

## SKILLS PROGRAMME

# GRADE THREE

(Arm and leg movements, including the use of apparatus, may be requested in any section)

(REVISED: July 2024)

## FIGURE MARCHING

### Identify in Set Exercise:

- Marking time moving backwards (facing side)
- Stepping
  - side
  - forward
  - back

### About turns

- Forward step (open turn)
- Foot across in front
- Foot across behind

### Set Exercise:

- 1-8 8 Marking time moving backwards
- 9-16 Step in square - (**L** forward step to attention, **L** side step to attention, **R** back step to attention, **R** side step to attention)
- 1-4 Forward march on the diagonal to **R** downstage corner, **L, R, L** with arm swinging, step **R** corner turn,
- 5-7 Forward march on diagonal to **L** downstage corner, **L, R, L** with arm swinging
- 8 Close to attention to finish centre stage facing the front
- 9-10 Marking time on spot
- 11-12 About turn with **L** foot across in front (finishing facing upstage)
- 13-14 Forward march to centre back with arm swinging
- 15-16 Step **L** and about turn by forward step with **R** leg closing to attention facing the front with arms to attention.

## FREE EXERCISES

<p><b>1. Arm Positions:</b></p> <ul style="list-style-type: none"> <li>-Curve overhead</li> <li>-Obliquely forward <i>up</i></li> <li>-Obliquely forward <i>down</i></li> <li>-Obliquely forward <i>mixed</i></li> <li>-Overhead wrist cross</li> <li>-Clasp overhead</li> </ul>	<p><b>2. Leg and Feet Positions:</b></p> <ul style="list-style-type: none"> <li>-Lunge <i>backward</i> - hands in hips firm position</li> <li>-Lunge <i>forward</i> - hands in hips firm position</li> <li>-Rotating toe point <i>with straight leg</i> hands in hips firm position</li> <li>-Rotating toe point <i>with fondu</i> hands in hips firm position (forward, side to backward toe point)</li> <li>-Leg mount arm curve overhead</li> <li>-Low arabesque hands at neck rest</li> </ul>
<p><b>3. Bends:</b></p> <ul style="list-style-type: none"> <li>-Half forward trunk bend <i>side step, arms upward stretch</i></li> <li>-Side <i>side step, arms upward stretch,</i></li> <li>-Kneeling lean back <i>hands neck rest</i> (double leg kneel, lean back maintaining straight line from knees to the top of the head)</li> </ul>	<p><b>4. Floorwork:</b></p> <ul style="list-style-type: none"> <li>-Legs astride sit – chest to floor (holding feet under insteps or palms flat on the floor)</li> <li>-Split – <i>either leg</i></li> <li>-Long sit single leg raise through <i>développé</i> (holding heel or ankle) - <i>either leg</i></li> <li>-Prone lie single leg raise – <i>either leg</i></li> <li>-Side lying leg raise through <i>développé</i> - <i>either leg</i></li> </ul>

**FREE EXERCISES** (cont'd..)**Set Exercise:**

- 1-2 Face front **R** forward toe point, overhead wrist cross  
 3-4 **R** rotating toe point (front to back) to step back, arms side obliquely down  
 5-6 **L** side toe point, arms neck rest  
 7-8 Prepare for **L** side leg mount, **R** arm hips firm  
 9-12 Lift leg to **L** side leg mount, **R** arm to curve overhead  
 13-14 **L** side lunge, arms side obliquely down  
 15-16 **L** single kneel facing **R** side, arms forward raise
- 1-2 **R** forward split arms side obliquely down to floor  
 3 Turn to face **L** side taking **R** leg around to long sit, arms behind obliquely down  
 4 Bend **L** leg to the body and hold heel with both hands  
 5-6 **L** single leg raise forward through développ , holding heel or ankle  
 7 Lower **L** leg to long sit  
 8 Face **R** prone lie  
 9-10 Prone lie **L** single leg raise  
 11-12 Prone lie  
 13-14 Pull back on double kneel  
 15 Lift **R** leg to single kneel  
 16 Stand to attention facing the front

**ROD EXERCISES****1. Under Grip:**

- Back oblique down twist
- Rod across back
- Back twist
- Multiple flashing

**2. Top Grip**

- Forward raise
- Upward stretch
- Side raise twist
- Forward raise twist

**Set Exercise:***Commence in under grip*

- 1-2 **L** forward toe point, **L** back oblique down twist  
 3-4 **L** lunge back, **L** forward raise twist  
 5-6 **L** side lunge, **R** side raise twist with curve overhead  
 7-8 Back twist to the **L**, feet to attention  
 9-10 Face **L** downstage corner **R** back lunge, **L** hand vertical twist  
 11-12 Attention facing the front  
 13-14 **L** side toe point, **R** side raise twist  
 15-16 Un-slide (un-flash) into 2 flashes to the **L** with **L** leg to side leg raise
- 1-2 **L** side lunge, rod across back to **L**  
 3-4 Unflash to attention  
 5-6 **R** side lunge, **R** side oblique up twist  
 7-8 Unflash to attention  
 9-10 **R** forward toe point, **L** forward raise twist  
 11-12 **R** side toe point, roll arms through, changing grip to **R** forward raise twist in top grip  
 13-14 **R** side leg raise, upward stretch (top grip)  
 15 **R** leg retir  with **R** top grip side oblique up twist  
 16 Take rod in **L** hand and circle **L** arm downward to finish **L** side oblique up, as **R** arm extends to **R** side oblique up, with rise in 5<sup>th</sup> position on demi-pointe **R** foot devant

**CLUB SWINGING**

<b>1. Inward:</b> -Back wrist swing -Big wheel turns <i>(start &amp; finish with swing at side raise)</i>	<b>2. Inward</b> -Mixed fold at forward raise - <i>facing side</i> -Single wrist cross - <i>facing side</i>
<b>3. Outward</b> -Back wrist swing -Big wheel turns <i>(start &amp; finish with swing at side raise)</i>	<b>4. Outward</b> -Mixed fold at forward raise - <i>facing side</i> -Single wrist cross - <i>facing side (either hand on top)</i>
<b>5. Parallel: (L&amp; R directions)</b> -Back wrist swing	<b>6. Parallel: (L&amp;R directions)</b> -Body cross - <i>facing backward side</i>
<b>7. Side Windmill (L&amp;R directions)</b> -Side raise swing	<b>8. Side Windmill (L&amp;R directions)</b> -Body cross - <i>facing forward side</i> <b>9. Side Windmill (L&amp;R directions)</b> -Forward raise swing - <i>facing backward side</i> -Full circles - <i>facing backward side</i>
<b>10. Outward Windmill</b> -Leg swing -Double fold at side raise	<b>11. Outward Windmill</b> -Forward raise swing - <i>facing side</i> -Full circles - <i>facing side</i> <i>(alternating with forward raise swings)</i>
<b>12. Inward Windmill</b> -Full circle -Head swing -Side raise swing -Leg swing -Double fold at side raise	<b>13. Inward Windmill</b> -Forward raise swing - <i>facing side</i> -Full circles – <i>facing side</i> <i>(alternating with forward raise swings)</i>

**Set Exercises:**

On the 4 bar introduction -

1 – 2 Commence in classical pose **L** foot derrière with arms at attention and the clubs along the arms

3 Circle clubs inward

4 Finish in upward stretch with rise in 5<sup>th</sup> on demi-pointe **L** foot derrière

**Outward:**

- 1 Remaining on demi-pointe **R** hand head swing **L** hand full circle,
- 2 **L** side step with **L** hand head swing, **R** hand leg swing with **R** side toe point on fondu
- 3- 4 Back wrist swing, with **R** side step
- 5 Both arms full circle
- 6-9 Turn to face the **R**, with a full circle with **R** arm, into double fold at forward raise
- 10 Forward raise swing
- 11 Single wrist cross at forward raise
- 12 Step to face the back with **L** leg, **L** hand side raise swing and **R** arm full circle facing the back
- 13 Both arms full circle
- 14 Step **L** foot to face the front, full circle
- 15 **R** leg retire, **L** hand overhead wrist swing **R** hand head swing,
- 16 Full circle to upward stretch, rise in 5<sup>th</sup> on demi-pointe **R** foot devant

**Inward windmill**

Commencing with **L** arm

- 1 Full circle with side step to **R**
- 2 Head swing
- 3 Leg swing
- 4-5 Full circle to face **L** side, forward raise swing
- 6 Full circle with **R** arm, **L** arm forward raise swing (*full circle alternating with forward raise swings*)
- 7 Both hands forward raise swing
- 8 Full circle with **L** arm, **R** arm forward raise swing (*full circle alternating with forward raise swings*)
- and Both hands forward raise swing
- 9 Step with **R** foot to face the back and full circle
- 10 Head swing leading with **R** arm
- 11 Full circle
- 12 Facing **L** side forward raise swing
- 13-14 Step **R** to face front in side step, double fold at side raise commencing with **R** hand
- 15-16 Full circle to upward stretch

**TURNOUT EXERCISE:**

Commence facing <b>L</b> downstage corner, feet in 1 <sup>st</sup>		Arms in preparation
1-2	Grand plié 1 <sup>st</sup>	Arms to low 2 <sup>nd</sup>
3-4	Recover	Arms to preparation
5	Demi plié	
6	Relevé in 5 <sup>th</sup> <b>R</b> foot devant	Arms preparation
7	Pivot to face <b>R</b> downstage corner	Arms preparation
8	Lower heels in 1 <sup>st</sup> position	Arms in preparation
9	<b>R</b> toe point forward on fondu	Arms 1 <sup>st</sup>
10	<b>R</b> leg rond de jambe through 2 <sup>nd</sup> remaining on fondu	Arms to 2 <sup>nd</sup>
11	To back toe point with straight legs	Arms to 2 <sup>nd</sup> arabesque
12	Close to 1 <sup>st</sup>	Arms preparation
13	<b>L</b> back toe point on fondu	Arms in 1 <sup>st</sup>
14	<b>L</b> leg rond de jambe through 2 <sup>nd</sup> remaining on fondu	Arms to 2 <sup>nd</sup>
15	To forward toe point with straight legs	Arms to 1 <sup>st</sup> arabesque
16	Close to 1 <sup>st</sup>	Arms preparation

*Repeat from beginning, facing **R** downstage corner using opposite arms and legs, but with both legs straight on counts 10 & 14, not on fondu.*

**AESTHETIC/DANCE**

*Expression is required in set choreography and should have a performance style*

<b>1. Arm Positions:</b> -3 <sup>rd</sup> arabesque -4 <sup>th</sup> Crossed	<b>2. Leg Positions:</b> -Low-arabesque - arms 1 <sup>st</sup> arabesque -Développé to 2 <sup>nd</sup>
<b>3. Demonstrate</b> - Low développé - Bourrée - Chassé forward - Soutenu Turn - Pas de bourrée piqué	- Posé in attitude devant - Posé in demi-arabesque - Relevé in demi-arabesque - Temps levé in arabesque - Waltz to side - Posé to 2 <sup>nd</sup> with retiré - Posé piqué pirouette - Rond de jambe - Classical kneel

**AESTHETIC/DANCE****Set Exercise:**

Commence facing the front, feet in 3 <sup>rd</sup> position with <b>R</b> foot in front		Arms in preparation
1 - 4	Demi-plié on <b>L</b> leg and execute a low développé forward with <b>R</b> leg bouree forward with <b>R</b> foot in front in 5 <sup>th</sup>	Arms through preparation to 1 <sup>st</sup> Arms to 5 <sup>th</sup> position
5 - 7	Remain on demi-pointe and extend the <b>L</b> leg to 2 <sup>nd</sup> just off the floor then closes in 5 <sup>th</sup> position with <b>L</b> foot devant Extend the <b>R</b> leg to 2 <sup>nd</sup> just off the floor and passes through in 5 <sup>th</sup> pos with <b>R</b> foot devant close to 3 <sup>rd</sup> foot position facing <b>R</b> downstage corner	Arms open to 2 <sup>nd</sup>
8 - 9	Facing the <b>R</b> downstage corner toepoint devant with <b>R</b> foot	Arms 1 <sup>st</sup> pos. to 3 <sup>rd</sup> arabesque with head and eye line to front
10 - 15	Step forward on <b>R</b> foot, then <b>L</b> foot finishing with a fondu on left leg with <b>R</b> leg and foot derrieré extended (allongé)	Pass arms through 1 <sup>st</sup> to Arms in 4 <sup>th</sup> pos ( <b>L</b> arm in 5 <sup>th</sup> ) ¼ turn of the head with slight tilt forward and eye line to audience
16	Recover to extended <b>L</b> supporting leg and <b>R</b> leg in toe pointè derrieré	Arms open through 2 <sup>nd</sup> to 4 <sup>th</sup> crossed, <b>R</b> arm up

Coupé under and with R leg		
1 - 2	Step forward on L leg to executive a temp levé in arabesque Chassé R leg through 1 <sup>st</sup> and coupé under with R foot	Arms softly through prep to 1 <sup>st</sup> arabesque L arm up Arms through 1 <sup>st</sup> to 1 <sup>st</sup> Arabesque R arm up
3	Waltz to R front corner	
4	Waltz back to L back corner	L arm in 5 <sup>th</sup> , R arm in 1 <sup>st</sup>
5 – 6	Step forward on R leg to executive a temp levé in arabesque Chassé L leg through 1 <sup>st</sup> and coupé over with R foot derrière	Arms 1 <sup>st</sup> arabesque Arms softly through prep to 1 <sup>st</sup>
7	Waltz to L front corner	Arms 1 <sup>st</sup> arabesque L arm up
8	Waltz to back R corner	Arms R in 5 <sup>th</sup> L arm 1 <sup>st</sup>
9-10	Coupé under and with L leg posé forward to downstage L corner R leg to attitude devant, step forward on R leg Posé forward on L leg with R leg in demi-arabeque	Arms flowing to 1 <sup>st</sup> pos.. Arms to low 2 <sup>nd</sup>
11-12	Step forward on diagonal and relevé in demi-arabesque R leg	Arms 2 <sup>nd</sup> arabesque
Step back on left leg and step to		
13-14	2 posé turns travelling to R upstage corner	Arms 1 <sup>st</sup> , 2 <sup>nd</sup> , 1 <sup>st</sup>
15-16	Soutenu Turn stepping on R leg – finish right foot 5 <sup>th</sup> on demi point	Arms flowing to High 2nd
1 - 4	Step forward on R and execute L leg développé to 2 <sup>nd</sup>	Arms 1 <sup>st</sup> to 2nd
5 - 9	Step forward on L and execute R leg développé to 2 <sup>nd</sup> Close in 5 <sup>th</sup> R foot devant facing the L downstage corner	Arms 1 <sup>st</sup> to 2nd
11 - 12	Rond de jambe outward with R leg finish facing the R downstage corner Finishing in a softly placed 4 <sup>th</sup> position of feet R foot derrière	Arms opening to 3 <sup>rd</sup> leading with R Arms opening 3 <sup>rd</sup> leading with L
13	Repeat rond de jambe outward with L leg close in 5 <sup>th</sup> L leg derrière facing L downstage corner, and relevé in 5 <sup>th</sup>	Arms in 5 <sup>th</sup>
14	Step forward with R leg to classical kneel	Arms lowering through 1 <sup>st</sup>
15 - 16	With slight inclination of the body forward Bring the body line up a little and lift the R foot to demi-pointe With upper body facing the front	Arms lifting outward to 2 <sup>nd</sup> to High 2nd
	Lower R foot to flat with the body slightly inclined forward Eye line to looking up to R downstage corner	Arms lower with L arm finishing in front of shoulder across chest and R arm in low 2nd

**The following will be assessed throughout the exam:**

- Musical Appreciation
- Style and Presentation
- Knowledge of Syllabus and Terminology

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