

SKILLS PROGRAMME

GRADE TWO

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

(REVISED: July 2024)

FIGURE MARCH

Identify in Set Exercise:

Marking Time with Head Turns
Marking Time Moving Forward
Forward Step to Attention
About Turn with Forward Step

Set Exercise:

(Commence centre back facing front).

- 1 - 8 Marking time moving forward with head turn every 2 beats i.e. **L** head turn 1, head to front 3, **R** head turn 5, head to front 7
- 9 - 11 Turn by **L** march forward swinging the arms
- 12 - 16 Corner turn to face upstage and march forward with arm swinging, close **R** foot to attention facing the back
- 1 - 2 **L** side step
- 3 - 4 **L** side step and half turn by **L** to face the front
- 5 - 6 **R** side step
- 7 - 8 **R** side step closing to attention
- 9 - 11 Forward march with arm swinging and
- 12 About turn with forward step to face the back
- 13 - 14 Forward march with arm swinging
- 15 - 16 **L** forward step to attention facing the back

FREE EXERCISES

<p>1. Arm Positions: Sideways Oblique Up Sideways Oblique Down Forward Oblique Up Forward Oblique Down Arms Folded in Front Arms Folded Behind Hands Clapsed Overhead</p>	<p>2. Leg and Feet Positions : Knee Raise Side Leg Raise Squat – <i>arms slightly in front of the body, spine straight</i> Step Forward Step Backward Toe Point Backward Toe Point with Fondu - Forward - Side - Backward Retiré – <i>toes of the lifted foot placed to the side of the supporting knee</i></p>
<p>3. Bends: Forward – Half Forward Trunk Bend <i>Commence in Side Step with arms Neck Rest</i> Side Bend (to L or R) <i>Commence in Side Step with hands Clapsed Overhead</i> Back Trunk Bend <i>Commence in Forward Toe Point with arms Neck Rest</i></p>	<p>4. Floorwork: Legs Astride Sit <i>with forward bend over each leg, hands under instep</i> Supine Lie - Leg Raises - single - double – through bent knees - straddle – through bent knees Prone lie - single leg raises</p>

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

- 1 - 2 **L** forward toe point on fondu, arms sideways obliquely down
 3 - 4 **L** step back both arms side ways obliquely up
 5 - 6 **R** side toe point arms folded in front
 7 - 8 Circle arms downward to neck rest and **R** leg lifted to retiré
 9 - 10 **R** side leg raise with arms forward raise
 11 - 12 **R** side lunge, arms side raise
 13 - 14 Turn to the **R** side **L** single kneel with arms forward raise
 15 - 16 Sit back onto **L** leg and open to straddle/legs astride arms extended to the floor behind the body
- 1 - 2 Forward bend over the **L** leg
 3 - 4 Recover
 5 - 6 Close to long sit
 7 - 8 Supine lie with **R** leg raise
 9 - 10 Recover to long sit
 11 - 12 Recover through single kneel facing the front with R leg extended to the side, arms side raise
 13 - 14 **R** single kneel forward, arms folded behind
 15 - 16 Recover to attention

ROD EXERCISES

1. Under Grip: Side Oblique Twist - <i>up</i> - <i>down</i> Forward Oblique Twist - <i>up</i> - <i>down</i> Forward Strike (to be executed from a twist as requested) Side Raise Twist with Neck Rest	2. Top Grip: Forward Raise Upward Stretch Forward Raise Twist Arms Folded in Front
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Set Exercise:

- 1 - 2 **R** forward toe point, **R** slide/flash to side oblique twist up
 3 - 4 **R** side lunge **L** side oblique twist down
 5 - 6 Recover to **R** side toe point and **L** side raise twist with curve overhead
 7 - 8 Face the **L** side bringing feet to attention, forward strike obliquely down
 9 - 10 Turn by your **L** to face the back with **L** side step, rod forward raise
 11 - 12 **L** side lunge, **R** side raise twist with neck rest
 13 - 14 Turn by **L** face R side with **L** forward toe point, upward stretch
 15 Close to attention facing the side with rod across legs
 16 Face front
- 1 - 2 Face front **L** forward toe point, **L** forward oblique twist up
 3 - 4 Attention with rod forward raise
 5 - 6 **R** forward toe point with **R** forward oblique twist down
 7 - 8 Recover to attention, rod across legs
 9 - 10 **L** single flash, **L** side toe point
 11 - 12 **L** single flash, **L** side retiré
 13 - 14 **L** side leg raise with **L** side raise twist
 15 **L** side toepoint, arms forward raise
 - 16 Attention

CLUB SWINGING

1. Inward: Leg Swing Double Fold at Side Raise Overhead Wrist Swing Chest Swing Front to Back Turning	2. Inward (facing side) Forward Raise Swing Body Swing to Front
3. Outward Overhead Wrist Swing Chest Swing Front to Back Turning	4. Outward (facing side) Forward Raise Swing Body Swing to Front
5. Parallel: (L & R directions) Side Raise Swing Front to Back Turning Back Swing	6. Parallel: (L&R directions) -facing forward side Single Wrist Cross 7. Parallel: (L&R directions) -facing backward side Full Circle -alternating with forward raise swing Single Wrist Cross Double Fold
8. Side Windmill (L&R directions) Back Swing Front to Back Turning 9. Side Windmill (L&R directions) –facing forward side Double Fold	10. Outward Windmill Full Circle Head Swing Side Raise Swing Double Fold at Side Raise (Facing the side) Forward Raise Swing
11. Inward windmill Full circle Head Swing Side Raise Swing	

Set Exercises:

On the 4 bar introduction -

1 – 2 Wait standing at attention with the clubs along the arms

3 – 4 Side step to the left and swing the clubs inward to upward stretch

Parallel - to L Side:

- 1 - 2 Full circle into side raise swing
- 3 - 5 Face forward side and double fold
- 6 Forward raise swing
- 7 - 8 Face front, and back swing
- 9 Face backward side, forward raise swing
- 10 - 11 Alternate full circle (L arm) with forward raise swing (R hand) then (R arm/L hand)
- 12 - 14 Double fold
- 15 Face front, circle to leg swing
- 16 Finish at upward stretch

Outward Windmill:

- 1 Full circle (Commencing with R hand)
- 2 Head swing
- 3 Full circle
- 4 Side raise swing
- 5 - 6 Double fold
- 7 - 8 Circle to head swing and upward stretch

Inward windmill

- 1 Full circle (Commencing with R hand)
- 2 Head swing
- 3 Full circle
- 4 Side raise swing
- 5 Full circle
- 6 Head swing
- 7 Full circle
- 8 Upward stretch

TURNOUT EXERCISE:

Commence feet in 1st, facing **L** front corner, arms in preparation position

1-2	Chassé L foot to 4 th (devant) through plié	Arms to 1 st
3-4	Straighten legs	Arms to 2 nd arabesque
5-6	Rise in 4 th	Arms to 2 nd position
7-8	Lower heels	Arms to 1 st arabesque
9-10	Demi-plié	Arms preparation to 1 st position
11-12	Straighten legs	Arms to 5 th position
13-14	L side toe point facing the front	Arms to 2 nd position
15-16	Close L foot to 1 st turning to R corner	Arms preparation

THIS EXERCISE IS PERFORMED WITH VERY SLOW COUNTS. REPEAT TO OTHER SIDE.

AESTHETIC

Expression is required in set choreography

<p>1. Arm Positions: 1st Arabesque alignment 2nd Arabesque alignment Demi bras</p>	<p>2. Leg and Feet Positions: 4th position 4th crossed 5th position</p>
<p>3. Identify in Set Choreography: Chassé to side Demi-plié Low arabesque Low développé Classical kneel Curtsey</p>	<p><u>NOTE:</u></p> <p><u>DEVANT</u> – Term used to describe a position in which the working leg is placed in front of the other foot or in front of the body.</p> <p><u>DERRIÈRE</u> – Term used to describe a position in which the working leg is placed behind the other foot or behind the body</p>

AESTHETIC

Set Choreography:

Introduction

Commence facing front with tip of the **L** foot behind (derrière) the supporting **R** leg in curtsey position (Classical pose)

Lift and place **L** foot behind (derrière) **R** and rise on demi-pointe in 5th - **R** foot in front (devant) Lower heels to 5th

Arms commence low 2nd and softly lower to Preparation

Arms 1st, 5th

Arms 2nd to Preparation

- 1 - 2 **R** foot Chassé forward (devant)
- 3 - 4 **L** toe point back (derrière)
- 5 - 6 Lower **L** foot in demi-plié 4th crossed
- 7 - 8 Recover to **R** toe point forward (devant)

Arms 1st
 Arms 4th **L** arm overhead
 ¼ head turn to downstage **L** corner
 Arms 2nd

Arms 4th [Circle **R** arm thru Prep]
 ¼ Head turn to downstage **R** cnr.

- 9 - 12 Close feet in 3rd **R foot** in front (devant)
 Chassé to **R**, **L** side toe point

Arms 2nd to Preparation
 Arms 1st to 2nd and ¼ head turn
 To downstage **L** corner on side toepoint

- 13 - 16 Close to 3rd **L** foot (devant)
 Chassé to **L**, **R** side toe point

Arms Preparation
 Arms 1st to 2nd and ¼ head turn to

Close to 3rd **R foot** in front (devant)

downstage **R** corner on side toepoint
 Arms Preparation

AESTHETIC (cont'd..)

Coda

1 - 8	Facing front rise on demi-pointe ¼ turn to face R downstage cnr slightly lifting R leg forward (devant) with well extended R foot 4 quick walks forward to downstage R corner finishing in 5 th on demi-pointe R in front (devant)	Arms 1 st position Open arms to 2 nd position with ¼ head turn to look to the front
1 - 2	Chassé forward (devant) with R foot facing downstage R corner	Arms lower & rise through soft low 2 nd Arms 2 nd arabesque Arms 1 st arabesque [thru 1 st] Arms 1 st Arms 5 th
3 - 4	Recover to L toe point back (derrière)	
5 - 6	Lift L leg into low arabesque	
7 - 8	Bring L leg from arabesque with a low développé on fondu forward (devant) and finish in 5 th on demi-pointe L foot in front (devant)	Arms opening to low 2 nd
9 - 12	Travelling by the L , 8 runs in a semi circle to centre stage finishing facing front - 5 th on demi-pointe R in front (devant)	R arm in low 2 nd taking L hand to the L shoulder - fingers lightly touch the shoulder, ¼ turn of the head to look to R downstage corner
13 - 14	Step to the R taking L leg into classical kneel facing downstage L corner - weight slightly forward over knee	
15	Recover to 5 th on demi-pointe R foot in front (devant)	Dance mime –Rolling the hands forward whilst carrying the arms through 1 st to 5 th Arms through 2 nd to preparation
15 and	Lowering from 5 th on demi-pointe to stand on R (with L leg poised ready to extend)	
16	Step to the L extending R foot to side toe point Place R foot behind (derrière) in curtsey position (Classical pose) Execute a curtsey Recover from curtsey - extending L supporting leg	R arm 1 st to 2 nd followed by L arm 1 st to 2 nd Eyes to follow hands Arms in low 2 nd Arms slowly lift to 5 th and finish with L hand framing R side of the face with palm facing away and R hand placed under L elbow (palm facing down) ¼ Head turn looking to downstage L cnr.

DANCE*Expression is required in set choreography***Identify in Set Choreography:**

Posé into retire
 Heel Toe Pivot
 Small Jeté to the side
 Triplet
 Hip Push Forward
 Hip Lift With Side Step
 Drag to the side

DANCE (cont'd)**Set Choreography:**

<i>Commence facing front standing on left leg, right foot on the ball of the foot next to left foot, knee slightly relaxed</i>		<i>Arms right hand Hips Firm, L arm Side Oblique Down with hand flexed up.</i>
1-2	Step forward and across with left foot onto ball of foot (Posé) into retire right leg	Arms cross at chest and open L arm side raise R arm side oblique up
3	Step forward and across with left leg.	Arms at Attention
4- 5	Heel Toe Pivot towards the right	From Side Oblique Down, hands flexed up take the hands in and crossed in front and return to Side Oblique Down Repeat
6 – 7	Repeat	
8	Attention	Arms at Attention
1 – 2	Extend left leg to the side and pose into retiré right knee, turning head to the right, and recover with forward step right foot across.	Arms L Side Oblique Up, R Side Raise. Circle L arm across body to finish at Attention
3	Facing the side, step forward on left leg	Arms crossed at chest
4	Facing the back, small jeté to the side finishing with left foot coupé behind	Arms Side Oblique up with flexed hands
5 – 6	Recover by rising into fifth on demi point and turning by left shoulder to face the side, lower to attention.	Arms at Attention
7 – 8	Step forward on left leg, ball change (left, right, left) finishing with forward step on left foot In plie right foot relaxed on the ball of the foot behind, taking shoulder alignment to the front. Carry the eye and head alignment down towards your left hand.	Arms L arm to Upward Stretch then take it down along your body to extended downwards fingers spread, R arm Attention.
1 – 2	Repeat on other side – Step forward on right leg, ball change (right, left, right) finishing with forward step on right foot in plie left foot relaxed on the ball of the foot behind, taking shoulder alignment to the back. Carry the eye and head alignment down towards your right hand.	R arm take to Upward Stretch then take it down along body to extended downwards fingers spread, L arm attention.
3 – 4	Turn to face the front feet attention	Arms crossed chest
5 – 6	Step forward on left then take right foot forward onto the ball of the foot pushing right hip forward. (Hip Push Forward)	Arms Side Oblique Down
7 – 8	Turning by the left shoulder to face the back, repeat take right foot forward onto the ball of the foot pushing right hip forward.	Arms Side Oblique Up

(Hip Push Forward)

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| 1 – 2 | Turn by left shoulder to face front bringing right foot together to attention position | Arms pass through crossed at chest to Hips Firm |
| 3 – 4 | Left foot step out to the left pushing the right foot onto the ball of the foot and lifting the right hip up. (Hip lift with side step). Turn head to the right. Bring right foot into finish on the ball of the foot next to the left foot. Head returns to the front | Arms Hips Firm |
| 5 – 6 | Extend left foot out to the side, soutenu turn towards the left finishing 5th on demi pointe left foot in front facing the front | Arms commence in Side Raise taking the hands into gripped hands at chest |
| 7 – 8 | Extend left leg out to side and complete a drag to the side with right foot extended out to the side. Finish bringing the right foot in next to the left, right foot on the ball of the foot, knee slightly relaxed in. | Arms R arms Hips Firm taking L arm Side Oblique Up and finishing with L side Oblique Down with fingers flexed |

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