

SKILLS PROGRAMME

TEST THREE

(No impromptu combinations will be requested by the Examiner.
However, an arm and a leg position can be requested together.)

(REVISED: July 2024)

FIGURE MARCHING

1. Mark time
2. Head turns
3. Forward March with arm swinging

Set Exercise:

(Commence **L** upstage back corner)

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|----|---|----|--|
| 1 | - | 4 | Introduction |
| 5 | - | 8 | 2 rises at attention |
| 1 | - | 8 | 8 mark time |
| 9 | - | 16 | 8 forward march with arm swinging |
| 1 | - | 4 | With arms attention step forward on L foot and close R foot to attention with ¼ turn to face R side of studio (OP side) |
| 5 | - | 8 | 4 Mark time |
| 9 | - | 12 | 4 forward march with arm swinging |
| 13 | - | 14 | Step forward on L foot, armswing R arm |
| 15 | - | 16 | Close R foot and arms to attention |

FREE EXERCISES

1. Arm Positions

Attention
Forward raise
Side raise
Hips firm
Neck rest
Upward stretch
Fingers to shoulders

2. Leg and Foot Positions

Attention
Side step
Side toe point
Single leg kneel
Double leg kneel
Cross leg sit to long sit
Prone kneel
Front support
from prone kneeling toes can be tucked or stretched
From long sit to supine lie with both legs bent up to parallel and feet stretched, recover to long sit

Set Exercise:

Commence from attention

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|----|---|----|--|
| 1 | - | 2 | L toe point forward with forward raise |
| 3 | - | 4 | Close to attention |
| 5 | - | 6 | R toe point forward with upward stretch |
| 7 | - | 8 | Close to attention |
| 9 | - | 10 | L toe point to L side with side raise |
| 11 | - | 12 | Demi-plié in 2 nd with fingers to shoulders |
| 13 | - | 14 | Recover to R side toe point with arms in side raise |
| 15 | - | 16 | Close to attention |
- Turn to face **R**
- | | | | |
|----|---|----|---|
| 1 | - | 4 | Cross leg sit to long sit |
| 5 | - | 8 | Supine lie with both legs bent up parallel and feet stretched |
| 9 | | | Sit up to long sit |
| 10 | | | Bend both knees up to chest |
| 11 | - | 12 | Turn toward the L and finish facing the L side in a prone kneel |
| 13 | - | 14 | Recover the body to double leg kneel |
| 15 | | | Raise L leg to single leg kneel with arms in forward raise |
| 16 | | | Stand up to attention finishing facing L side |
- Coda Turn by **R** to face front

ROD EXERCISES

<p>Undergrip Attention position Forward raise twist Upward stretch Vertical twist Side raise twist Leg twist Rod across shoulders</p>	<p>Topgrip Attention position Rod across shoulders</p>
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Set Exercise: MUSIC

- 1 - 2 **L** forward raise twist, **L** forward toe point
- 3 - 4 Attention
- 5 - 6 **R** side raise twist, **R** side toe point
- 7 - 8 Attention
- 9 - 10 Rise on toes, arms upward stretch
- 11 - 12 Demi-plié in attention, arms forward raise
- 13 - 14 **L** vertical twist, with legs straight and feet to attention
- 15 - 16 Untwist to rod across legs and feet to attention.

- 1 - 2 **L** side step with **L** hand leg twist
- 3 - 4 Untwist to rod across legs and feet to attention
- 5 - 6 **R** side step with **R** hand leg twist
- 7 - 8 Untwist to rod across legs and feet to attention
- 9 - 10 From attention position rise on toes with rod upward stretch
- 11 - 12 Demi-plié in attention rod across shoulders
- 13 - 14 Straighten legs with rod upward stretch
- 15 - 16 Attention with rod across legs

(Technical Note: Heels need not be together in rise on toes.)

CLUB SWINGING

<p>1. Inward: Full circle Headswing Backswing</p>	<p>2. Outward: Full circle Headswing Backswing</p>
<p>2. Parallel (L&R directions): Full circle Headswing Legswing Overhead wrist swing</p>	

Set Exercise:

Parallel: (**L & R** directions)
 Commence in side step with arms and clubs in upward stretch

- 1 Full circle - **L** side
- 2 Headswing
- 3 Full circle
- 4 Overhead wristswing both hands
- 5-8 Repeat counts 1-4 to **L** side

- 1 Full circle - **R** side
- 2 Headswing
- 3 Full circle
- 4 Overhead wristswing both hands
- 5-8 Repeat counts 1-4 to **R** side

FOOT AND INSTEP STRETCHES

Set Exercise:

Commence facing the side in long sit position with NO TURNOUT, feet flexed and arms extended to the side with finger tips to the floor.

Slowly stretch feet out through insteps, then toes. Repeat by quickly flexing feet.

- 1 - 2 Stretching insteps towards floor
- 3 Stretch toes last
- 4 Flex feet
- 5 - 16 Repeat the above another three times.

AESTHETIC

<p>1. Arm Positions: Preparation position 1st position 2nd position (<i>through 1st position</i>) Low 2nd position 5th position</p>	<p>2. Foot Positions: 1st position 2nd position 3rd position 5th on demi-point (<i>by stepping forward on R foot to place feet in 5th on demi point</i>) Curtsey Demi-plié in 3rd Toepoint to 2nd</p>
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Set Exercise:

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

On introduction: Float arms to low 2nd with eye line to **L** hand, return arms to preparation position with eye line to front

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|---|--|
| <ul style="list-style-type: none"> 1 - 2 Demi-plié 3 - 4 Recover 5 Arms to 1st 6 Arms to 2nd 7 Demi-plié in 3rd 8 Recover from demi-plié 9 L toe point forward still facing R front corner 10 Step forward 11 Step to the R as face the front 12 Curtsey 13 Recover from Curtsey 14 Step forward on L 15 Step forward on R 16 Step forward to 5th on demi-point
with L foot in front Coda Lower feet to 1st | <ul style="list-style-type: none"> Arms low 2nd, eye line to L hand Arms preparation, eye line to front Eye line to hands, head inclined to the R Head and eye line to the front Arms preparation Arms preparation Arms 5th, head and eye line to R front corner Arms open to 2nd Arms low 2nd Slight undulation of the arms with forward tilt of the head Arms low 2nd Arms low 2nd Arms low 2nd Arms flowing from preparation position, through 1st to 5th Arms to through 2nd to preparation position |
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DANCE

Identify in Set Choreography: 3 Galops forward 2 Galops sideways Walking on demi-pointe 3 Sautés with arms in preparation position	8 Skips forward 1 st on demi-pointe Curtsey - <i>Curtsey may be performed with foot behind on demi-pointe</i>
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Set Exercise:

Commence upstage (centre back) in 1st position of the feet with hands hips firm

- 1 - 3 3 galops forward leading with **R** foot (hands at hips firm)
4 Jump feet together in 1st and clap hands
5 - 7 3 galops forward leading with **L** foot
8 Jump feet together in 1st and clap hands
9 - 11 2 galops to **R** side with hands hips firm
12 **R** side step to feet in 1st and clap hands
13 - 15 2 galops to **L** side with hands hips firm
15 - 16 **L** side step to feet in 1st and clap hands

Facing the **R** side and travelling in a half circle with hands hips firm

- 1 - 8 8 walks forward on demi-pointe commencing with **R** foot
9 - 16 8 skips forward commencing with **R** foot lifted, finish centre back

Coda

- 1 - 3 Run to centre front and pull up on demi-pointe in 1st position of the feet
 opening the arms through 1st to 2nd position
4 Lower the heels to 1st with arms to preparation position
5 - 7 3 sautés in 1st with arms in preparation
8 Side step to **R** taking **L** foot behind to curtsey lowering the arms to low 2nd position
7 - 8 Recover to upright position with arms remaining in low 2nd position

MUSICAL APPRECIATION**Rhythm Exercise:** (see video)

- ◆ 16 bounces (small sautés) in 4/4 rhythm with a clap on the 1st beat of each bar (i.e. Clap on counts 1, 5, 9, 13).
(Commence with arms in Preparation, heels and toes together with NO TURNOUT.)

Technical Notes:

1. *Knees must face forward over toes, not rotate inwards. This is a free movement for rhythm.*
2. *This relaxed movement is an exercise for stretching knees and feet in the air, for rhythm and elevation.*
3. *Ensure candidate is not using upper body for elevation - MUST come from plié.)*

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