opens to 2nd position and closes to 5th en bas.
- 5-16 Continue en croix

**8B) Grands Rond de Jambe and Dégagé en Tournant 3/4
16 bars (1 count = 1 bar) (Track 10)**

Introduction

- 1- 4 *Musical Introduction*
- 1-4 Développé à la quatrième devant, arm to 5th en avant
- 5-7 Grand rond de jambe en dehors, arm opening to 2nd
- 8 Close 5th derrière, arm 5th en bas
- & 9 -10 Petit retiré, chassé passé en avant to arabesque demi en l'air (45°), arm to 2nd
- 11-12 Dégagé en tournant to face barre in 2nd
- 13-14 Continue dégage en tournant to face other side, arm through 5th en avant to 2nd position
- 15 Close 5th devant, lowering arm 5th en bas
- 16 Hold
- 17-32 Repeat all with other leg

**9) Préparation for Fouettés Rond de Jambe 2/4 (Galop)
16 bars (1 count = 1 bar) (Track 11)**

Introduction

4 counts Either chassé to pointe tendue, arm through 5th en avant to 2nd, coupé on 'and', or relevé in 5th position on '4', on 'and' retiré still on relevé with arm in pirouette position

- 1 Fondu on supporting leg, extending working leg to 4th front, arm remains
- & 2 Relevé, opening arm and leg to 2nd position and sharply bring the foot and arm into the pirouette position
- 3-16 Repeat these movements 6 times. Balance in final position

All relevés must be sprung, not pressed-up

**10) Battements Balancés 3/4 Viennese waltz 16 bars (1 count = 1 bar)
(Track 12)**

Introduction

1- 2 *Hold*

3- 4 *Open arm through 5th en avant to 2nd position. The accent is up throughout this exercise*

1-2 Grand battement to 4th devant

3-6 Repeat to 2nd and 4th derrière,

7-15 1 Grand battement to 4th derrière, passing through 1st into battements balancés

16 Close 1st position, lowering arm to 5th en bas

**11) Relevés (move slightly away from the barre or move to Center)
4/4 8 bars (4 counts = 1 bar) (Track 13)**

Introduction

1-8 *Musical Introduction*

1-4 Relevé 5th, relevé passé en arrière

5-8 Relevé 5th, relevé passé en avant

9-12 Echappé relevé to 4th, arms 4th en avant (or low free arms), échappé changé, arms in 2nd.

13-16 Echappé to 4th, arms 4th en avant, relevé 5th, arms 5th en bas

17-32 Repeat all starting with other foot in front
Taken en face

EXERCICES AU MILIEU

1) Port de Bras 3/4 32 bars (1 count = 1 bar) (Track 14)

Face croisé, feet in 5th position

No musical introduction

- 1-12 1st port de bras taken 3 times
- 13-15 Temps lié en avant to attitude croisé derrière à terre
- 16 Close 5th derrière holding arm line.
- 17-32 2nd port de bras taken 4 times

Taken to other side

- 1-12 3rd port de bras taken 3 times
- 13-15 Temps lié en avant to croisé derrière
- 16 Close 5th derrière holding arm line.
- 17-32 4th port de bras taken 4 times

2) Battements Tendus 4/4 16 bars (2 counts = 1 bar) (Track 15)

Face croisé 5th position

Introduction

- 1-4 *Lift arms through 5th en avant to croisé devant*
- 1-4 2 battements tendus croisé devant, even timing
- 5-8 2 battements tendus à la quatrième devant, arms taken directly to 2nd position
- 9-12 2 battements tendus effacé, arms to effacé line
- 13-14 Rise holding arm line, tombé forward into arabesque turning palms down
- &a15 Pas de bourrée dessous lowering arms to 5th en bas
- 16 Straighten knees, preparing arms to croisé devant
- 17-32 Repeat all to other side
To be shown in reverse as a separate exercise

ADAGE

1. Exercise for Arabesque 3/4 (andante con moto) 16 bars (1 count = 1 bar) (Track 16)

Introduction Face 5, feet in 5th position

No musical introduction

- 1-3 Développé à la seconde
- & 4 Fouetté into 1st arabesque
- 5-6 Arms move through 2nd position to 2nd arabesque
- 7-8 Arms move through 5th en avant to 3rd arabesque
- & 9-10 Chassé croisé through 1st position into 4th arabesque en l'air arms passing through demi-seconde, 1st, 5th en bas and 5th en avant, head erect
- 11-12 Change to 5th arabesque
- 13 Coupé dessous to face 5, arms 5th en bas
- 14 Retiré, arms to 5th en avant, still en face
- 15-16 Move arms and leg into attitude croisé derrière

2) Exercise with Demi Grand Rond De Jambe 3/4 32 bars (1 count= 1 bar) (Track 17)

Face croisé, feet in 5th position

No musical introduction

- 1-3 Développé to croisé devant
- 4 Hold en l'air
- 5-6 Demi rond de jambe à terre to écarté, changing arms through 2nd
- 7 Lower leg to pointe tendu
- 8 Close 5th derrière, en face, arms to 5th en bas
- 9-10 Développé other leg à la seconde, arms to 2nd
- 11-12 Demi-grand rond de jambe en l'air
- 13-14 Turn to face croisé, lowering the raised leg to pointe tendue derrière on a fondu, the upstage arm passing through 5th en bas to pas de chat position, other arm to arabesque
- 15-16 Pas de bourrée dessous to face the other side
- 17-30 Repeat counts 1-14 on the other side
- 31-32 Straighten supporting leg, changing arms to 3rd arabesque line, head inclined and turned to the front

PIROUETTES

1) Girls en Dehors with Relevé 2/4 16 bars (2 counts = 1 bar) (Track 18) (Additional class music Track 19)

Face croisé, feet 5th

Introduction

- 1-8 *Musical introduction*
- 1-2 Echappé relevé sans changé, arms demi-seconde, returning to 5th bas
- 3-4 Soussus, arms 5th en avant, palms upward
- 5-6 Relevé devant, arms to 4th en avant
- 7-8 Pirouette en dehors, closing 5th derrière croisé, facing new corner lowering arms to 5th en bas
- 9-32 Repeat all, 3 times

- 2) **Pirouette en Dedans and en Dehors Girls and Boys 3/4**
32 bars (1 count = 1 bar) (Track 20) (Additional class music Track 21)
Start in corner 4, 5th croise

Introduction

1-4 Musical introduction

- 1-3 Chassé, coupé, chassé, coupé, chassé and straighten into full croisé derrière position, arms passing through 5th en avant
4 Lunge, opening arm from 5th en haut, full port de bras through 5th en bas to 4th en avant
5-6 Pirouette en dedans (*no fouetté action*), close 5th devant
7-8 Relevé in 5th croisé, arms 5th en haut, hold
'a' Turning to effacé, still on rise, release the front foot starting to open the arms
9-10 Tombé forward, arms to 2nd position, and pas de bourrée dessous to 4th croisé in a demi plié, arms to 4th en avant, left arm making a full port de bras
11-12 Pirouette en dehors (single or double), ending in a lunge, with free choice of arm line
13-16 Run or walk to corner 3, 5th position croisé, ready to repeat all on the other side

- 3) **Double Pirouette en Dehors Boys and Girls 3/4 16 bars(1 count = 1 bar) (Track 22)**
Face 5, feet in 5th position right foot front

1-4 Musical Introduction

- 1-2 Tendu 4th devant, arms 5th en avant, rond de jambe à terre to 4th derrière, pointe tendue, arms to 2nd
& Demi plié in 4th, arms en avant, (*right arm passing through 1st and 5th en bas*), same arms as working leg forward
3 Double pirouette en dehors
4 Close 5th derrière in demi plié, retain arm position or lower to 5th en bas
5-8 Repeat to the other side
9-16 Repeat all

- 4) **Tour en l'air Boys and Girls 3/4 16 bars (1 count = 1 bar) (Track 23)**
Face 5, feet in 5th position right foot front

Introduction

1-4 Musical introduction

- & a Relevé in 5th, preparing arms through 5th en avant to 4th en avant
1 Demi plié
& a 2 Tour en l'air
3-4 2 grands changements
5-16 Repeat all 3 times

ALLEGRO

BASIC STEPS: ALL STEPS FROM THE GRADES AND STANDARD EXAMINATIONS, AND THE FOLLOWING:

Pas de Bourrées en Avant, en Arrière, Temps de Cuisse Dessus and Dessous

- 1) Sautés et Soubresauts 2/4 8 bars (2 counts = 1 bar)
(Track 24) (Additional class music Track 25)**

Face 5, 5th position, right foot front

Introduction

1-4 *Musical introduction*

1-4 2 sautés in 1st, 2 sautés in 5th position, left foot front

5-8 2 sautés in 1st, 2 sautés in 5th position, right foot front

9-12 1 sauté 1st, 1 sauté left foot front, 1 sauté 1st, 1 sauté right foot front

13-16 4 changements

- 2) Assemblés 3/4 16 bars (1 count=1 bar)
(Track 26) (Additional class music Track 27)**

Face 5, feet in 5th position

Introduction

1-4 *Musical introduction*

1-4 2 assemblés soutenu dessus

5-8 Assemblé dessus, temps levé derrière, assemblé coupé derrière soutenu

9-16 Repeat all, starting with the other leg

To be shown in reverse as a separate exercise

- 3) Pas de Bourrée Dessus 2/4 8 bars (2 counts = 1 bar)
(For Girls Track 28) (Additional class music Track 29)**

Face 5, feet in 5th position

Introduction

1-4 *Musical introduction*

& a 1 & 2 Pas de bourrée dessus, soutenu

& a 3 & 4 Repeat

& a 5 & 6 Pas de bourrée dessus, demi contretemps

and 7-8 Demi-contretemps, assemblé élané dessus

9-16 Repeat all on the other leg

Boys 3/4 same enchaînement as above (Track 30)

- 3B) Temps de Cuisse Dessus et Dessous 2/4 (Additional class music Track 29)**

Face 5, feet in 5th position

Introduction

1-4 *Musical introduction*

To be taken soutenu, 4 temps de Cuisse over and 4 under, slight use of arms opening to demi-seconde on sissonne is accepted.

4) Jeté, Temps Levé 2/4 16 bars (2 counts = 2 bars)
(Track 31) (Additional class music Track 32)

Face 5, feet in 5th position

Introduction

- 1-4 *Musical introduction*
- 1-4 Jeté temps levé twice, arms in 3rd opposition to the raised foot
- 5-8 Coupé dessous, coupé dessus, jeté, temps levé
- 9-16 Repeat starting with the other leg
- 17-31 Repeat all in reverse omitting final temps levé
- 32 Assemblé coupé devant

5) Sissonnes 3/4 16 bars (1 count = 1 bar)
(Track 33) (Additional class music Track 34)

Face effacé, feet in 5th

Introduction

- 1-4 *Musical introduction*
- 1-2 2 sissonnes fermées en avant arms to 3rd arabesque
- 3-4 2 sissonnes fermées en arrière, opening arms to 2nd and lowering to 5th en bas on count 4
- 5-6 Temps levé chassé, pas de bourrée dessous, traveling towards the front foot, with 1st port de bras.
- 7-8 2 pas de chat; the first one with usual arm position, the second sweeping the back arm through 5th en avant to 5th en haut the other arm in 5th en avant (*Spanish Arms*)
- 9-16 Repeat to other side taking arms directly to 3rd arabeque

6) Pas de Bourrée Ouvert 2/4 8 bars (2 counts = 1 bar)
(Track 35) (Additional class music Track 36)

Face 5, feet in 5th position

Introduction

- 1-4 *Musical introduction*
- & a 1-2 Pas de bourrée ouvert (closing 5th derrière on demi-pointe) sauté to 5th sans changé, arms open to demi-seconde and close to 5th en bas as usual
- 3-6 Repeat twice more
- 7-8 3 petits changements, arms 5th en bas
- 9-16 Repeat to other side

7) Balancés 3/4 32 bars (1 count = 1 bar) (Track 37)
(At a faster tempo Track 38)

Stand near corner 3, facing corner 1, feet in 5th effacé

Introduction

1-2 *Hold*

3-4 *Tendu to 2nd and place foot on cou-de-pied derrière*

1 Balancé on to the right foot with a développé movement of the left leg into a croisé devant line, and beginning to turn to the right

2 Continue turning with a balancé left, making a développé movement backwards with the right leg, and making the traditional 'blowing a kiss' gesture (*boys 'from the heart'*) with the right arm, or arms to open 5th en avant

3-6 Repeat all, twice

7-8 Step right, soutenu turn en dedans, arms through all the 5th positions to 5th en haut

9-12 4 balancés traveling backwards (R L R L) arms lowering to 4th en avant (*left arm forward first*)

13-16 Chassé, temps levé in 1st arabesque on right foot, run to corner 4, and chassé croisé ready to repeat on the other side

17-32 Repeat all on the other side finishing in position of own choice on count 32

Teacher may use a different lyrical waltz at a faster tempo; may speed up the existing waltz; examiner may provide a faster waltz.

8) Glissade, Jeté 6/8 8 bars (2 counts = 1 bar)
(Track 39) (Additional class music Track 40)

Face 5, feet in 5th position

Introduction

1-4 *Musical introduction*

1-2 Glissade derrière, jeté dessus, arms in 3rd in opposition to the raised leg

3-4 Repeat to other side

5-8 4 petits jetés derrière

9-12 Repeat 1-4

13-14 2 steps (RL) jeté en avant on to right leg, in 2nd arabesque, traveling to corner 1

15-16 Repeat 13-14 on the other leg traveling to corner 1, chassé through into own choice of ending position

9) Batterie 2/4 16 bars (1 counts = 1 bar) (Track 41)

Face 5, feet in 5th position

Introduction

1-4 *Musical introduction*

1-4 Entrechat quatre 3 times, 1 entrechat royale

5-12 Repeat twice more

13-14 Relevé 5th, lower

15-16 2 changements

17-32 Repeat starting with other foot in front

**10) Grands Jetés en Tournant 3/4 16 bars (1 count= 1 bar)
(Track 42) (Additional class music Track 43)**

Stand near and facing corner 1, feet in 5th effacé

Introduction

1-2 *Hold*

3-4 *Chassé en avant to pointe tendue in 3rd arabesque*

1-4 Pas de bourrée grand jeté en tournant, coupé dessous and chassé to pointe tendu in 3rd arabesque

5-8 Repeat

& Coupé dessous

1 & Step temps levé in 1st arabesque

2-3 Stepped pas de bourrée dessus (*forward to corner 1, sideways to 8, back toward corner 4*) arms to low 4th, demi-seconde, 5th en bas

& Relevé développé right leg devant, arms to open 5th en avant, palms upwards

4 & a Tombé forward on right leg, step forward left leg and galop forward, arms to 2nd

5 & a 2 steps and

6 Grand jeté en avant on to the left foot, arms lower and lift to 2nd arabesque

& a 7 Pas de bourrée dessous lowering the arms through demi-seconde to 5th en bas

8 Chassé forward to pointe tendue in full croisé derrière

**11) Pose Tours en Dedans (Girls) 2/4 8 bars (2 counts= 1 bar)
(Track 44) (Additional class music at a faster tempo Track 45)**

Stand near corner 3, facing croisé

Introduction

1-2 *Hold*

3-4 *Pointe tendue in 4th croisé devant, arms 4th en avant*

1-16 7 posé turns en dedans, ending in a lunge facing croisé

**12) Petits Tours (Girls and Boys) 2/4 8 bars (2 counts= 1 bar)
(Track 46) (Additional class music Track 47)**

Stand near corner 3, facing croisé

Introduction

1-2 *Hold*

3-4 *Pointe tendue in 4th croisé devant, arms 4th en avant*

1-16 Petits tours ending with chassé to effacé derrière à terre

UNSEEN: SET BY THE EXAMINER USING NO MORE THAN 4 STEPS FROM PREVIOUS SYLLABI

DANCE: CLASSICAL STYLE NOT TO EXCEED ONE MINUTE AND NOT TO BE TAKEN ON POINTE

STEPS FOR BOYS

- 1) Assemblés Soutenus and de Suite 3/4 16 bars (1 count = 1 bar) (Track 48)**
Face 5, feet in 5th position

Introduction

- 1-4 *Hold*
1-4 2 assemblés dessus soutenus
5-6 2 assemblés dessus de suite
7-8 1 assemblé dessus soutenu
9-16 Repeat starting with the other leg
Reverse as a separate exercise

- 2) Grands Changements 3/4 8 bars (1 count = 1 bar) (Track 49)**

Introduction

- 1-4 *Musical Introduction*
1-4 8 grands changements

- 3) Temps Levés en Diagonale 2/4 8 bars (2 counts = 1 bar) (Track 50)**

Introduction

- 1-4 *Musical Introduction*
& 1 Temps levé left foot cou-de-pied devant, chassé en avant to low arabesque en l'air, arms to low 4th en avant
& 2-6 Repeat 5 times on alternate legs, traveling en diagonale
& 7-8 Coupé dessous, assemblé coupé devant, arms in low 4th, changement lowering arms to 5th en bas

- 4) Echappés Sauté and Entrechat Royale 6/8 8 bars (2 counts = 1 bar) (Track 51)**

Introduction

- 1-4 *Musical Introduction*
1-4 Echappé sauté changé closing with a beat, 2 entrechats royales
5-8 Repeat on other leg
9-10 Temps levé on left leg chassé de côté with first port de bras, coupé dessous, assemblé dessous, arms to 5th en bas
11-12 Repeat 9-10 on other leg
13-16 Tendu to 2nd and pirouette en dehors either from 2nd or 4th position, finishing in own choice of position.

**5) Autour de la Salle-Coupés Chassés 2/4 16 bars (2 counts = 1 bar)
(Track 52)**

Stand near corner 2, in 5th position, right foot front, facing wall 8

Introduction

1-2 *Hold*

3-4 *Chassé to pointe tendue derrière, arms in 4th position, same arm forward as foot*

& 1-4 Coupé chassé en avant four times traveling towards wall 8

*(Arms join in pirouette position on each coupé)**

& 5-8 As 1-4 traveling towards wall 7 the first coupé makes quarter turn to right,

& 9-12 As 5-8 traveling toward wall 6

& 13-16 Coupé making turn to right to face corner 1, chassé forward in to petits tours finishing in own choice of position

* Alternatively, the arms may be held in 4th position and only joined into a pirouette position on each of the coupés that make the change of direction (counts and 5, and 9, and 13)

TEMPS DE POINTE

BARRE

1) Exercise for Flexing the Feet 2/4 8 bars (2 counts = 1 bar) (Track 53)

Facing the barre, feet parallel

Introduction

1-4 *Musical Introduction*

& 1 Right foot demi-pointe, rolling to full pointe

& 2 Both feet 3/4 pointe, lower right heel, rolling left foot to full pointe

&3-7 Repeat action “and 2” on alternate legs (a slow jogging action using the feet fully)

8 Lower right foot to parallel

9-16 Repeat all starting with left foot

2) Demi Pliés and Rises 3/4 16 bars (1 count = 1 bar) (Track 54)

Facing the barre, feet parallel

Introduction

1-4 *Musical Introduction*

1-2 Demi plié, straighten

3-6 Rise through three quarter pointe for full pointe and lower through three quarter pointe to flat

7-8 Demi plié, straighten

9-16 Repeat

3) Battements Tendus and Echappés Relevé 4/4 8 bars (4 counts = 1 bar) (Track 55)

Facing the barre, feet in 1st position

Introduction

1-4 *Musical Introduction*

1-2 Tendu right foot to 2nd, close 1st position

3-4 Tendu left foot to 2nd, close 1st position in demi plié

5-8 2 échappés relevés from 1st position

9-32 Repeat all 3 times

4) Relevés Devant and Derrière 2/4 (Track 56)

Face the barre, 5th position, right foot front

Introduction

1-2 *Hold the position*

3-4 *Place hands on the barre*

1 1 Relevé in 5th position

5 Lift front foot to retiré

6 Return to a relevé in 5th

7 Plié

5-13 Repeat 2 more times

12-16 Repeat but place the foot in the back after the retiré

1-16 Repeat to the other side

Shown derrière as a separate exercise

AU MILIEU

5) Echappés and Relevés 2/4 8 bars (2 counts = 1 bar) (Track 57)

Taken in center

Introduction

1-4 *Musical Introduction*

1-8 3 échappés relevés changés, relevé in 5th position

9-16 Repeat

6) Posé, Coupé (Track 58)

Facing 5, feet in 5th position

Introduction

1-4 *Musical Introduction*

1-4 Posé, coupé, Posé, coupé

5-6 Posé, close in 5th plié

7-8 Echappé relevé changé

1-8 Repeat on other side

DANCE TO BE SET BY THE TEACHER

REVERENCE OR BOW (Track 59)