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STANDARDS 2-7: TRACK NUMBER IS CORRECT AND AT TIMES THE ANNOUNCEMENT MAY NOT MATCH THE TITLE OF THE EXERCISE. MUSIC IS EXAM LENGTH UNLESS OTHERWISE STATED. ALL EXERCISES BEGIN AND END WITH THE HANDS OFF THE BARRE. ARMS ARE AT THE DISCRETION OF THE TEACHER WHEN NOT SPECIFIED BUT SHOULD NOT BE COMPLICATED

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.

PRIMARY

MUSIC: CECCHETTI USA CD PRIMARY-GRADE 1

AGES 5-6 MAXIMUM AGE 9

GIRLS TO WEAR CHIFFON SKIRTS FULL ENOUGH TO HOLD OUT TO DEMI-SECONDE

The use of ribbons, scarves & flags are the only props to be used in the exam. Props such as theraband, balls, etc. are only for class situations.

ENTERING THE ROOM 3/4 (CD TRACK 2)

1 count = 1 bar

The teacher steps inside the door and students run in single file through the door and then line up in silence

The teacher then directs the pianist to play 'Running In' music

1-16 Each student enters singly taking 4 bars of music per student

Teacher introduces students to the examiner one by one without music (the student performs a curtsey or bow when being introduced)

The teacher then introduces the pianist to the students

WARM UP EXERCISE - CHOREOGRAPH STUDENTS DESCENT TO THE FLOOR

1) FOOT ARTICULATION AND SPINAL STRETCH 4/4 (CD TRACK 3)

1 count = 1 bar

Commence sitting on floor with legs stretched in front parallel with flexed feet – hands on thighs. Face the diagonal or wall in order for the examiner to see use of the spine.

Introduction

1-2

Hold the position

1-4

Articulate the feet to a full stretch

5-8

Articulate the feet back to a flexed position

9-32

Repeat the above 3 more times

1

Bend knees (not too abruptly) into a curved spine with arms around knees and head tucked in

2-3-4

Hold this position

5-8

Slowly straighten spine upwards maintaining knee and arm positions

9-32

Repeat the spinal stretch 3 more times

This exercise should be demonstrated with the emphasis on resistance in foot articulation

Encourage the lengthening of the spine and the awareness of the abdominal muscles with regards to posture.

Use of theraband, ribbons, scarves etc. to help with foot articulation may be used for class purposes but not in the exam.

MUSIC SECTION 4/4 (CD TRACK 4-EXAMPLE)

CLAPPING AND MOVING TO A 4/4.

Stand erect with feet in parallel position.

Teachers have a choice of showing either A or B of the music section – not both.

A

4 bars Students begin clapping a 4/4 (count 1 is strong, counts 2-3-4 are soft)

4 bars Pianist will join in

8 bars Students will then march to the music

or

B

4 bars Pianist will begin playing

4 bars Students will join in clapping (count 1 is strong, counts 2-3-4 are soft)

8 bars Students will then march to the music

Teachers should use many different pieces of music with varied tempi & imaginative ideas. This should not be presented as a rehearsed item in the exam. Hands held in front, knees to touch hands or hold a ball, ribbon, etc – for class purposes knees to touch props when lifted. The marches may be on the spot or travelling. Students should show marches with lifted knees and pointed toes with a poised body and eye focus. Accent down on the beat.

PRELIMINARY EXERCISE

Unless arms are specified, hands are to be on the hips or holding skirt

1) DEMI PLIES 6/8 (CD TRACK 5)

2 counts = 1 bar

Commence in natural 1st, girls holding skirts, boys with hands on hips

Introduction

1-4 *Hold the position*

1-6 3 Demi-pliés

7 Girls - Lift right arm to the lyre position with head and eyes following hand
Boys - Open right arm to corner 1 with palm upwards - head and eyes turn to corner 1

8 Girls - Lower arm and pick up skirt - head returns to the front.

Boys - Return hand to hip - head returns to the front.

1-8 Repeat all using the left arm.

Students should take all 3 beats to come up from the plié using one full bar for the Demi-plié. Eye line - lifted arm should be slightly to the diagonal with lifted poise and eye focus to the hand and return to the front as the arm lowers. Encourage the student to lengthen the body upwards while opening the knees outwards. Make diamonds and windows.

2) RISES 3/4 (CD TRACK 6)

Commence with feet in parallel position.

Introduction: 2 bars use the introduction to prepare the arms

- 1-2 Rise and lower heels
- 3-4 Rise and lower heels
- 5-6 Rise and patter around in a full turn
- 7 Hold the rise
- 8 Lower heels
- 1-8 Repeat all

This exercise should feel as if the ankles, knees and thighs are zipped up with the weight over the balls of the feet when lowering the heels - feel the nose over the toes. * Angels – hands palms together, Rockets, pencils, skyscrapers – hands together above the head Hands on shoulders or hips or hold skirt. Spot is not required but children should not be stopped from spotting if they do so naturally.

3) WALKS ON DEMI POINTE 2/4 (CD TRACK 7)

Commence with feet parallel.

Introduction

- 1-3 *Hold the position*
- 4 *Rise in parallel*

Walks on demi pointe with stretched knees

Teachers may choreograph using their own ideas.

E.g. - 12 poodle walks and a wag of tail, 13,14,15,16

Knees should be well pulled up with good poise in the upper body. Poodles, tightrope walkers, picking apples, etc.

4) BATTEMENTS TENDUS 2/4 (CD TRACK 8)

1 count = 1 bar

Commence with feet parallel

Introduction

- 1-4 *Hold the position-girls to hold skirts, boys hands on hips*
- 1-2 *Tendu right foot to parallel devant with articulation through the ball of foot to toe*
- 3-4 *Close with articulation through the ball of foot to parallel*
- 5-16 *Repeat 3 more times with alternate feet*

Work towards the articulated tendu with pressure through the floor. Painting stripes on the floor, feel like sweeping/polishing floor, tie puppet string on ceiling to keep tall.

PORT DE BRAS

Exercises 1 and 2 may be done sitting, standing or moving around as set by the teacher

1) HAND MOVEMENTS WITH EYE FOCUS 2/4 (CD TRACK 9 AND 10)

Teachers to choreograph these exercises and choose one hand movement to show in the exam

Music 1 Catch then look – E.g. catch a butterfly in softly clasped hands and look inside hands

Music 2 Look then catch – E.g. look in the sky for stars, catch one and put it in a basket

Exercises for long finger and thumb (this exercise is to develop articulation of fingers and thumbs)

May be done sitting cross legged, sitting on knees, moving or standing in a natural 1st. All movements should be designed to encourage eye and hand co-ordination. Teachers are encouraged to use as many different pieces of music as possible for these. Butterflies, fairies, etc.

2) SUPPLENESS OF FINGERS AND WRISTS 4/4 & 2/4 (CD TRACK 11 AND 12)

Teachers to choreograph using imaginative ideas

This exercise is for flexibility of finger and wrist joints. May include mime: raindrops, flowers, witches spells, etc.

3A) ARM MOVEMENTS – GIRLS 6/8 (CD TRACK 13)

Commence either sitting cross-legged or on knees with hands resting on knees or standing in a natural 1st with arms either in 5th en bas or relaxed by sides

Introduction

1-2 *Hold the position*

1-6 Lift right arm in front and lower in front-arm waves

7-12 Repeat with left arm

1-6 Repeat with both arms in front

7-12 Lift with both arms to the side and lower

1-24 Repeat all

Emphasize the softness of elbows and wrists with the use of eye focus. Butterflies or fairies on finger tips, swan arms, etc.

3B) ARM MOVEMENTS – BOYS 3/8 (CD TRACK 14)

Commence with feet in natural 1st, hands on hips with fingers forward

Introduction

1-6 *Hold the position*

1-3 Open right arm to corner 1, palm upwards, head to follow line of arm

4-6 Return right hand to hip, head to front

1-6 Repeat to the left side

1-12 Repeat right and left again

Presenting a diamond in the hand. Emphasize the breadth of movement.

ALLEGRO

NOTE: A FINISHING POSE SHOULD BE ENCOURAGED FOR EXERCISES 2, 3, 4, & 5

1) SAUTES 2/4 (CD TRACK 15)

2 counts=1 bar

This exercise may be shown in either a parallel position (as in Rises) or a natural 1st position

Introduction

1-8 *Hold the position*

1 Plié

&2 Sauté and land in plié

3-4 Stretch knees and hold

5-16 Repeat 3 more times

Students show the exercise 4 times. There is enough music for two groups. Emphasize the use of the Demi-plié and work for fully stretched feet and legs in the air. Jump to look for presents on a top shelf, bouncy springs, Jack-in-the-Box, etc.

2) SKIPS 6/8 (CD TRACK 16)

Commence parallel

Skipping with lifted knees and pointed toes – pattern is at teachers' discretion but should have a clear beginning and ending

Aim for lifted knees and pointed toes.

Teachers should choose from CD Tracks 17, 18, or 19 for exercises 3, 4A or 4B Galops (3) must be shown in the exam. Galops start with a hop from 1st or tendu. Teachers will choose either 4A or 4B to show in the exam

3) SIDEWAYS GALOPS 6/8

This exercise may be shown in either a parallel position (as in Rises) or a natural 1st position

Natural sideways galops – pattern is at teachers' discretion but should be simple

Aim for a lift in the air with the feet connecting and fully stretched.

4A) PONY CANTERS 3/4

Commence parallel

Pony canters – pattern is at teachers' discretion but should be simple

Pony canters are a parallel pas de chat. Aim for lifted knees and pointed toes

4B) PONY TROTS 2/4

Commence parallel

Pony trots – pattern is at teachers' discretion but should be simple

Pony trots are a jump from one foot to the other- a precursor to petite jeté.

Aim for lifted knees and pointed toes

5) BALLET BOURREES 3/4 USE TRACK 20

Parallel Ballet bourrées – at teachers' discretion but with a clear beginning and ending
Aim for quick light runs on the balls of the feet without shuffling. Imaginative use of scarves, ribbons, flags etc. fairies, butterflies, airplanes, etc.

IMPROVISATION

Teachers must use different music each lesson to encourage the students to be creative.
In the examination, the examiner provides the music.
To be shown in groups of two, and two pieces of music per group.

DANCES - 1 DANCE TO BE SHOWN IN THE EXAM, TEACHERS' CHOICE.

PROPS MAY BE USED. THIS WILL BE SHOWN IN GROUPS OF 2 OR 3.

1) PLAYING 6/8 (CD TRACK 21)

Stand in natural 1st position

- 1-4 Step to side on right, close 1st – step to side on right – point left in front (slightly croisé)
- 5-8 Repeat to the other side
- 1-3 Run forward towards wall 5
- 4 Finish in either parallel or natural 1st in a plié
- 5-6 Jump to face corner 2 and hold
- 7-8 Jump to face corner 1 and hold
- 1-8 Skip around to the right side to finish in starting position in either parallel or natural 1st
- 1-8 Turn on spot with imaginative use of prop and finish in own pose

2) FRIENDS 3/4 (CD TRACK 22)

Stand with a partner holding inside hands facing slightly towards partner

- 1-2 Demi-plié and stretch while looking at partner
- 3-4 Tendu outside foot to corner in écarté line, lift outside arm to lyre position and close
- 5-8 Repeat all – finish with partners holding 2 hands facing each other
- 1-4 4 Sways – to wall 5, wall 7, wall 5, wall 7
- 5-8 Ballet runs around each other to finish on the opposite side ready for repeat
- 1-16 Repeat all on the other side

3) GOING RIDING 6/8 (CD TRACK 23)

Stand at corner 3 facing corner 1 – feet parallel – this dance travels from 3 to 1

- 1-4 4 Marches
- 5-8 4 Pony Canters finishing with feet parallel together
- 1-4 4 Jumps in parallel with a hold to each corner – 4,3,2,1
- 5-8 Run backwards, pulling horse to repeat in the same way
- 1-16 Repeat all to the same side

BOB CURTSEY OR BOW 4/4 (CD TRACK 24)

GIRLS Stand in 1st position

- 1 Slide right foot behind to the ball of the foot to finish at the back of the left heel
(*optional to do a tendu*)
- 2 Fondu into the Curtsey
- 3 Straighten supporting knee
- 4 Close in 1st position
- 5-8 Repeat on the other side

BOYS Any simple bow (*at the teachers' discretion*)

STANDARD 1

MUSIC: CECCHETTI USA CD PRIMARY-GRADE 1

AGES 6-7 MAXIMUM AGE 9-GIRLS TO WEAR CHIFFON SKIRTS FULL ENOUGH TO HOLD IN
DEMI-SECONDE

Each exercise that has been taught in the previous level must continue to build in strength and placement. At this level, the teacher should emphasize the students' own corners and relate them to the students' own square around them, not the corners of the room, when teaching the use of the head and eye line.

ENTERING THE ROOM 3/4 - AS IN PRIMARY: RUNNING IN (CD TRACK 25)

WARM UP EXERCISES - CHOREOGRAPH STUDENTS DESCENT TO THE FLOOR

1) FOOT ARTICULATION 4/4 (CD TRACK 26)

Commence facing the corner, sitting on floor with legs stretched in front with flexed feet, hands on thighs. The students may sit in a pattern rather than all facing the front, but ensure all are clearly seen.

Introduction

- 1-4 *Hold the position*
- 1-4 Articulate both feet to a full stretch
- 5-8 Articulate both feet to a flexed position
- 9-16 Repeat the above
- 1-8 Repeat the exercise with the right foot only
- 9-16 Repeat with the left foot only

This exercise should be used to further increase awareness of the foot articulation learned in Primary with the introduction of the ability to use one foot independently of the other.

2) HAMSTRINGS & SPINAL STRETCH 4/4 (CD TRACK 27) (TO BE SHOWN IN PAIRS)

Commence as in No. 1 - Flexed feet

Introduction

- 1-4 *Hold the position*
- 1-4 Walk fingers down the legs to a full stretch
- 5-8 Hold the stretch and then point the toes
- 9-12 Recover to a straight back, taking the arms up to 5th en haute, opening to seconde and back to rest hands on thighs
- 13-16 Repeat counts 1-4 and hold
Recover after the music

Once again this exercise should progress from Primary with an increased awareness of the lengthening of the spine now combined with a stretch of the hamstrings in a forward movement. Insy Winsy Spider down the legs, etc.

3) EXERCISE FOR TURNOUT 6/8 (CD TRACK 28)

2 counts = 1 bar

Commence sitting on the floor, knees together bent up, feet flat on floor, hands placed at teachers' discretion

Introduction

1-2 *Hold the position*

1-4 Fully extend legs to the front with pointed feet

5-6 Rotate legs out

7-8 Rotate legs in (*back to parallel*)

9-12 Repeat counts 5-8

13-16 Draw legs up to beginning position

1-16 Repeat all

This exercise should be taught with the emphasis on the rotation of the leg from the hips while maintaining body placement. Toes to feel like 'turning a key in a door'

MUSIC SECTION 3/4 (CD TRACKS 29-30)

Teachers have a choice of showing either A or B of the music section – not both. Teachers are encouraged to use many different choices in music for class purposes. When moving freely students should show the rhythm of a 3/4

Clapping and moving to a slow or quick 3/4.

Stand erect with feet in parallel position as per notes in Primary

A)

4 bars Students begin clapping a 3/4 (*count 1 is strong, counts 2 & 3 are soft*)

4 bars Pianist will join in

8 bars Students will then move freely to the music-movement must relate to the 3/4 timing e.g. sways, triplets etc.

or

B)

4 bars Pianist will begin playing Students listen for the '1st beat of the bar' for timing.

4 bars Students will join in clapping (*count 1 is strong, counts 2 & 3 are soft, 2 students clap then next 2*)

8 bars Students will then move freely to the music (*all move together*)

PRELIMINARY EXERCISES

Use the preparation to pick up and hold the skirt where applicable

1) DEMI PLIES 3/4 (CD TRACK 31)

1 count = 1 bar

Commence with feet in a natural 1st position

Introduction

1-2 *Hold the position*

3-4 *Tendu right foot to 2nd, lower heel in 2nd*

1-6 3 Demi-pliés in 2nd position

7 Tendu right foot

8 Close in 1st position

1-6 3 Demi-pliés in 1st position

7-8 Lower arms to 5th en bas and hold

Girls hold skirts, Boys hands on hips. 2nd positions to show the shape of a house with the thighs as the roof and the lower legs as the walls with the spine as the chimney or 3 ropes - 2 to pull the knees out & upwards 1 to pull the spine. As per notes in Primary with the inclusion of Demi-pliés in 2nd position.

Students should work to the other side as a separate exercise. Shown on both sides in the exam.

2) BATTEMENTS TENDUS 2/4 (CD TRACK 32)

Commence with feet in a natural 1st position. Girls hold skirt or demi 2nd,

Boys hands on hips

Introduction

1-4 *Hold the position*

1-2 Articulated tendu devant

3-4 Close to 1st position with articulation

5-16 Repeat the above 3 more times with alternate feet

1-16 Repeat all with the tendu to 2nd position

Tendus should now be shown with stronger use of articulation and use of turnout (*still within the students own limitations*) not forgetting the importance of equal use of turnout in the supporting leg as well as working leg.

3) PREPARATION FOR SPRING POINTS OR SPRING HEELS

6/8 (CD TRACK 33)

2 counts = 1 bar

Commence with feet in a natural 1st position. Hand placement teacher's choice

Introduction

- 1-4 *Hold the position*
- 1-2 Demi-plié
- 3,4& Tendu right foot maintaining a fondu on the left leg (*lift on "and"*)
- 5&6& Two taps with a fully stretched right foot (*physical accent up on "and"*)
- 7-8 Return to 1st position coordinating legs to full stretch
- 9-16 Repeat all to the left side
- 1-16 Repeat all

Brush the tendu like the letter 'i' with the taps putting the dots on or tapping on a fairy's door during the 2 taps. Spring heels to be shown as a separate exercise. Teacher's choice of front or side for spring heels. Purpose is to teach the positions of both feet in spring points/heels with the weight over the supporting leg and maintaining turnout in a fondu position.

4) PARALLEL BALANCE TO INTRODUCE TRANSFER OF WEIGHT

2/4 (CD TRACK 34)

Commence with feet parallel - hands on hips with elbows opened out to the sides (*not behind the body*). The arms may also be placed on the shoulders or held palms together.

Introduction

- 1-4 *Hold the position*
- 1-4 Articulate the right foot up to the toe and back to flat (*toe stays touching the floor*)
- 5-8 Repeat with the other foot
- 1 Lift the right foot with a pointed toe to the side of the left knee
- 2-3 Hold
- 4 Lower down to a parallel position
- 5-8 Repeat the last 4 counts on the other side
- 1-16 Repeat the whole exercise

Purpose is to teach balance emphasizing the lengthening of the spine during the transfer of weight with consideration to maintaining the best possible hip alignment. The feeling should be that of being a stork or a flamingo, the feeling of pulling up your pants/ tights during the parallel retiré balance. Hand placement teacher's choice.

PORT DE BRAS

1) ARM RIPPLES AND WAVES FOR GIRLS 3/4 (CD TRACK 35)

Commence sitting on the floor as desired, fingers touching the floor at the sides or standing in a natural 1st position

Introduction

- 1-2 *Hold the position*
- 3-4 *Lift the arms to the lyre position through 2nd*
& *Pass through 5th en haut and lower to touch heel of palms together*
- 1-3 3 Hand ripples from wrists through to the finger tips
- 4 Sweep arms down and open to 2nd position (*palms facing the floor*)
- 5-7 3 Arm waves lifting the 3rd wave to the lyre position (*waves should be no higher than the shoulders*)
- 8 Hold
- 1-16 Repeat all (*finishing up*)
Close arms after the music

The aim of this exercise is to encourage the use of the arms from the center of the spine and to teach the fluidity of movement and the awareness of the arms from the shoulders through to the finger tips, emphasizing the use of eye focus on hands using imaginative ideas.

2) ARM MOVEMENTS FOR BOYS 3/8 (CD TRACK 36)

Commence facing corner 1 in 1st position, hands on hips

Introduction

- 1-6 *Hold the position*
- 1-3 Open right arm to an open 5th en avant with the palm facing upwards
- 4-6 Repeat with the left arm
- 1-5 Walk towards corner 1 holding the arm line (*start w/upstage leg - 5 steps*)
- 6 Close in 1st position turning to face corner 2, return hands to hips
- 1-24 Repeat to the other side

Purpose is to teach the awareness of strength and breadth of movement in the upper body.

ADAGE

1) ARABESQUES 3/4 (CD TRACK 37)

Commence in 1st position facing the front.

Introduction

- 1-2 *Hold the position*
- 3-4 *Tendu right foot to 2nd, arms sway to the left*
- 1-2 Sway to the right pointing the left foot in 2nd position - arms sway to the right
- 3-4 Sway to the left pointing the right foot in 2nd position - arms sway to the left
- 5-6 Run to corner 1 lifting arms to 3rd arabesque holding a rise in 1st position
- 7-8 Hold the arm line while lowering the heels in 1st position
- 9-16 Repeat all to the other side

This exercise may be taught with the use of ribbons, scarves etc. to help the student achieve the correct distance of the arms in 3rd arabesque (*scarf not used in exam*). The sway is through a soft Demi-plié. The arms sway from side to side no higher than tutu height. Reaching for the stars in arabesque position

ALLEGRO

1) SAUTES 2/4 (CD TRACK 38)

Stand in 1st position, Hand placement teacher's choice skirts, hips, or shoulders

Introduction

- 1-4 *Hold the position*
- 1-2 Demi-plié and stretch
- 3-4 Demi-plié and stretch
- 5 Demi-plié
- 6-7 2 Sautés in 1st position
- 8 Stretch knees
- 1-8 Repeat all

Emphasize the importance of the Demi-plié with the lengthening of the spine and maintaining body posture during sautés.

2) ECHAPPES SAUTES 2/4 (CD TRACK 39)

Stand in 1st position

Introduction

- 1-2 *Hold the position*
- 3-4 *Demi-plié*
- 1-2 Echappé sauté to 2nd and return to 1st position
- 3-4 Stretch knees and plié
- 5-12 Repeat 2 more times
- 13-16 2 Echappés sautés

Aim to achieve the correct placement as worked on in the plié exercise

3) SPRING POINTS OR SPRING HEELS 6/8 (CD TRACK 40)

Shown to the front

Stand in 1st position, hands relaxed by the sides.

Introduction

1-2 *Hold the position*

3-4 *Prepare hands for claps*

1 1 Clap with the hands held to the right side, head inclined to the right

2-4 Repeat clap and head to the left, right, left

5-7 Carry arms for placement for Spring Points (*teachers' choice*)

8 Demi-plié

1-4 4 Spring Points with right, left, right, left

5-8 Slowly close into 1st with straight knees (*as in the preparatory exercise*) and prepare arms for a repeat

1-16 Repeat the whole exercise

Purpose is to teach the ability to transfer the weight from one foot to the other while maintaining body posture. The clapping introduces the natural use of the head from side to side with enjoyment during the claps but without disturbing the body posture. Simple arms are to be used during spring points - E.g. hips/skirts or behind back.

Note – Exercises 4 & 5 should be taught but only 1 to be shown in the exam (*Examiner's choice*)

4) SWAYS WITH TRANSFER OF WEIGHT 3/4 (CD TRACK 41)

Stand in 1st position

Introduction

1-2 *Hold the position*

3-4 *Tendu right foot to 2nd and prepare arms (teachers' choice but simple arms)*

1 Sway to the right, tendu left

2 Sway to the left, tendu right

3-4 Step galop sideways to the right, step and transfer weight onto right foot pointing left to 2nd (*circle arms*)

5-8 Repeat to the other side

1-8 Repeat the whole exercise

The sways should show a Demi-plié through 2nd position. Purpose is to further the ability to transfer weight from one foot to the other but this time introducing the ability to travel. The use of ribbons, scarves, flags etc. may be used to assist with freedom of movement. The feeling of the galop should be light – like a hiccup

5) GALOPS 3/4 (CD TRACK 42)

Stand in 1st position

Introduction

- 1-2 *Hold the position*
- 3-4 *Tendu right foot to 2nd and prepare arms (teachers' choice)*
- 1-2 Sway to the right with tendu left
- 3-4 Sway to the left with tendu right
- 5-6 2 Sideways galops to the right
- 7-8 Recover onto the right foot, left foot pointing to 2nd
- 1-8 Repeat to the other side

This exercise is taken with 2 galops to further encourage the use of movement and travel. Galop begins with a hop. No props to be used, instead simple arms to be used during this exercise E.g. hips, skirts or behind the back.

6) PREPARATION FOR POLKAS 6/8 (CD TRACK 43)

This step is taken in a circle
Commence with the feet in 1st position

Introduction

- 1-2 *Hold the position*
- 3-4 *Tendu right foot devant and carry arms to demi 2nd to behind the back*
- 1-4 4 Galops forwards changing to the left foot on the last galop
- 5-8 4 Galops forwards changing to the right foot on the last galop
- 9-16 2 Galops, changing feet through the 2nd galop-four times (*natural polkas*)
Repeat the first 12 counts then a small run and finish in own pose

As the name suggests this step is to introduce the student to the polka movement while encouraging travel and the use of the space. Begin galops with a hop.

7) WALKS AND BOURREES ON DEMI POINTE 2/4 (CD TRACK 44)

This to be the teachers own composition and may include mime and props. To continue with the movements learned in Primary but in some form of combination. Both walks and bourrées should be shown. Bourrees move forward as a run. Example: 8 counts of walks on demi-point and 8 counts of bourrées

IMPROVISATION

As in Primary

**DANCES - 1 DANCE TO BE SHOWN IN THE EXAM, TEACHERS' CHOICE.
PROPS MAY BE USED. THIS WILL BE SHOWN IN GROUPS OF 2 OR 3.**

- 1) SIGHTSEEING 2/4 (CD TRACK 45)**
Commence facing 5 in 1st position, hands behind back

Introduction

- 1-4 *Use the introduction to enter*
1-2 2 Spring Points with the right foot to corner 1
3-4 2 Spring Points with the left foot to corner 2
5-6 2 Spring Points with the right foot to corner 1, pointing the right finger corner 1
7-8 2 Spring Points with the left foot to corner 2, pointing the left finger corner 2
1-4 2 Polkas forwards towards corner 2, hands behind the back
5-8 Run towards corner 2 and stand in 1st facing 5
1-4 2 Echappé Sautés
5-8 Sway to the right, hold, then sway to the left, hold
1-4 4 Galops to the right
5-8 Take a finish pose and hold
Free use of arms unless otherwise stated

- 2) OOM PAH PAH 3/4 (CD TRACK 47)**
Stand with parallel feet holding a scarf in right hand in front with left hand on the left hip

Introduction

- 1-4 *Hold the position*
1-2 Swing right arm to the right then left with a bobbing movement for each side
(*in a figure 8*)
3-4 Rise and patter turn around passing 8,7 & 6 - finish to 5 and change hands
5-8 Repeat to the other side
1-2 Sway to the right, carry scarf to the right, then sway to the left, carry scarf across the body to the left
3-4 Galop to the right then transfer weight onto the right, carry scarf in a circle motion
5-6 Run forward to 5 and balance in a parallel rise lifting scarf up high in 2 hands
7-8 Run backward to 7 lowering scarf and lower heels in parallel position
1-16 Repeat all starting to the other side and finishes with a presentation of the scarf

The runs forward and backward may be taken either to walls 5 & 7 or en diagonale traveling firstly towards corners 1 & 3 then to corners 2 & 4.

3) UMBRELLA DANCE 6/8 (CD TRACK 48)

Stand in parallel position facing 5. Teachers may choose to use an umbrella during this dance. Free use of arms, props may be used

Introduction

1-2 *Hold the position*

3-4 *Rise*

1-3 3 Walks forward on demi pointe, right, left, right

4 Step down on left foot in a fondu in a turned out position

5-8 Toe, heel, toe, hold with the right foot to 2nd position (*left leg remains on a fondu, right foot is stretched*)

1-4 Step to the right and cross the left foot (*on ball of foot or full stretch*) in front and hold

5-8 Step to the left and cross the right foot (*on ball of foot or full stretch*) in front and hold

1-4 Turn around passing walls 8 and finish to wall 5 parallel in a Demi-plié

5-8 3 Small parallel sautés and hold

1-8 *Skip around in a small circle (*on the spot passing wall 8 and finish on a rise in parallel position*)

Repeat all starting on the other side

* *Marches may be used instead of skips*

BOB CURTSEY OR BOW 3/4 (CD TRACK 49)

GIRLS Stand in 1st position

1&a Slide right foot behind to the ball of the foot to finish at the back of the left heel, fondu into the curtsy

2&a Straighten supporting knee and close in 1st position

3&a Slide left foot behind to the ball of the foot to finish at the back of the right heel, fondu into the curtsy

4&a Straighten supporting knee and close in 1st position

BOYS Any simple bow (at the teachers' discretion)

STANDARD 2

MUSIC: CHILDRENS CLASSES VOLUME ONE BY ROSS ALLEY

EXERCICES A LA BARRE

1) PLIES

6/8 (CD TRACK 37)

Sideways to the barre, 1st position, arms en bas

No Introduction Place hand on the barre without music

1-6 3 Demi-pliés in 2nd

7-8 Tendu and close in 1st

1-8 Repeat in first

1-16 Repeat in 3rd devant and derrière, closing final tendu into 1st position

2) BATTEMENTS TENDUS 2/4 (CD TRACK 38)

Face the barre in first position

Introduction Place hands on the barre

1-4 Tendu right foot devant, hold, hold, close 1st

1-4 Repeat to the side

1-4 Repeat to the back

1-4 Demi-plié (2 counts down and 2 counts up) and straighten. Repeat all on other side

3) RETIRE 3/4 (CD TRACK 39)

Facing the barre in first position

Introduction Place hands on the barre

1-16 8 Retiré alternating feet, one bar up and one bar down

**Student should show top of the retiré on the first count of the bar
(start up on 2,3)**

4) PREPARATION FOR SAUTE 6/8 (CD TRACK 40)

Facing the barre in first position

Introduction Place hands on the barre

1-2 Demi-plié and press up firmly to $\frac{3}{4}$ pointe

3-4 Demi-plié and straighten the knees

5-13 Repeat all 3 times

There is enough music for two groups.

CENTER PRACTICE

1) PORT DE BRAS 3/4 (CD TRACK 41)

Face front, 3rd position

First port de bras facing en face with use of the head, 4 times

Focus should look into hands on 5th en avant, the head goes through an erect position and then inclines as the arms open, keep the head inclined as arms close. Timing- arms arrive en avant on 1, and take 2, 3 to open the arms to 2nd and close on 4.

2) CHASSE 6/8 (CD TRACK 43)

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

Demi-plié, chassé to 2nd, tendu, close 1st. Repeat twice more in the same direction, opening arms to demi-seconde each time; then raise arms sideways to lyre position (boys to a strong V) and lower. Repeat all in the other direction.

ADAGE

1) ARABESQUE 3/8 (CD TRACK 44)

Face corner 1 feet in 3rd

1-8 Walk-stepping right then left then step to 3rd arabesque taking arms through 5th en avant, hold counts 5, 6,7, and close on 8

1-8 Repeat, this time lifting the leg en l'air instead of the hold in arabesque.

PIROUETTE

1) EXERCISE FOR USE OF THE HEAD 3/4 (CD TRACK 45)

Face front, 1st position

Turn head to the left then center, right then center; Rise in 1st placing hands on shoulders (1 bar) spin to the right, feet pattering in 1st position and showing use of the head (2 bars); lower heels to 1st position and arms to 5th en bas (1 bar). Repeat on the same side. There is extra music for this exercise-enough for two groups if there are enough students for two groups in the exam.

Repeat all in the opposite direction as a separate exercise.

ALLEGRO

SIMPLE ARMS AT TEACHERS DISCRETION UNLESS OTHERWISE STATED

1) SAUTE AND ECHAPPE RELEVÉ 2/4 (CD TRACK 46)

Face front, 1st position

1-8 4 Sautés in first position and 2 échappé relevés
There is extra music for this exercise-enough for two groups if there are enough students for two groups in the exam.

2) PAS DE CHAT 2/4 (CD TRACK 47)

Face front, feet 3rd, prepare arms to shoulders or hips

Introduction Hold the position, plié on the final count

1-2 Lift the back foot to the front of the knee on count 1, and step to a small second on 2 lifting the other foot to the front of the knee
3-4 Close to 3rd devant in a plié and deepen the plié on count 4
5-8 Repeat
1-2 One pas de chat
3-4 Straighten the knees
5-8 Tendu the back foot and close in plié in the front to start other side
Straighten after the music

3) SAUTE 2/4 (CD TRACK 48)

Face front, feet 3rd

Introduction Hold the position

1-2 Plié, changement
3-4 Slowly stretch
5-16 Repeat three times
There is extra music for this exercise-enough for two groups if there are enough students for two groups in the exam

4A) PETITS JETES 2/4 (CD TRACK 49)

Introduction Prepare to sur le cou de pied derrière

1-4 3 Petits jetés, temps levé
5-16 Repeat three times. On the 4th set land in first instead of the temps levé
Reversed separately

There is extra music for this exercise-enough for two groups if there are enough students for two groups in the exam

4B) BALLETTIC POLKA 2/4 (CD TRACK 50)

8 Balletic polkas (forward, sideways or both)

5) GALOPS 2/4 (CD TRACK 51)

Introduction

Feet in 1st

4 galops sideways to the right, 4 spring points with the left foot front, 8 coupés. Repeat all to the left ending with 7 coupés and spring into 1st position

6) FREE MOVEMENT 3/4 (CD TRACK 52)

Run for 2 bars, pause on a rise for 2 bars (boys hold a position); repeat, then run for 6 bars and pause; repeat all and end in a free position, individually or in groups

IMPROVISATION

MOVING FREELY TO MUSIC NOT PREVIOUSLY HEARD. THIS MAY INCLUDE MIME. THE PURPOSE OF THIS EXERCISE IS TO DEVELOP CREATIVITY, MUSICALITY, ARTISTRY, FREEDOM OF MOVEMENT AND COORDINATION

DANCE

SET BY THE TEACHER- A SHORT SOLO DANCE TO BE SHOWN IN GROUPS OF TWO OR THREE (1 MINUTE MAXIMUM)

BOW OR CURTSEY 3/4 (CD TRACK 53)

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.

STANDARD 3

MUSIC: CHILDRENS CLASSES VOLUME ONE BY ROSS ALLEY

EXERCICES A LA BARRE

1) PLIES 3/4 (CD TRACK 54)
Face front, feet in 5th position

Introduction Place hand on the barre, prepare to 2nd position

1-2 Demi-plié, stretch
3-4 Rise, lower
5-6 Demi-plié, stretch
7-8 Tendu and change position
To be shown in 2nd, 1st, 5th front and 5th back, closing the final tendu into 5th front.

2) BATTEMENTS TENDUS 2/4 (CD TRACK 55)
Face front, 5th position

Introduction Place hand on the barre

1-2 Tendu devant, close 5th (even timing)
3-4 Tendu to 2nd, close 5th
5-6 Tendu derrière, close 5th
7-8 Demi-plié, straighten
1-8 Reverse
1-16 Repeat

There is extra music for this exercise-enough for two groups if there are enough students for two groups in the exam or to use for class purposes

3) BATTEMENTS DEGAGES 6/8 (CD TRACK 56)
Face barre, feet in 1st position

Introduction Place hands on the barre and dégagé on count 4

1-2 2 piqués in 2nd
3 Close in first
4 Dégagé the other foot
5-8 Repeat
1-8 Repeat all but last time just finish in 1st

There is extra music for this exercise-enough for two groups if there are enough students for two groups in the exam or to use for class purposes

4A) GRANDS BATTEMENTS 3/4 (CD TRACK 57)
Face front, 5th position

Introduction Prepare arms through 5th en avant to 2nd

1 Grand battement to the 4th devant, lower to pointe tendue, close 5th devant
2-4 Repeat 3 times
1-4 Repeat to 2nd position
Leg should be no higher than 45 degrees

4B) GRANDS BATTEMENTS 3/4 (CD TRACK 57)
As a separate exercise- 8 grands battements to the back facing the barre

5) RONDS DE JAMBE A TERRE 3/4 (CD TRACK 58)
Face front, 1st position

Introduction Place hand on the barre
1-2 Tendu devant and close in 1st (arm remains en bas)
3-4 Tendu derrière and close in 1st (arm remains en bas)
5-8 Tendu to 4th devant lifting arm to 5th en avant and rond de jambe en dehors with continuous movement opening arm to 2nd. Close into 1st lowering arm to 5th en bas
1-8 Repeat all, starting to 4th derrière and taking the rond de jambe en dedans

6) PREPARATION FOR COUPE (CD TRACK 59)
(Uses music originally used for frappé)
Face barre, 5th position

Introduction Tendu devant
1 Demi-plié keeping the front leg in tendu devant
2 Relevé in 5th
3 Lift the back foot to sur le cou de pied derrière, lower the heel of the front foot
4 Tendu the inside leg to the back
5-8 Repeat in reverse
1-8 Repeat all

7) ADAGE A 6/8 (CD TRACK 60)
Face front, 5th position

Introduction Place hand on the barre
1-2 Retiré with front foot, raising arm to 5th en avant; close 5th derrière, opening arm to 2nd
3-4 Repeat retiré with same foot, closing 5th devant; hold arm in 2nd for retiré, lowering it to 5th en bas as foot closes in 5th
5-7 Développé devant, arm through 5th en avant into 2nd
8 Close in 5th, lowering arm to 5th en bas
9-16 Repeat all with développé to 2nd closing in the front
1-16 Repeat all

8) ADAGE B - PREPARATION FOR FOUETTE 6/8 (CD TRACK 61)

(ignore the announcement facing the barre)

Face front, 5th position

<i>Introduction</i>	<i>Both hands remain off the barre</i>
1-2	Lift arms to 5 th en avant, tendu to 2 nd position on count 2 carrying the arms to 2 nd and placing one on the barre
3-4	Fouetté to face the barre placing both hands on the barre
5	Draw the feet to a rise in 5 th
6-8	1/4 turn bourree (begin bouree on count 6) to face the other side bringing the arms to 5 th en avant and open arms to second, lower the feet to 5 th and both arms to en bas
1-16	Repeat on the other side
1-32	Repeat all

9) PREPARATION FOR RELEVÉ DEVANT AND DERRIERE 4/4 (CD TRACK 62)

Face the barre, 5th position

<i>Introduction</i>	<i>Place hands on the barre, plié on count 4</i>
1-4	Lift front leg to the front of the knee, hold, hold, close front in a plié (<i>no relevé</i>)
5-12	Repeat twice more
13-16	Repeat but closing the foot in the back
1-16	Repeat to the other side

Reverse as a separate exercise

To be done 1/2 time right leg then left. There is extra music but not enough for a complete second group so the music must be started over to begin second group or reverse unless you have a pianist.

EXERCICES AU MILIEU

1) PORT DE BRAS 6/8 (CD TRACK 63)

Face en face, feet in 5th, head inclined to front foot

1-12	3 rd port de bras (remaining en face) 3 times
13-16	Tendu the front foot, close to the back lifting the arms to the lyre position with 2 arm waves and returning to 5 th en bas

5th en haut on count 1 inclining the head to the back foot, passing through an erect position to incline toward the front on count 2, leave the head while opening the arms to second on count 3, and lower arms on count leaving the head. Boys do not use the arm waves but go to an open V.

ADAGE

1) ARABESQUE 6/8 (CD TRACK 64)

Face corner 1, feet in 5th effacé

Introduction

Hold the position

- 1-4 Chassé into arabesque à terre, arms demi seconde, hold and close
- 5-6 Chassé to 3rd arabesque à terre
- 7-8 Open the left arm to make 1st arabesque
- 1-2 Lift leg in 1st arabesque
- 3-4 Lower to à terre, close to 5th
- 5-8 Run in a small circle finishing in 5th facing corner 2 ready to begin 2nd side
- 1-16 Repeat all on second side finishing in a pose

In the first 4 counts- weight is transferred by count 2, hold count 3, close on count 4. In traveling from 3rd arabesque to 1st arabesque on counts 7 & 8 pass the arm through first position to arrive in 1st arabesque.

PIROUETTE

1) EXERCISE FOR THE HEAD 4/4 (CD TRACK 65)

Face front, feet in 5th position

Introduction

Hold the position and plié on count 4

- 1-3 Relevé in 5th and hold
- 4 Demi-plié
- 5-8 Repeat
- 9 Relevé in 5th
- 10-14 Bourrée sur place turning towards front foot without changing feet
- 15 Hold
- 16 Demi-plié
- 1-16 Repeat all turning the same way

There is extra music for this exercise-enough for two groups if there are enough students for two groups in the exam or to use for class purposes.

Boys As above but taken in 1st position and showing 2 turns instead of one

2) EXERCISE FOR TOUR EN L'AIR 2/4 (CD TRACK 66)

Face front, 1st position, arms en bas

- 1-2 Demi-plié, sauté in 1st making a 1/4 turn to the right, arms en bas
- 3-4 Straighten the knees
- 5-16 Repeat 3 times to complete turn to right
Repeat to the left as a separate exercise

There is extra music for this exercise-enough for two groups if there are enough students for two groups in the exam or to use for class purposes.

ALLEGRO

1) SAUTE 3/4 (CD TRACK 67)

Face front, 5th position

- 1 Echappé sauté to 2nd position
- 2 Jump, bringing right foot to cou de pied derrière
- 3 Spring to 5th

Repeat 7 times, alternating feet

There is extra music for this exercise-enough for two groups if there are enough students for two groups in the exam or to use for class purposes.

Reverse as a separate exercise

2) PAS DE CHAT 2/4 (CD TRACK 68)

Face front, feet in 5th, plié on count 4

- 1-4 Pas de chat, deepen the plié, stretch, plié
- 5-12 Repeat twice more
- 13-16 2 pas de chat de suite, 1 échappé sauté changing
- 1-16 Repeat to other side

3) GLISSADE DERRIERE AND DEVANT 3/4 (CD TRACK 69)

Face front, feet in 5th

- 1-4 Glissade, stretch, stretch, plié
- 5-12 Repeat twice more
- 13-16 Tendu the back foot to 2nd position and close in the front in plié
- 1-16 Repeat to other side

Reverse as a separate exercise

4) JETE 2/4 (CD TRACK 70)

Face front, feet in 5th

- 1-2 Jeté, temps levé
- 3-4 Jeté, temps levé
- 5-6 Jeté, temps levé
- 7-8 Coupé, Coupé
- 1-8 Repeat to other side
- 1-16 Repeat all last time finishing landing in 5th instead of the last coupé

Jeté must be shown with a brush, NOT petits jeté

Reverse as a separate exercise

5) BALANCE 3/4 (CD TRACK 71)

Face front, feet in 5th, tendu and place sur le cou-de-pied derrière

- 1-6 6 Balancés sideways and
- 7-8 Step bringing the other foot to a short tendu to prepare for the other side.
Repeat all to the second side
The head should move naturally in the direction of travel

6) AROUND THE ROOM 3/4 (CD TRACK 72)

Chassé temps levé sur la cou de pied derrière, AND, step brush temps levé in attitude devant. Teacher's should mix both in a pattern of their choice but with a clear beginning and ending.

IMPROVISATION

MOVING FREELY TO MUSIC NOT PREVIOUSLY HEARD. THIS MAY INCLUDE MIME. THE PURPOSE OF THIS EXERCISE IS TO DEVELOP CREATIVITY, MUSICALITY, ARTISTRY, FREEDOM OF MOVEMENT AND COORDINATION

DANCE

**SET BY THE TEACHER- A SHORT SOLO DANCE TO BE SHOWN IN GROUPS OF TWO OR THREE
(1 MINUTE MAXIMUM)**

BOW OR CURTSEY 3/4 (CD TRACK 73)

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.

STANDARD 4

MUSIC: CHILDRENS CLASSES VOLUME TWO BY ROSS ALLEY

BARRE

1) PLIÉS 6/8 (CD TRACK 1)

Face front, feet in 5th position

<i>Introduction</i>	<i>Place hand on the barre, prepare to 2nd position</i>
1-4	Grand plié, arm slightly to demi-seconde
5-6	Rise, lower
7-8	Tendu and change position
1-6	Repeat in 1 st position
7-8	Tendu and change to 5 th front
1-4	2 Demi-pliés
5-6	Rise, lower
7-8	Tendu and change to 5 th back
1-4	2 Demi-pliés
5-6	Rise, lower
7-8	Tendu and finish in 5 th front

2) BATTEMENTS TENDUS 2/4 (CD TRACK 2)

Face front, 5th position

<i>Introduction</i>	<i>Place hand on the barre</i>
1	Demi-plié
2	Tendu devant staying in the plié
3	Draw feet together on a rise
4	Hold the rise
5-8	Repeat to 2 nd
1-4	Repeat derrière
5-8	Repeat to 2 nd but with a demi-detourné turning toward the barre to the other side instead of the hold
1-32	Repeat all on second side

Count 1 should be a ¼ plié, deepening the plié as you do the tendu on count 2

3) BATTEMENTS DEGAGE 2/4 (CD TRACK 3)

Face front, 5th position

<i>Introduction</i>	<i>Place hand on the barre, prepare to second on “and”</i>
1-4	4 Dégagés closing in 1 st position
5-6	Dégagé closing in 5 th in the back, holding count 6
7-8	Dégagé closing in 5 th in the front, holding count 8
1-16	Repeat all

4) GRANDS BATTEMENTS 3/4 (CD TRACK 4)

Face front, 5th position

Introduction Open the arms through 5th en avant to 2nd position

1-3 3 Grands Battements to à la quatrième devant (lift, tendu, close)

4 Demi-plié with 1st port de bras

5-8 Repeat counts 1-4 to 2nd position

1-4 Repeat to the back

5-8 Repeat to 2nd

5) RONDS DE JAMBE 3/4 (CD TRACK 5)

Face front, 1st position

Introduction Open the arms through 5th en avant to 2nd position

1-4 Tendu to 4th devant, pass through 1st to 4th derrière, repeat

5-8 Passing through 1st and lowering the arm to en bas on “and”; 1 slow rond de jambe en dehors finishing in 1st carrying the arm to 5th en avant and then to seconde

1-8 Reverse all, starting to 4th derrière, with the rond de jambe en dedans

1-16 Repeat all

6) BATTEMENTS FRAPPES 3/4 (CD TRACK 6)

Face front, 5th position, arm en bas

Introduction Tendu to 2nd and place the foot on the ankle as for frappés

1-2 2 Battements frappés to 2nd

3-4 Flex the foot and stretch

5-8 Repeat

9-32 8 Petits Battements (accent out) finishing the 8th in on cou-de-pied and lift foot to stretched cou-de-pied to balance flat

7) ADAGE 2/4 (CD TRACK 7)

Face front, 5th position

Introduction Place the hand on the barre

1-4 Développé to 4th devant, close in 5th

5-8 With the same leg, développé derrière and close 5th

1-4 Développé to 2nd and lower to pointe tendue

5-6 Fouetté to face the barre

7-8 Lift in arabesque and hold

Close after the music

8) RELEVES 2/4 (CD TRACK 8)

Face the barre, 5th position

Introduction Place hands on the barre, plié on count 4

1-4 Relevé devant, hold, hold, close front in a plié

5-12 Repeat twice more

13-16 Repeat but closing the foot in the back

1-16 Repeat to the other side

Reverse separately

EXERCICES AU MILIEU

1) PORT DE BRAS 6/8 (CD TRACK 9)

Face croisé

Temps lié to croisé derrière, and close foot into 5th holding the arm line.
4th port de bras, twice; relevé in 5th, lifting the arms to 5th en haut,
Turn toward back foot to face en face again changing the other foot to the front.
Repeat all on second side

This temps lié begins with a plié, tendu front and then step on to a straight leg

2) TENDU 3/4 (CD TRACK 21)

Face en face

8 Tendus en arrière, 8 en avant

ADAGE

1) ARABESQUE 4/4 (CD TRACK 10)

Face corner 1, feet in 5th effacé

- 1-4 Plié, chassé, stretch up to 1st arabesque à terre, close in 5th
- 5-8 Plié, chassé, stretch up to 2nd arabesque à terre, close in 5th
- 1-3 Plié, chassé, stretch up to 3rd arabesque en l'air
- 4 Rise in 5th,
- 5-7 Bourrée turning toward front foot to corner 2 and chassé into 5th arabesque eyes over the hand
- 8 Stretch the supporting leg and change the head to an effacé
- 1-8 Repeat on the other side bringing the back leg through 1st on the plié

PIROUETTE

1) PREPARATION FOR PIROUETTE EN DEHORS 4/4 (CD TRACK 11)

Face front, feet in 5th

- 1-2 Relevé in 5th, plié-arms to 4th en avant
- 3-4 Relevé devant, close arms to pirouette position, plié
- 5-6 Relevé in 5th, plié-arms to 4th en avant
- 7-8 Relevé passé en arrière closing the arms to pirouette position
- 1-8 Repeat to the other side
- 1-2 Relevé in 5th, plié, arms to 4th en avant
- 3-4 Relevé devant with a half turn, closing arms to pirouette position
- 5-6 Relevé in 5th, plié, arms to 4th en avant
- 7-8 Relevé passé with a half turn to the right, close to 5th in the back
- 1-8 Repeat to the other side.

**2) EXERCISE FOR TOUR EN L’AIR (BOYS AND GIRLS)
2/2 HORNPIPE (CD TRACK 12)**

Face the front, 5th position, right foot front

- 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
- 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

1) CHANGEMENT 4/4 (CD TRACK 13)

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

- 1-2 3 Petits changements en face, arms en bas
- 3-4 Soussus to face corner 1, arms to presentation
- 5-8 Repeat, facing en face on the first changement
- 1-8 Repeat all

2) PAS DE BOURREES 2/4 (CD TRACK 14)

2 Pas de bourrées devant, soutenu and 4 de suite with usual Cecchetti arms
Reversed as a separate exercise, (*pas de bourrée derrière*)

There is extra music for this exercise-enough for two groups if there are enough students for two groups in the exam or to use for class purposes

3) ASSEMBLES (CD TRACK 15)

Face front, 5th position

3 assemblés soutenus dessus, and 2 assemblés de suite; temps levé lifting front foot, run in a small circle, ending with a step forward into 5th position on demi-pointe, facing 5 hold, demi-plié to repeat all, starting with the other foot, and ending in a position

4) SISSONNES 6/8 (CD TRACK 16)

En face

- &1 Sissonne, arms to presentation
- 2 Begin to stretch
- 3 Complete the stretch
- 4 Plié
- 5-8 Repeat
- 8-12 Repeat
- 13-16 Relevé in 5th, hold, plié, changement

5) TEMPS LEVES 3/4 (CD TRACK 17)

Face front, 5th position

- 1 Temps levé on back foot, chassé to 2nd position
- 2 Pas de bourrée dessous, with first port de bras finishing en face
- 3 Relevé in 5th position croisé, raising arms to 5th en haut (leaving the head inclined upstage)
- 4 Demi-plié in 5th, lowering arms through 2nd to 5th en bas, staying to the corner
- 5-16 Repeat 3 times, alternate sides, facing front on temps levé

There is extra music for this exercise-enough for two groups if there are enough students for two groups in the exam or to use for class purposes

CD Track 18 Not used in the exam (3/4)

Teachers Choice of Exercise 6 or 7

6) BALANCES 3/4 (GIRLS) (CD TRACK 19)

Start en face, tendu to seconde and place cou de pied

- 1-2 Balancé forward (écarté line) and back to corner
- 3-4 Step to second and bring left leg to cou de pied derrière
- 5-8 Repeat to other corner
- 1-4 4 Balancés de côté, traveling backwards
- 5-8 Run in a small circle to the right and take a pose

The balancé is taken sideways, moving on a diagonal as in an écarté line

7) AUTOUR DE LA SALLE 3/4 (CD TRACK 20)

In a circle

4 pas de basques traveling en avant, chassé temps levé in arabesque 4 times, repeat starting with the same foot

3/4 CD Track 21 Not used in the exam

8) BATTERIE 2/4 (CD TRACK 22)

Face front, 5th position right foot front

- 1-2 Echappé sauté to 2nd, sauté and beat right foot in front landing in 2nd
- 3-4 Sauté in 2nd and beat right foot front landing in 2nd
- 5-6 Sauté in 2nd and beat right foot in front landing in 2nd
- 7-8 Sauté in 2nd and beat right foot in front landing in 5th in the back
- 1-8 Repeat all to the left

IMPROVISATION

MOVING FREELY TO MUSIC NOT PREVIOUSLY HEARD. THIS MAY INCLUDE MIME. THE PURPOSE OF THIS EXERCISE IS TO DEVELOP CREATIVITY, MUSICALITY, ARTISTRY, FREEDOM OF MOVEMENT AND COORDINATION

DANCE

**SET BY THE TEACHER- A SHORT SOLO DANCE TO BE SHOWN IN GROUPS OF TWO OR THREE
(1 MINUTE MAXIMUM)**

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

STANDARD 5

MUSIC: CHILDRENS CLASSES VOLUME TWO BY ROSS ALLEY

EXERCICES A LA BARRE

1) PLIES 6/8 (CD TRACK 24)

Face front, 5th position.

Introduction Prepare foot to 2nd

1-8 2 Demi-pliés, 1 grand plié

1-8 Repeat in 1st

1-8 Repeat in 5th devant

& Open arm to 2nd

1-8 Forward bend with port de bras, lift to 5th en haut, rise and balance

2) BATTEMENTS TENDUS 2/4 (CD TRACK 25)

Face front 5th position

Introduction Prepare foot to 2nd

1-4 4 battements tendus to 2nd, with Cecchetti accent, closing back first

5 Close to 5th derrière on a demi-plié,

6 Tendu to 4th derrière straightening supporting leg

7 Close to 5th derrière on a demi-plié

8 Tendu to 2nd position, straightening supporting leg

1-8 Repeat all, reversing

3) BATTEMENTS DEGAGES 6/8 (CD TRACK 26)

Face front, 5th position

Introduction Place hand on the barre

1-2 Dégagé to the front and close in 5th with even timing

3-8 Repeat en croix

1-8 Repeat all

1-2 Dégagé to the front and close in 5th closing on count 1 and holding count 2 in 5th

3-8 Repeat en croix

1-8 Repeat closing in 5th on count 1 and holding count 2

4) GRANDS BATTEMENTS 4/4 (CD TRACK 27)

Face front, 5th position

Introduction Prepare arms to 2nd

4 Grands battements, with hold in the 5th position to 4th devant, seconde and 4th derrière, 5 retirés passes without hold, ending in a demi-plié 5th position and relevé devant and balance with the arms en avant.

5) RONDS DE JAMBE 4/4 (CD TRACK 28)

Face front 5th position

Introduction Demi-plié and extend foot to 4th devant, taking the arms to 5th en avant, demi-rond de jambe to 2nd straightening supporting knee and taking the arms to 2nd

1-8 8 Ronds de jambe en dehors

1-8 7 Ronds de jambe en dedans finishing in 5th position, arms 5th en bas

6) BATTEMENTS FRAPPES 2/4 (CD TRACK 29)

Face front, 5th position

Introduction Place hand on the barre and prepare foot

1-2 Frappé to 4th devant and hold count 2

3-4 Frappé to 2nd position and hold

5-8 Repeat to the back and to 2nd

1-24 Repeat 3 more times

7) PETITS BATTEMENTS 2/4 (CD TRACK 29)

Face the barre

Introduction Place hand on the barre and prepare foot

1-12 6 Petits battements closing back then front all even timing

13-16 Finish by bringing the foot to cou-de-pied devant and balance on the whole foot (*no rise*)

8) FONDUS 6/8 (CD TRACK 30)

Face front, feet in 5th, prepare arms to seconde

1-2 Fondu and stretch to 45 degrees to the 4th devant

3-4 Repeat to 2nd

5-6 Repeat derrière

7-8 Repeat to 2nd

1-2 Fouetté to face the barre

3-4 Change the leg to attitude

5-6 Balance on the whole foot, arms 5th en avant

7 Stretch to arabesque opening arms to seconde

8 Close in 5th

9) RELEVES 2/4 (CD TRACK 31)

Move slightly away from the barre, face front, 5th position

1-2 Echappé relevé changé to face corner

3-4 Soussus (croisé)

5-8 2 Relevés passés en arrière taken en face

1-8 Repeat to other side

1-16 Repeat all with relevés passés en avant

EXERCICES AU MILIEU

1) PORT DE BRAS 6/8 (CD TRACK 32)

Prepare arms to croisé attitude before the music begins.
2nd port de bras twice slowly (*2 counts for each position*) and then 4 at usual timing

2) BATTEMENTS TENDUS AND GRANDS BATTEMENTS 4/4 (CD TRACK 33)

Face front, 5th position

- 1 Tendu to 4th devant carrying arms to 5th en avant
- 2 Open the arms to 2nd position
- 3 Hold
- 4 Close to 5th holding the arm line
- 5-6 Grand battement to the front at 45 degrees closing on 5 and holding count 6
- 7-8 Repeat grand battement to the front closing and lowering the arms en bas on count 7, hold on 8
- 1-8 Repeat all to 2nd position
Repeat all to the other side
(The tendu is always on count 1, the accent on the grand battement is in and hold)

ADAGE

1) ARABESQUE 6/8 (CD TRACK 34)

Face corner 2, 5th position croisé

- 1-4 Développé into croisé devant and close to 5th
- 5-6 Chassé to 4th arabesque à terre
- 7-8 Change to 5th arabesque en l'air
- 1-4 Pull up into 5th on demi-pointe, arms to 5th en haut, step to 2nd on right foot en face, opening arms to 2nd, chassé to attitude croisé à terre facing corner 1
- 5-6 Raise leg to attitude
- 7-8 Extend arm and leg to 2nd arabesque, close 5th lowering arms to 5th en bas

PIROUETTE

1) PIROUETTES EN DEDANS 3/4 (CD TRACK 35)

Face croisé, 5th position

- & 1-3 Temps levé chassé, coupé chassé, coupé chassé, forward into pointe tendue derrière, straightening supporting leg, arms through 5th en avant or croisé derrière
- 4 Lunge, arms to 4th en avant
- 5 1 1/4 turns en dedans, arms to pirouette position
- 6 Close 5th devant
- 7 Relevé 5th arms to 5th en haut
- 8 Demi-plié
- 1-8 Repeat to the other corner

2) TOUR EN L'AIR-BOYS AND GIRLS 2/4 (CD TRACK 36)

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

- 1 Demi-plié
- 2 Soubresaut making ¼ turn to the right, do not leave head to wall 5
- 3-4 Straighten knees arms remain in 5th en bas
- 5-6 Demi-plié, preparing arms to 4th en avant, right arm forward, 3/4 tour en l'air to the right, landing left foot front, arms in pirouette position
- 7-8 Straighten knees lowering to 5th en bas
- 1-8 Repeat to the other side

3) PIROUETTE EN DEHORS 3/4 (CD TRACK 18)

Face front, 5th position, right foot front

- 1-2 Tendu to seconde, plié in 4th derrière
- 3-4 Relevé to the front of the knee, close in front
- 5-6 Tendu to seconde, plié in 4th derrière
- 7-8 Pirouette en dehors
- 1-8 Repeat to the other side

ALLEGRO

1) ECHAPPES SAUTE 2/4 (CD TRACK 37)

Face front, 5th position

1 Echappé sauté battu fermé soutenu, 2 de suite, repeat on other side
Repeat all (4 sets)

2) GLISSADES CHANGES 6/8 (CD TRACK 38)

Face front, 5th position, right foot front

3 Glissades changés to the right, assemblés dessus, relevé in 5th, hold, demi-plié changement.
Repeat to the other side

May be reversed, starting with the back foot as a separate exercise

3) SISSONNES 3/4 (CD TRACK 39)

Face the corner, 5th position, effacé

- 1 Sissonne en arrière, arms to 5th en avant
- 2 Tendu derrière taking arms en haut
- 3 Hold tendu, open arms to 2nd
- 4 Close 5th demi-plié, arms en bas
- 5-12 Repeat two more times
- 13 Sissonne en arrière, arms stay 5th en avant
- 14 Sauté in seconde, arms to seconde
- 15 Sauté in seconde
- 16 Sauté to 5th, close arms en bas

4) CHASSE TEMPS LEVE 3/4 (CD TRACK 40)

Face croisé, 5th position

Chassé temps levé in 2nd arabesque croisé, step back, step to 2nd.
Repeat; then posé, coupé, posé, close 5th derrière, arms optional. Relevé,
détourné, arms optional
Repeat starting to new corner

5) CHASSE TEMPS LEVE BALANCE 3/4 (CD TRACK 41)

To be shown diagonally, round the room, in patterns, or as a group

Chassé, temps levé in 1st arabesque, balancé en tournant, repeat. Then 4
traveling pas de basques. Repeat as desired, but last time dance 2 pas de
basques, and ending of own choice.

6) CHAINES (PETITS TOURS) 2/4 (CD TRACK 42)

En diagonale. Prepare foot to 4th position

3 Petits tours (6 steps); step and point other foot front to repeat in other
direction

7) BATTERIE (CD TRACK 43)

Optional to perform at the barre or in the center - teacher's choice.

- 1-4 4 Open changement ("Open" changement means to open legs slightly in the
air).
5-8 Entrechat quatre, relevé in 5th, demi-plié, changement. (Show the legs together
and feet drawn under in 5th on the changement).

IMPROVISATION

**MOVING FREELY TO MUSIC NOT PREVIOUSLY HEARD. THIS MAY INCLUDE
MIME. THE PURPOSE OF THIS EXERCISE IS TO DEVELOP CREATIVITY,
MUSICALITY, ARTISTRY, FREEDOM OF MOVEMENT AND COORDINATION**

DANCE

**SET BY THE TEACHER- A SHORT SOLO DANCE TO BE SHOWN IN GROUPS OF
TWO OR THREE
(1 MINUTE MAXIMUM)**

REVERENCE

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

STANDARD 6

MUSIC: CHILDRENS CLASSES VOLUME TWO BY ROSS ALLEY

BARRE

1) PLIES 2/4 (CD TRACK 45)

<i>Introduction</i>	<i>Face front, 5th position, prepare foot and arm to 2nd on introduction</i>
1-4	1 Grand plié in 2 nd position, with 1 st port de bras
5-6	Rise with optional arm
7-8	Lower heels and change to 1 st opening the arm to 2 nd
1-8	Repeat in 1 st , changing to 5 th devant
1-8	Repeat in 5 th , changing to 5 th back
1-8	Repeat in 5 th , changing to 5 th front to finish

2) BATTEMENTS TENDUS 2/4 (CD TRACK 46)

Face front, 5th position

<i>Introduction</i>	<i>Tendu to 2nd</i>
1-4	4 tendus to 2 nd with Cecchetti accent, closing 5 th derrière first
5-6	Close to 5 th derrière in a demi-plié and tendu the inside leg to 4 th devant straightening both legs
7-8	Close to 5 th position devant on a demi-plié and extend other leg to 2 nd , straightening both legs
1-8	Repeat all, reversing the exercise

3) BATTEMENTS DEGAGES 6/8 (CD TRACK 47)

Face front, 5th position

<i>Introduction</i>	<i>Dégagé to 2nd</i>
1-4	4 Dégagés to first position
&	Release foot to 4 th devant
5-7	Low battement balancé back, front back
8	Close 1 st
1-4	4 Dégagés to first position
5-6	Slow battement dégagé closing in demi-plié in the back
7-8	Slow battement dégagé closing in demi-plié in the front
1-16	Repeat without reversing

4) GRANDS BATTEMENTS 4/4 (CD TRACK 48)

Face front, 5th position

Introduction *Open arms through 5th en avant to 2nd position*
& 1 1 Grand battement to 4th devant closing in 5th front
& 2 1 Grand battement to 2nd closing in 5th back
& 3 1 Grand battement to 4th derrière closing in 5th back
& 1 Grand battement to 4th derrière
4 Pass through 1st to 4th devant
& Pass through 1st again to 4th derrière
1 Close 5th derrière
& 2 1 Grand battement to 2nd closing in 5th front
& 3 1 Grand battement to 4th devant closing in 5th front
& 1 Grand battement to 4th devant
4 Pass through 1st again to 4th derrière
& Pass through 1st again to 4th devant
1 Close in 5th devant
Repeat all, ending in arabesque

5) RONDS DE JAMBE 2/4 (CD TRACK 49)

Face front, 5th position

Introduction *Usual Cecchetti Preparation*
1-8 4 ronds de jambe en dehors
1-8 Demi-plié through 1st position and 1 slow grand rond de jambe on fondu to 4th derrière with full port de bras. Straighten supporting leg as foot passes through 1st to 4th devant leaving the arm in 2nd on count 8
1-16 Repeat en dedans ending in a low attitude derrière effacé en l'air

6) BATTEMENTS FRAPPES 2/4 (CD TRACK 50)

Face front, 5th position

Introduction *Tendu to 2nd*
1-2 Fondu to cou-de-pied devant, (relaxed instep) and frappé to 4th devant straightening supporting leg
3-4 Repeat to 2nd
5-6 Repeat to 4th in back
7-8 Repeat to 2nd
1-8 4 Single frappés to 2nd position and 4 doubles
1-16 Reverse the whole exercise

7) **PETITS BATTEMENTS 4/4 (CD TRACK 51)**

Face front, 5th position

Introduction *Dégagé to 2nd and place the foot sur le cou-de-pied devant*

& 1 Accented petits battements, back- front

2 Hold

& 3 Accented petits battements, back- front

4 Hold

& 5 Accented petits battements, back- front

6 Hold

& 7 Accented petits battements, front-back

8 Hold

1-8 Reverse

1-16 Repeat all

Rise, with foot cou-de-pied devant and balance with arms in 5th en avant after the music

8) **ADAGE 4/4 (CD TRACK 52)**

Face front, 5th position

Introduction *Place hand on the barre*

1-4 Développé to 4th devant, carry arm en avant

5-8 Grand rond de jambe en l'air, open the arm to seconde

1-4 Lower to pointe tendu and chassé through to 1st arabesque à terre

5-8 Dégagé en tournant, placing hand on barre and opening other arm to 2nd position, close in 5th position to repeat

9) **RELEVÉS 2/4 (CD TRACK 53)**

Move slightly away from the barre, 5th position croisé

1-2 Echappé relevé to 4th croisé, arms in croisé devant line

3-4 Echappé changé en face, open arms to seconde

5-8 2 Relevés passés en arrière, arms on bas

1-8 Repeat all

1-12 Relevé 5th and couru round in a circle to face original corner, arms 4th port de bras

13-16 Chassé into a position to finish

Boys-omit the relevé in 5th and walk in a circle with the port de bras of own choice, then chassé to finish

AU MILIEU

1) PORT DE BRAS 6/8 (CD TRACK 54)

Face corner 2, 5th position croisé, arms 5th en bas

- 1-2 Raise upstage arm through 2nd to 5th en haut, head following arm
- 3-4 Repeat with downstage arm
- 5-6 Open arms through 2nd and demi-plié
- 7-8 Chassé left foot to 4th derrière, lowering arms en bas, and tendu right foot in 4th devant, taking arms to arabesque, left arm forward and stretch supporting leg
- 1 Bring back arm through 1st to meet other arm in 5th en avant, on a fondu
- 2-4 Grand rond de jambe à terre on a fondu, turning to face 1 in 4th arabesque, right arm forward head slightly lowered
- 5-6 Pull up into relevé in 5th, bringing arm through 1st position into 3rd arabesque, head looking back over left shoulder
- 7 Take arms to 5th en haut, head inclined to right
- 8 Open arm through 2nd to 5th en bas, lowering heels, ready to repeat whole port de bras on other side

2) TENDUS 3/4 (CD TRACK 55)

5th position croisé

- 1-2 Tendu to croisé devant, close 5th position
- 3-4 Tendu to 4th devant, close 5th position
- 5-6 Tendu effacé close 5th position (*all tendus w/same foot, turning to face new direction on each tendu. Arms pass directly from one position to the next*)
- & 7-8 Rise with dégagé, in effacé, tombé forward, pas de bourrée dessous
Repeat all 3 times

ADAGE

1) DEVELOPPE 6/8 (CD TRACK 56)

5th position, effacé

- 1-4 Développé to effacé and close
- 5-8 Développé to écarté with back foot and close devant
- 1-4 Release back foot to cou-de-pied on a fondu and pas de bourrée dessous into a chassé and lift into attitude croisé en l'air facing new corner
- 5-6 Lower to pointe tendue à terre and rise in 5th position, holding attitude line of arms
- 7-8 Détourné and bourrée opening arms through 2nd and sweeping across with a chassé into 2nd arabesque à terre to finish facing same corner, close, ready to repeat on other side, final chasse into épaulé

PIROUETTES

1) EN DEHORS 4/4 (CD TRACK 57)

Face front 5th position. Right foot front

- 1-2 Battement tendu to 4th devant arms optional, close 5th
- 3-4 Battement tendu to 4th derrière, arms optional, close 5th.
- 5-6 Tendu front foot to 2nd, opening arms to 2nd and demi rond de jambe to 4th derrière, demi-plié, preparing arms for pirouette
- 7-8 Pirouette en dehors, close back
- 1-8 Repeat with other foot

Boys As above but omit demi rond de jambe and turn from 2nd

2) TOUR EN L'AIR (GIRLS) 3/4 (CD TRACK 58)

Face front, 5th position

- 1-2 Temps levé chassé, pas de bourrée to the right
- 3-4 Temps levé chassé, pas de bourrée to the left
- 5-6 2 Changements, preparing the arms to 4th position on second one
- 7-8 Tour en l'air, soutenu

2) TOUR EN L'AIR (BOYS) 3/4 (CD TRACK 58)

- 1-4 2 Echappés sautés closing with a beat,
- 5-6 2 Changements, preparing the arms to 4th position on second one
- 7-8 Tour en l'air, soutenu

ALLEGRO

1) SAUTE 3/4 (CD TRACK 59)

5th position, right foot front, en face

- 1,2,3 3 jétés dessus
 - 4 Coupé (*Step to 5th remaining in plié*)
 - 5 Assemblé under
 - 6 Changement
- Performed 4 times. Reversed separately
There is extra music that may be used for two groups or for class purposes

2) PAS DE BOURREES 4/4 (CD TRACK 60)

5th position, right foot front, en face

- 1-2 Pas de bourrée en avant in effacé
- 3-4 Pas de bourrée en arrière, in effacé
- 5-6 Pas de bourrée devant, en face
- 7-8 Relevé in 5th position en face, optional arms
- 1-8 Repeat all

3) TEMPS LEVE CHASSE 3/4 (CD TRACK 61)

Face croisé, 5th position

- 1-2 Temps levé en face, chassé à la seconde en face, pas de bourrée to 4th position croisé
- 3-4 Pirouette en dehors, close 5th croisé
- 5-8 Repeat to other side
- 1-16 Repeat 2 more times

4) SISSONNE 3/4 (CD TRACK 62)

5th position, effacé

- 1 Sissonne en avant, arms in 3rd arabesque
- 2 Sissonne en arrière, arms in 2nd
- 3 Sissonne en avant, arms in 3rd arabesque
- 4 Sauté in 5th to face 5, arms 5th en bas
- 5-6 2 Sissonnes dessus
- 7-8 Temps levé chassé coupé assemblé dessous
- 1-8 Repeat all on the other side

5) PREPARATION FOR GRAND JETE EN TOURNANT 3/4 (CD TRACK 63)

Stand in corner 3, 5th position, effacé

Introduction *Chassé en arrière, taking arms to demi seconde*

- & a 1 3 Runs and sauté with a grand battement to 4th devant with the left leg, arm through en avant to 5th en haut
- 2-3 3 Runs (*bringing arms to 2nd*) sauté with a grand battement to 4th devant with the right leg, arm through en avant to 5th en haut
- 4-5 3 Runs and sauté with a grand battement to 4th devant with the left leg, arm through en avant to 5th en haut
- 6-7 3 Runs and sauté in 1st arabesque
- 8 Balancé turning
- 1-8 Run to the other corner, soutenu turn to the right and chassé en arrière to prepare for other side

6) DIAGONAL TURN 2/4 (CD TRACK 64)

7 petits pas de basque tours, ending of teacher's choice.

Performed ½ time but both feet on the relevé by count 1, turn on count 2, hold on count 3, come down to tendu devant to prepare on count 4. Clearly show the ronds de jambe

7) CHASSE COUPE-BOYS AND GIRLS 3/4 (CD TRACK 65)

On the Diagonal

- 1-2 Chassé en avant coupé dessous, chassé coupé, arms 4th en avant
- 3-4 Chassé coupé en tournant, chassé coupé en tournant
- 5 Sauté in arabesque and run (as if exiting the stage)
Shown one at a time on the diagonal and shown from both corners

8) DIAGONAL 3/4 (CD TRACK 66)

Stand in corner 3, 5th position, effacé

Chassé, temps levé in 1st arabesque, balancé en tournant, 3 petits tours

9) BATTERIE 2/4 (CD TRACK 67)

Face 5, 5th position

Echappé sauté to 2nd, close with entrechat trois (*front, back*), assemblé coupé derrière, entrechat quatre. Reverse as a separate exercise
There is extra music to use for two groups or for class purposes

IMPROVISATION

MOVING FREELY TO MUSIC NOT PREVIOUSLY HEARD. THIS MAY INCLUDE MIME. THE PURPOSE OF THIS EXERCISE IS TO DEVELOP CREATIVITY, MUSICALITY, ARTISTRY, FREEDOM OF MOVEMENT AND COORDINATION

DANCE

**SET BY THE TEACHER- A SHORT SOLO DANCE TO BE SHOWN IN GROUPS OF TWO OR THREE
(1 MINUTE MAXIMUM)**

REVERENCE 3/4 (CD TRACK 68)

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

STANDARD 7

MUSIC: TEACHER'S CHOICE

BARRE

1) WARM-UP EXERCISE 2/4 16 BARS (2 COUNTS = 1 BAR)

Face barre feet in 1st position

Introduction

- 1-4 *Hold 2 counts, hand on barre 2 counts*
- 1-8 Demi-plié, straighten, demi-plié, tendu devant with R foot, turn in and then out, demi ronde de jambe, close in 1st position
- 1-8 Repeat all with L foot
- 1-8 Reverse all, R foot then L foot

2) PLIES 3/4 2 X 64 BARS (1 COUNT = 1 BAR)

Introduction

- 1-4 *Hand on barre 2 counts, tendu to 2nd 2 counts*
- * 1-8 Demi-plié lifting arm to 5th en avant, demi-plié opening arm to 2nd position, grand plié with 1st port de bras
- 1-4 Lift arm to 5th en haut and bend towards the barre, recover with arm in 2nd
- 5-6 Rise
- &7 Lower into demi-plié
- &8 Tendu and close in 1st position, lowering arm to 5th en bas
- 1-16 Repeat pliés in 1st position and then bend away from the barre finishing with a tendu to 5th position
- 1-16 Repeat all in 5th devant but with a forward bend
- 1-8 Repeat pliés in 5th derrière
- 1-2 Rise, arm 5th en haut through 5th en bas
- 3-4* Couru towards the front foot to face the other side, taking the other arm to 5th en haut
- 5 Hold
- &6 Lower into demi-plié, holding arm position
- 7-8 Tendu to 2nd opening arm to 2nd position, lower to 2nd position, arm en bas
Repeat * to * on the other side
- 5-8 Balance in 5th position on demi-pointe, arm joining 5th en haut through en bas

3) BATTEMENTS TENDUS AND BATTEMENTS DEGAGES
2/4 2X 16 BARS (2 COUNTS = 1 BAR)

Introduction

- 1-4 *Hand on barre 2 counts, open arm through 5th en avant to 2nd position 2 counts*
 &1-4 Battements tendu en croix closing in 5th position
 5-8 3 Battements dégagés and 2 retirés
 9-16 Reverse
 17-24 Repeat 1-8
 25-30 Repeat the battements tendus en croix, 3 battements dégagés in 5th ending in demi-plié in 5th, arm end bas
 &31-32 Relevé, demi-détourné towards the barre, plié, straighten, opening arm to 2nd through en avant
 33-64 Repeat 1-32 on the other side

4) RONDS DE JAMB 3/4 2 X 32 BARS (1 COUNT = 1 BAR)

Introduction

- 1-2 *Hand on barre*
 1-2 Extend tendu devant en fondu, head erect, arm 5th en avant, and swift rond de jambe straightening the supporting leg during the movement, arm opening to 2nd, finishing head inclined to barre and slightly turned with eye focus to the hand, close 5th derrière lowering arms to 5th en bas, head erect
 3-4 Repeat en dedans, inclining head to barre on 3, finishing with head inclined to the working foot, eye focus to the hand
 &5-6 Demi-plié and prepare to 2nd as usual
 7-8 2 ronds de jambe en dehors à terre
 9-12 Grand rond de jambe en dehors en l'air (45°), arm to 2nd through 5th en avant, lower to pointe tendue derrière
 13-15 Fondu and port de bras with a forward bend, recover with arm en haut straightening the supporting leg, closing in 5th lowering arm en bas
 16 Hold
 1-12 Repeat 1-12 en dedans
 13-14 Fondu and port de bras bending forward over the foot, recover with arm en haut straightening the supporting leg
 &15 Step forward into 5th position on demi-pointe, arm in arabesque line
 & Demi-détourné towards the barre, arm straight to 2nd
 16 Lower feet in 5th, arm lowering to 5th en bas
 33-64 Repeat 1-31& on the other side, remaining in 5th on demi-pointe after the demi-détourné and taking the arm to arabesque line, balance

**5) BATTEMENTS FRAPPES AND PETITS BATTEMENTS
2/4 2 X 16 BARS (2 COUNTS = 1 BAR)**

Introduction

- 1-4 *Hand on barre 2 counts, prepare foot to cou-de-pied 2 counts*
 *1-4 3 Single battements frappés to 2nd, hold
 5-8 3 Double battements frappés to 2nd, hold
 &9-12 4 Petits battements (BF,BF, BF, BF)
 &a13-14 Triple petit battement (BFB), hold
 &a15-16 Triple petit battement (FBF), hold
 1-4 3 Single battements frappes to 2nd, hold
 5-8 3 Double battements frappes to 2nd, hold
 &9-12 4 Petits battements (BF, BF, BF, BF)
 & Close 5th devant in demi-plié
 13* Half pirouette turning toward the barre lifting the back foot to retiré devant
 14 Close 5th devant in demi-plié
 15-16 Prepare foot to cou-de-pied
 Repeat * to * on other side
 14-16 Balance in pirouette position

6) BATTEMENT FONDUS 2/4 HABANERA 2X 16 BARS (2COUNTS =1 BAR)

Introduction

- 1-2 *Hand on barre*
 & 3 *Step forward into 5th position on demi-pointe, arm to 5th en haut*
 4 *Remain demi-pointe, lower arm to 2nd position*
 1-4 Double fondu devant, i.e. fondu, foot stretched on cou-de-pied devant, arm en bas, straighten the supporting leg, raising the arm en avant; fondu holding arm position, extend devant at 45°, arm to 2nd
 5-8 Lower to pointe tendue devant, plié in 4th position, raise the back leg to 45° derrière, hold
 9-12 Double fondu derrière, i.e. 1-4 in reverse
 13-16 Lower to pointe tendue derrière, plié in 4th position, raise the front leg to 45°, hold
 1-4 Double fondu to 2nd (foot cou-de-pied devant)
 5-8 Double fondu to 2nd (foot cou-de-pied derrière)
 9-10 Close 5th position devant on demi-pointe, arm en bas. Release front foot cou-de-pied devant en fondu head inclined to front foot
 11-12 Close 5th position devant on demi-plié
 13-14 Pas de bourrée piqué en tournant, turning toward the barre, ending 5th position in demi-plié, arm en bas
 &15 Step forward into 5th position on demi-pointe, arm to 5th en haut
 16 Remain on demi-pointe, lower arm to 2nd
 33-64 Repeat whole exercise on the other leg, finishing in a balance in 5th position, arms 5th en haut on final count

7) GRANDS BATTEMENTS 6/8 2 X 16 BARS (2 COUNTS = 1 BAR)

Introduction

- 1-4 Hand on barre 2 count, open arm through 5th en avant to 2nd position 2 counts
1-4 2 Grands battements to 4th devant closing in 5th
5-8 1 Grand battement devant lower through 1st and battement balancé to 4th derrière and to 4th devant, close in 5th
9-16 4 Grands battements to 2nd closing devant first
1-8 2 Grands battements to 4th derrière and repeat battements balancés through 1st position
9-12 2 Grands battements to 2nd closing back, then front closing on a demi-plié
13-16 Relevé 5th (13), demi-détourné towards the barre to face other direction (14), demi-plié (15), and straighten (16) ready to repeat immediately with other foot

EXERCICES AU MILIEU

1) PORT DE BRAS SLOW 3/4 32 BARS (3 COUNTS =1 BAR)

Introduction

- Face corner 3, left foot cou-de-pied derrière, arms demi-seconde*
1-3 Step back into demi-plié in 4th position, body in side bend, right arm en bas; extend tendu devant straightening body, arm lifting en haut through 5th en avant
4-6 Continue arm movement to 2nd position, eyes following path of arm
1-6 Repeat on other leg, left arm making full port de bras, right arm lowering to demi-seconde on count 1
1-4 Step back through demi-plié in 4th, arms en bas; extend tendu devant taking arms en haut to face 6
5,6,1 Rond de jambe à terre, arms to 1st arabesque
2-4 Fondu, changing to 3rd arabesque, eye focus to 5
5-6 Hold
1-4 Bourrée sur place, left foot in front and turning to left to face C1 left arm en haut, right arm en avant, ending with a feeling of lean to the left, eye focus to 5
5+6 Hold
1-4 Step back to 4th in demi-plié, extend tendu devant, arms in reverse port de bras to en haut
5 Hold
6,1 Fondu, sweeping right arm along left leg, left arm balancing line in arabesque (“wash”)
2 Hold
3, 4 Step forward into 5th position on demi-pointe, arms in arabesque, right arm forward
5 Hold
6,1 Turn in 5th demi-pointe to face C4, left foot still devant, arms croisé, right arm raised, eye focus to C1
2 Hold
3,4 Lower R foot to cou-de-pied derrière, right arm reverse port de bras through en bas to demi-seconde
5-6 Hold
Repeat on other side

2) **BATTEMENTS TENDUS AND PIROUETTES 6/8 32 BARS (2 COUNTS =1 BAR)**

<i>Introduction</i>	<i>Start in 5th position croisé facing C1, arms en bas</i>
1-4	Battement tendu left foot devant, arms 5 th en avant, plié in 4 th position, extend tendu derrière, arms being taken to croisé derrière, close 5 th derrière, holding croisé arm line
5-8	Two battements tendus derrière
9-16	Repeat in reverse, changing arm line through 2 nd position to croisé devant
1-4	Battement tendu left foot to 2 nd facing 5, arms in 2 nd , plié in 2 nd , extend right foot to 2 nd , close 5 th derrière, arms en bas
5-8	Battement tendu L foot à la seconde closing 5 th derrière in demi-plié, head inclined, Battement tendu R foot à la seconde closing 5 th derrière in demi-plié, head inclined
9-10	Relevé in 5 th position, arms to 4 th en avant
11-12	Single pirouette from 5 th , close 5 th devant in demi-plié
13-14	Single pirouette from 5 th , closing 5 th derrière in demi-plié to face C2
15	Straighten knees, arms en bas
16	Hold
33-64	Repeat on other side

ADAGE 3/4 32 BARS (1 COUNT = 1 BAR) Begin near C3 facing C1, feet in 5th croisé

<i>Introduction</i>	
1-4	<i>Hold 2 counts, Chassé en arrière to pointe tendue opening arms to demi-seconde</i>
1-2	2 Walks, (left, right)
3-4	Bourrée forward toward C1 left foot in front extending left arm to arabesque
&5-6	Left left arm through 5 th en haut and chassé on left into 1 st arabesque croisé à terre
7-8	Dégagé en tournant finishing croisé devant facing C2
1-2	Demi-plié in 4 th and raise left leg into 2 nd arabesque en l'air
3-4	Retiré and développé into effacé
&5&a6	Rise and tombé 'pas de', step forward on RF en fondu, LF pointe tendue derrière, arms to 4 th en avant, R arm through 2 and 5 th en bas
& 7	Soutenu turn with ronds de jambe to the right, with arms to 5 th en haut through 5 th en bas.
&8	Chassé en arrière to R foot pointe tendue devant, arms in reverse port de bras to demi-seconde ready to repeat on other side
17-32	Repeat on other side

PIROUETTE SPANISH WALTZ, 32 BARS (1 COUNT= 1 BAR)

Start in C3, feet in 5th position, left foot front

Introduction

- 1-4 *Hold 2 counts, chassé forward placing right foot cou-de-pied derrière, arms demi-seconde*
- 1-4 Balancé forwards to C1, arms to 1st arabesque, Balancé backwards to C3, right arm sweeping down, left arm lifting to high arabesque, chassé forward, arms 4th en avant, into one petit tour with usual arms, step out and slightly forward to finish on a fondu, left foot pointe tendue to an open line and arms in a “Spanish” arm line, body in épaulement
- 5-8 Repeat to other side
- 9-12 Repeat the balancé forward to C1 and backwards to C3, toe chassé forward to C1, arms à la seconde, pas de bourrée under ending 4th position on demi-pointe, right arm lowering through 5th en bas to 4th en avant
- &a Soft demi-plié, holding arms
- 13&a Pirouette en dehors, closing 5th derrière in demi-plié
- 14&a Straight into soutenu turn to right opening arms to 2nd and raising en haut, finishing on demi-pointe R foot front
- 15&a16 Tombé on R foot to C1 opening arms to 2nd and pas de bourrée under lowering arms en bas
- & Relevé in 5th facing C1, arms in “Spanish” arm line
- 17-32 Repeat to other side

ALLEGRO

WARM UP JUMP 2/4 16 BARS (2 COUNTS = 1 BAR)

- 1-4 *Musical Introduction*
- 1-8 Echappé sauté to 2nd, 2 sautés in 2nd, close in 5th with change of foot, repeat
- 9-16 Echappé sauté to 4th croisé closing to 5th, arms to low 4th position and back to 5th en bas, échappé sauté changé to 2nd en face, arms demi-seconde and back to en bas, échappé sauté to 4th croisé closing to 5th, relevé in 5th position, arms 5th en bas
- 17-32 Repeat all on other side

ENCHAINEMENT 1 STEADY 2/4 16 BARS (2 COUNTS – 1 BAR)

Start near 7, facing C1, feet in 5th RF front, arms en bas

- 1-4 *Musical Introduction*
- &1-2 Temps levé (LF), chassé, coupé chassé, en avant towards C1 (in effacé line), arm to effacé
- &3-4 Temps levé (RF) to face C2, chassé coupé chassé en arrière towards C4 (in croisé line) arms changing to croisé derrière (L arm through 2nd, R arm en bas to 5th en haut)
- &5-6 Temps levé (LF) chassé coupé chassé en avant towards C2, arms changing to croisé devant (R arm through 2nd, L arm en bas to 5th en haut)
- &7-8 Temps levé (RF) chassé coupé assemble en avant with 1 foot, arms changing to low opposition at demi-seconde height (L arm back, R arm forward through en bas)
- &9-16 Repeat all on other leg
- &1&2& Temps levé (LF) step temps levé LF raised retiré derrière facing C4, arms 3rd arabesque, looking towards 5, step forward, galop lowering arms
- 3&4& Step temps levé RF raised retiré derrière facing C2 arms 3rd arabesque, step and galop turning and traveling to C4, lowering arms
- 5&6 Step temps levé LF raised retiré derrière facing wall 6, arms 3rd arabesque, run toward C3, arms lowering to demi-seconde
- 7-8 Continue running
- 9&10& Step temps levé in 1st arabesque toward C1, step galop
- 11&12& Step temps levé RF raised retiré derrière, arms to 4th en avant and looking to audience, step galop
- 13&14& Step temps levé in 1st arabesque, step temps levé RF raised retiré derrière arms 4th en avant
- 15&16 Step forward, assemble en avant, arms through demi-seconde to en bas, relevé 5th arms en haut

Alternatively this could be done on a 6/8, or more slowly and with greater depth on a 3/4

ENCHAINEMENT 2 3/4 16 BARS (12 COUNT = 1 BAR)

Start in 5th position, RF front, facing C1, arms en bas

1-4 *Musical Introduction*

1-8 Sissonne fermée en avant soutenu, arms to open 5th en avant palms upturned, sissonne fermée en avant, sissonne over en face, usual arms, repeat on other side

&9-12 Temps levé chassé coupé assemblé under to R and L opening arms to 2nd lowering en bas on assemblé

Girls

&13-16 Temps levé chassé pas de bourrée under to 4th croisé, arms to 2nd then R arm en bas to en avant, and single or double pirouette en dehors finishing on a lunge (*croisé*), arms to open 5th en avant palms upturned

Boys

13-16 2 changements, relevé 5th preparing arms, tour en l'air

Use of arms throughout this enchaînement to be suitably adapted for a boy or a girl.

ENCHAINEMENT 3 GRAND ALLEGRO 6/8 16 BARS (2 COUNTS=1 BAR)

Start C3, 5th position LF front, facing C1

Introduction Hold 2 counts, chassé forward and extend R foot to pointe tendue derrière, opening arms to demi-seconde

1 Posé backwards on to R foot demi-pointe, with low lift of left leg extended devant, arms in opposition at demi-seconde height

2&a Tombé forward on LF, step RF and galop forwards arms to 2nd position

3&a4 2 runs, R,L, arms lowering to en bas jeté en avant on to RF, arms in arabesque
&a 'pas de' i.e. step forward to C1 on LF, step to side facing 5 on RF, arms à la seconde

5-8 Repeat 1-4 on other leg to C2, finishing in arabesque

a Step forward on R foot, arms en bas

9-10 Chassé temps levé forward in 3rd arabesque to C2

&a11-12 Pas de bourrée into assemblé en tournant

a Temps levé on LF, turning to C1, RF extended low devant

13-16 Run to right in circle passing 8 to C4, arms opening through 2nd to demi-seconde ready to posé forward

17-28 Repeat 1-12 (*with forward posé to start*)

a Coupé under en face

29&a Chassé 'pas de' to right, opening R arm palm up-turned

30&a Chassé 'pas de' to left, opening L arm palm up-turned

31 Run forward to C2, arms demi-seconde

32 Finish in a well-lifted position of own choice

4) BATTERIE 2/4 16 BARS (2 COUNTS = 1 BAR)

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

- 1-4 *Musical Introduction*
1-12 Entrechat quatre, entrechat trois derrière, pas de bourrée under, sissonne over
(with a feeling of *épaulement* but no arms) taken 3 times
13-16 Soubresaut traveling forward towards C1, arms 3rd arabesque, temps levé RF
cou-de-pied derrière, pas de bourrée under en tournant, lowering arms to en bas,
changement
17-32 Repeat to other side

5) RELEVES (GIRLS ONLY) 3/4 MAZURKA 16 BARS (3 COUNTS=1 BAR)

Face 5 feet in 5th position, R foot front

- 1-6 *Musical Introduction*
1-3 Echappé relevé changé en face, arms demi-seconde and returning en bas
4-6 Relevé 5th facing croisé (C1), arms to low arabesque, L arm forward and
returning en bas
7-12 Repeat 1-6 on other side
13-18 Pas de bourrée piqué twice facing en face, with *épaulement* on coupés over, arms
in 3rd
19-22 Bourrée turning to left, changing feet to end L foot front on demi-pointe, arms
demi-seconde
23 Hold
24 Demi-plié in 5th, arms to en bas through “pirouette” position (reverse port de
bras)
1-8 Repeat échappés and relevés and pas de bourrée piques
19-21 3 emboîtés forward on demi-pointe (RF,LF, RF), arms demi-seconde
22-23 Emboîté LF into 5th in demi-plié, arms to en bas through “pirouette” position,
relevé in 5th position facing C1, taking arms back at demi-seconde height, eye
focus to 5
24 Hold

IMPROVISATION

MOVING FREELY TO MUSIC NOT PREVIOUSLY HEARD. THE EXAMINER WILL PROVIDE THE MUSIC. THIS MAY INCLUDE MIME. THE PURPOSE OF THIS EXERCISE IS TO DEVELOP CREATIVITY, MUSICALITY, ARTISTRY, FREEDOM OF MOVEMENT AND COORDINATION

DANCE

TARANTELLA

A duet for either two girls (A&B) or a boy (A) and girl (B) The music is in 6/8 (2 counts = 1 bar) and in 8 bar phrases. See glossary for explanation of technical terms. A character skirt and tambourine are required (no character shoes)

Section A (16 Bars)

Dancer A enters from corner 3, dancer B from corner 4. A holds tambourine in right hand, B in left hand

- 1-12 Run to center to meet, run around partner passing right shoulders to end A on right side, B on left side
- 13-16 “Twist turn”, A to right B to left, to finish in position: A facing corner 1 weight on RF, LF on demi-pointe in 4th croisé with knee bent (tambourine on right hip). B facing corner 2 weight on LF, RF on demi-pointe to 4th croisé with knee bent (tambourine on left hip)
A springs on LF and B on to RF, turning to face partner, tambourines in right hand
- 1-8 Both dance “heel and toe” step on alternate feet, and two “pas de basques” tambourines held in 5th en haut, hit on count (1)
- 9-15 Turning right shoulders towards partner, pass back to back into partner’s place with seven “ballonnés”(accent out) both dancers with right leg extended- right arm in 4th en haut, left hand on waist
- 16 Assemblé to 3rd, RF front, to face partner, hit the tambourine low in front

Section B (16 Bars)

A moves sideways on a diagonal to left (left shoulder towards C2).

B moves sideways on a diagonal to right (right shoulder to corner 1)

- 1&a2 “chassé and heel step” hit tambourine overhead on (2) with a lean of the body away from the working leg
- 3&a4 Repeat, A sideways to right still on diagonal, B sideways to left
- 5-8 Repeat step twice more
- 9-12 Place hands on the hips and dance 4 “retires sautés”, A traveling backwards toward C3 and B backwards towards C4
- 13-16 Continue moving backwards with 4 “retires sautés”, but changing direction to meet partner in center. A holds tambourine in left hand and B in right hand. (The dancers make a zig-zag figure)
- 1-8 B kneels on right knee facing C1, tambourine in right hand, she follows dancer A with tambourine making a “reverse port de bras.” B rises as A kneels- at the same time A dances clockwise around B kneeling with 8 long runs, leg extended behind, beginning on right foot, arms swinging across the body
- 9-16 A kneels on right knee facing 5 and beats the tambourine to right and left side of the body as B travels clockwise around A with 4 turning “pas de basques”, tambourine held in right hand and port de bras movement with right arms, low then high. A rises on the end of the phrase and the partners face. A and B are now in their original places

Section C (16 Bars)

A and B facing each other

- 1-4 2 “pas de basques” A to left and right, B to right and left, arms en haut, optional use of épaulement
- 5-8 4 “saltarello” steps, A with RF, LF, RF, LF, B with LF, RF, LF, RF
- 9-16 Repeat the “pas de basques” and 4 “saltarello” steps as as before
Both face 5, “side lunges”
- 1-2 A to the left side on left foot (behind B)- beat tambourine on (2), B to the right side on right foot (in front of A)- hands on hips (this involves a change of foot to begin)
- 3-8 Repeat the “side lunges” on alternate feet (*4 times in all*), B needs to coupé under on 8 turning to face partner. Facing partner, left wrists cross low, right arms curved overhead
- 9-16 Travel counter clockwise half way around to change places with 7 “pas jetés” both dancers LF over, RF under, etc. and assemblé over with a swish

Section D (16 Bars)

- 1-4 “Cast out,” A to the left on the left foot, tambourine in L hand, curving counter clockwise; B to the right on the right foot, tambourine in R hand, curving clockwise with “long hop” in 1st arabesque and “short hop,” arms remain in crossed 4th
- 5-8 4 galops sideways - A on left foot B on right foot, arms in demi-seconde
- 9-16 Repeat the sequence to meet at the back and cross over on the galops, B passing in front of A
- 1-4 A on to left foot 3 “long hops” in 1st arabesque, turning on the spot to the left, B on to right foot and turning to right
- 5-12 Travel forward diagonally towards center with 4 jetés in attitude devant, arms overhead and 4 jetés on long attitude derrière, arms swinging across the body
- 13-16 Step or turn into a picture to finish

Composed for the Cecchetti Society Classical Ballet Faculty by
Robert Harrold and Marion Roberts 2001

GLOSSARY

Twist turn (to right)	Place L foot on demi-pointe overcrossing R foot and soutenu turn to right
Pas de basque (to right)	Spring to right lifting L foot in low attitude devant, place L foot in 3 rd position on demi-pointe, coupé under
Ballonnés	as classical ballonnés but landing with leg extended
Chassé and heel step (to right)	Step to right on demi-pointe, close 1 st position demi-pointe, step to right on flat and extend L leg to side on heel (step, close, step heel: 1&a2)
Retirés sautés	Skips
Reverse port de bras	2 nd position, over-head, across body in front
Saltarello steps	Spring points with foot just off the floor
Side lunge (to right)	Step to right on a fondu, pointing L foot to the side
Pas jetés	Sprung coupés LF over, RF under, etc. pointed foot, tip of toes on floor
Long hop	Step forward and hop in low arabesque allongée
Short hop	Coupé under and hop in attitude devant, the movements making a full turn towards the raised leg

REVERENCE OR BOW