

SKILLS PROGRAMME GRADE FOUR

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

(Revised: July 2024)

FIGURE MARCHING

<ul style="list-style-type: none"> -Slow March forward - <i>half tempo (arms by side)</i> -Step forward knee raise 	<p>* Alternative corner turn technique to be shown in set exercise with feet coming together .</p>
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Set Exercise:

Commence upstage left corner – facing the front

- 1-4 2 slow march forward
- 5-6 2 forward march with arm swinging
- 7-8 Corner turn (* with feet coming together) to face **R** side
- 9-12 4 forward march with arm swinging
- 13-16 4 mark time
- 1-4 Step forward knee raise twice facing **R** downstage corner
- 5-6 Attention facing the front
- 7-8 Side step to **R** with **R** head turn
- 9 -10 Side step to **L** with **L** head turn
- 11-12 About turn with **L** foot across in front (to finish facing back)
- 13-15 3 forward march to back with arm swinging
- 16 Closing to attention

FREE EXERCISES

<p>1. Arm Positions:</p> <ul style="list-style-type: none"> -Obliquely back -Mixed oblique positions 	<p>2. Legwork –</p> <ul style="list-style-type: none"> -Low arabesque with fondu <i>hands in hips firm</i> -High arabesque <i>arms forward oblique down</i> -Forward leg raise <i>hands at neckrest</i> -Circular leg mount <i>front to side – hand at hips firm</i> -Supported parallel attitude <i>front arm upward oblique palm down</i> -Catch and hold side leg raise -Pas de bourrée piqué <i>hands in hips firm</i>
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<p>3. Bends:</p> <ul style="list-style-type: none"> -Extended backbend - <i>feet together or apart</i> -Circular half trunk bend – hands clasp overhead (commence with forward half trunk bend and move to side, back, opposite side, forward and recover) 	<p>4. Floorwork:</p> <ul style="list-style-type: none"> -Chest raise from prone lie <i>arms upward stretch palms down, and feet slightly apart</i> -Forward leg raise through développé from long sit to supine lie <i>either leg (rolling the spine to supine lie)</i> -Attitude sit
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FREE EXERCISES

Set Exercise:

Commence facing the front standing to attention

- 1 Step **R** foot across **L** with coupe, wrist cross in front
- 2-4 Pas de bouree piqué with hands hips firm and finish standing on **L** leg, with arms attention
- 5-6 Catch and hold high **R** side leg raise, **L** arm side oblique up
- 7-8 Come to attention
- 9-10 Facing the **L** side **L** forward step
- 11-14 Lift **R** leg into supported parallel attitude derriere, **L** arm forward oblique up with palm facing down
- 15-16 **R** lunge back, arms forward oblique up

- 1-2 Turn to face **R** passing arms through upward stretch
- 3-4 Slide into **R** leg forward split, arms to side oblique down with finger tips on the floor
- 5-6 Turn to face **L** side and bring **R** leg around to long sit, arms finish down obliquely back with finger tips on the floor
- 7-8 Supine lie and prepare for full backbend (extended backbend)
- 9-10 Push up into full backbend
- 11-12 Hold full backbend
- 13-14 Lower body to supine lie
- 15 Recovery passing through long sit
- 16 Face the front circling the arms down across the body and pass through upward stretch to finish with **L** arm obliquely up and **R** obliquely down eye line to **R** hand, with legs in attitude sit,

ROD EXERCISES

<p>1. Under Grip:</p> <ul style="list-style-type: none"> -Forward raise twist with curve overhead -Neck strike -Back twist forward 	<p>2. Top Grip</p> <ul style="list-style-type: none"> -Forward oblique twist – <i>up or down</i> -Side oblique twist – <i>up or down</i> -Vertical twist -Flashing - <i>single or multiple</i>
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Set Exercise:

Commence in undergrip

- 1-2 Facing **R** downstage corner take **L** leg into back lunge, **L** forward oblique twist up
- 3-4 Roll the rod forward to finish in top grip **R** forward oblique twist down
- 5 Recover to face the front and straighten supporting **R** leg with **L** leg in retiré, rod in forward raise top grip
- 6-8 Maintain the retiré and execute 3 (multiple) top grip flashes to **L**
- 9 **L** leg extended to side leg balance, **L** top grip side raise twist
- 10-11 Legs to attention, rod unflashes and is held in the **R** hand as **R** arm circles across the body changing to under grip
- 12 Single flash to the **L** followed by a slide/flash to **L** side curve overhead with **R** side step
- 13-14 Turn to face **R** side with **L** leg in low arabesque, and rod in forward raise
- 15-16 Lift the **L** leg into high arabesque, **R** forward oblique twist down
- 1-2 Recover to face front at attention, rod across legs
- 3-4 2 flashes to the **L**, feet at attention
- 5-6 **L** side raise twist, step across with **R** leg taking **L** leg into coupé derriere
- 7-8 Pas de bouree piqué taking rod to upward stretch and finish in **R** side raise twist

- 9-10 Side lunge to **R** with **L** twist to curve overhead
- 11 Turning lunge to face **R** side taking rod to back twist forward
- 12-14 Remain in lunge and move **R** hand to centre of rod execute a forward baton flash on the back side of the right arm to execute forward strike
- 15 Recover to face the front and step forward on **L**, **L** arm hips firm as **R** arm circles rod inward across the body
- 16 Place feet in classical pose with **R** leg derrière **L** arm hips firm **R** arm finishes in single hand strike to side oblique up with ¼ head turn, to look up at rod

CLUB SWINGING

<p>1. Inward:</p> <ul style="list-style-type: none"> -Single hip swing <i>head swing with other arm</i> -Overhead wrist cross -Double wrist cross <i>facing side</i> -Chest cross 	<p>2. Outward</p> <ul style="list-style-type: none"> -Single hip swing <i>head swing with other arm</i>
<p>3. Parallel: (L& R directions)</p> <ul style="list-style-type: none"> -Hip/leg swing <i>from one side to the other</i> <i>(with <u>no backswing in between</u>)</i> -Single hip swing <i>overhead wrist swing with other arm</i> 	
<p>4. Side Windmill (L&R directions)</p> <ul style="list-style-type: none"> -Back wrist swing <i>chest swing with other arm</i> -Neck swing <i>forward side</i> -Neck swing <i>backward side</i> -Overhead wrist cross 	<p>5. Side Windmill (L&R directions)-</p> <ul style="list-style-type: none"> -Single wrist cross <i>facing forward side</i> <p>6. Side Windmill (L&R directions)</p> <ul style="list-style-type: none"> -Double fold <i>facing backward side</i> -Single wrist cross <i>facing backward side</i> -Body cross <i>facing backward side</i>
<p>7. Outward Windmill</p> <ul style="list-style-type: none"> -Back swing -Overhead wrist swing -Back wrist swing -Chest cross -Front to back turning 	<p>8. Outward Windmill –</p> <ul style="list-style-type: none"> -Body swing <i>facing side</i> -Double fold <i>facing side</i>
<p>9. Inward Windmill</p> <ul style="list-style-type: none"> -Back swing -Overhead wrist swing -Chest cross -Front to back turning -Back wrist swing 	<p>10. Inward Windmill</p> <ul style="list-style-type: none"> -Body swing <i>facing side</i> -Double fold <i>facing side</i>

Set Exercises:

On the 4 bar introduction -

- 1 – 2 Stand in classical pose, **R** foot derrière, arms at attention with clubs along the arms
- 3 Circle clubs inward
- 4 Clubs finish in upward stretch with rise to demi pointe, **R** foot derrière

Inward:

- 1 Overhead wrist cross, remain on demi-pointe
- 2-4 Step **R** foot to side, **R** hand chest swing, **L** hand back swing to **R** hip swing and
- 5-6 **R** hand double fold at side raise, **L** hand 2 back wrist swings
- 7 Full circle to face **R** side

- 8-10 Double wrist cross
- 11-12 Step **L** foot forward to face the back with **L** hand side raise swing, **R** arm full circle
- 13-15 Turn to face **R** side (P side) with **R** foot forward toe point and double fold at forward raise - with **R** hand circling backward to commence the double fold from upward stretch
- 15 Lower **R** foot and step forward on **L** foot to face the front with **L** hand side raise swing and **R** arm full circle
- 16 Finish upward stretch

Side Windmill - to **L** side

Commence with **R** hand:

- 1-2 **R** overhead wrist swing, **L** arm full circle
- 3-4 Head swing
- 5-6 Back swing
- 7-8 Full circle into neck swing on forward side
- 9-10 Face backward side for body cross on the backward side with **R** forward toe point
Step forward on **L** foot with full circle (facing the back) as you turn to face **R** (P side) with **R** forward toe point
- 11-13 Double fold - with **R** hand commencing from beside the **R** leg and **L** hand from upward stretch
- 14 Lower the **R** foot and step forward on **L** foot to face the front
R overhead wrist swing, **L** leg swing
- 15-16 Head swing to upward stretch

TURNOUT EXERCISE:

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

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

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

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

1. Arm Positions: -High 2 nd	2. Leg Positions: -Attitude devant -Attitude derrière
3. Demonstrate - Assemblé - Sissone (fermée) - Jeté derrière - Grand jeté - Relevé in attitude derrière	- Echappé relevé to 4th - Grand jeté en tournant - Demi grand rond de jambe - Circular port de bras - Arabesque penchée

Set Exercise:Enter from upstage **L** cornerCommence in classical pose **R** foot derrière

		Arms low 2 nd
1 - 2	2 walks onto the stage facing R downstage corner RL finishing in 5 th on demi-pointe L foot devant	Arms 1 st to demi bras
3 - 4	Step forward on R foot and relevé with low développé forward with L leg	Arms undulating in low 2 nd
and 5	Step forward on L foot assemblé over with R leg finish in 5 th in demi plié facing the front	Arms preparation, low 2 nd preparation
and 6	Sissone (fermée) lifting L leg and facing R downstage corner chassé forward with L foot	Arms high 2 nd (palms down) Arms 1 st
and 7	Jeté derrière on R foot with L foot derrière	L Arm 3 rd
and 8	Petit jeté on L foot with R foot derrière	R Arm 3 rd
and 9	Chassé back with R foot facing R downstage corner	Arms through 1 st
and 10	Recovering to L foot forward toe point	to 2 nd arabesque
and	Leading with R leg execute a low grand jeté forward with R leg through développé to R downstage corner	Arms low 2 nd
11 - 12	Grand jeté with développé forward - R leg forward	Arms 3 rd arabesque
13 - 14	2 forward runs L R Step forward on L foot	Arms low 2 nd Arms 1 st
15 - 16	Relevé on L leg with R leg in attitude derrière	Arms 4 th R arm up
and	small galop to side facing R upstage corner	Arms 3 rd
1 - 2	2 Posé pirouettes to R	Arms 3 rd . 2 nd 1 st
and 3	Posé on R with half turn to face front L foot in retiré derrière & R in 2 nd with palm facing down	L arm upward oblique
and	Lower R leg in fondu with L leg passing through low développé	Arms 1 st
4	Posé onto L and continue with 3 bourrées travelling to L side toward downstage L corner with L foot devant	L arm upward oblique & R in 2 nd with palm facing down
and 5	Facing downstage L corner close in 5 th demi plié R foot devant	Arms through 2 nd to 1 st Arms low 2 nd and through 1 st to Arms low 2 nd arabesque
and 6	Echappé relevé to 4 th	Arms 1 st
and 7	Close 5 th demi plié	Arms 5 th
and 8	Relevé to face L upstage corner with L leg retire	Arms low 2 nd
and 9	3 walks L R L on diagonal toward centre back	Arms 1 st 5 th
and 10	Grand jeté en tournant leading with R leg	Arms demi bras
and 11	Finish facing L downstage corner in low arabesque on fondu	Arms through 1 st to high second
and 12	Soft walks to finish centre stage facing front in 5 th on demi point R foot devant	
13 - 14	Step forward on R demi grand rond de jambe L leg (commence with fondu on R)	Arms 2 nd and flow on to 1 st & 2 nd
15 - 16	Step forward on L demi grand rond de jambe R leg (commence with fondu on L) Close in 5 th R foot devant in demi-plié facing L downstage Corner, recover straightening the legs	Arms 1 st to 2 nd Arms 4 th crossed R arm up Arms 1 st to low 2 nd

AESTHETIC/DANCE (cont'd)**Set Exercise:**

1 -	Chassé forward with R foot	Arms 1 st
2 -	Recover to L back toe point	Arms 4 th (L arm up)
3 -	Fondu on R leg into lunge (wide 4 th on fondu) with L foot flat on the floor	Arms 3 rd
4 -	Circular port de bras L to R	Arms 4 th 5 th 4 th
5 -	Recover to L back toe point	Arms through 1 st to 2 nd arabesque
6 -	Pivot by L to finish facing R downstage corner with L forward toe point	Arms through 1 st 4 th (R arm up)
7 -	Step forward on L leg bringing R foot through low développé forward	Arms 1 st
8 -	Finishing in a L back toe point	Arms 2 nd arabesque
9 - 10	Arabesque penchée	Arms through 1 st to 1 st arabesque
11 - 12	Recover on R leg fondu,	Arms low 2 nd
13 -	Turn to face L upstage corner execute split with L leg forward	L arm remains in low 2 nd with R arm following through 5 th and finishes with fingers framing L side of face with palm facing L upstage
14	Remain in split	Arms through 1 st to R arm in second with palm down, and L arm obliquely up with palm down eyes to L hand
15 - and	Bend forward with body fully extended along the L leg Pivot to straddle with the body staying close to the floor with flat back	Arms 5 th Open Arms to 2 nd
16 -	Bring legs together lifting the knees facing downstage L corner in "V" sit with R leg extended up on the diagonal	Arms through 1 st Finger tips on the floor behind the body
Coda		
1 - 2	Transfer weight forward and recover from the floor passing through a kneeling position R leg forward	Arms passing through low 2 nd and finish with wrists crossed in front of chest R hand in front
3 - 4	Rond de jambe outward with R leg finishing movement with R foot lowering in demi-plié in 4 th facing down stage R corner	R Arm 1 st to 2 nd
5 - 6	Recover to L forward toe point	L Arm 1 st to 2 nd
7	Demi plié on L and assemblé over with R leg	Arms undulating to low 2 nd
	Close feet in 5 th with demi plié R foot devant	Arms Preparation
8	Relevé in 5 th	Arms 5 th

The following will be assessed throughout the exam:

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

Candidate is expected to have a working knowledge of ALL movements from previous syllabi