

TEST ONE

(No impromptu combinations will be requested by the Examiner.)

REVISED: July 2024

FIGURE MARCHING

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| Mark time | 4. Mark time facing the side (no music) |
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FREE EXERCISES

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| <p>1. <u>Arm Positions:</u> Attention Forward Raise Side Raise Upward Stretch Hips Firm Fingers to shoulders</p> | <p>2. <u>Leg and Feet Positions:</u> Attention Side Step Toe Point Forward</p> <p><i>Arms at attention, however arm and leg positions can be requested together.</i></p> |
| <p>3. <u>Knee Bends:</u> <i>Commence with Side Step and Hips Firm - demonstrate 4 Knee Bends through Demi-plié, recovering to Attention. Maintain 45° turnout.</i></p> | <p>4. <u>Floorwork:</u> Cross Leg Sit Long Sit – with Forward Trunk Bend over Legs <i>In the Forward Trunk Bend place the hands around the instep with the thumbs on top and the fingers together underneath</i></p> |

ROD EXERCISES

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| <p>1. <u>Under Grip:</u> Attention Forward Raise Upward Stretch Rod Across Shoulders Forward Raise Twist</p> | <p><i>Rod positions and Leg and Feet positions (from Free Exercises) can be requested together</i></p> |
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CLUB SWINGING

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| <p>1. <u>Inward:</u> Full Circle Head Swing</p> | <p>2. <u>Outward:</u> Full Circle Head Swing</p> |
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Swings may be requested singularly and/or two (2) swings together, i.e. Two hands/arms doing the same swing

AESTHETIC

Expression is required in this section

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| <p>1. <u>Arm Positions:</u> Preparation Position 1st Position Low 2nd Position</p> | <p>2. <u>Leg and Feet Positions:</u> 1st Position 2nd Position Toe point (devant) forward</p> |
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DANCE*Expression is required in this section***1. Identify in Set Choreography:**

Toe Taps
 Demi-plié in 1st Position
 Rise in 1st Position
 Toe Point to (2nd) Side
 Demi-plié in 2nd Position
 3 Sautés in 1st Position with clapping

Set Choreography:*Commence standing in 1st Position**Hands Hips Firm*

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| 1 - 2 | 1 Toe Tap with the R foot | Hands Hips Firm 1-16 |
| 3 - 4 | Return to 1 st Position | |
| 5 - 6 | 1 Toe Tap with the L foot | |
| 7 - 8 | Return to 1 st Position | |
| 9 - 10 | Demi-plié in 1 st Position | |
| 11 - 12 | Recover | |
| 13 - 14 | Rise in 1 st Position | |
| 15 - 16 | Lower in 1 st Position | |
| 1 - 4 | R Side Toe Point, pass through Demi-plié in 2 nd and recover to L Side Toe Point | Arms Low 2nd |
| 5 - 8 | Pass through Demi-plié in 2 nd and recover to R Side Toe Point | |
| 9 - 12 | Close in 1st | Hands hips firm |
| 13 - 15 | 3 Sautés in 1 st Position & finish in Demi-plié | Clap the hands on each Demi-plié |
| 16 | Recover in 1 st Position. | Hands hip firms |

MUSICAL APPRECIATION

- 1. Interpretative section and must include appropriate movement, use of space, face/body expression.*
- 2. Candidate can interpret the music or use the example on the video.*
- 3. The interpretation and presentation is the focus, rather than technique.*

- ◆ Interpret the music "**HAPPY**"