

SKILLS PROGRAMME

TEST TWO

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

REVISED: July 2024

FIGURE MARCHING

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| 1. Forward March for 8 counts with arm swinging across the room and/or forward (no music) |
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FREE EXERCISES

<p>1. Arm Positions: Attention Forward Raise Side Raise Upward Stretch Neck Rest Hips Firm</p>	<p>2. Leg and Feet Positions: Side Step Toe Point Forward – <i>hands Hips Firm</i> Toe Point Side – <i>hands Hips Firm</i></p> <p>Arm and leg positions can be requested together</p>
<p>3. Knee Bends: <i>Commence with Side Step and Hips Firm - transfer weight to one (1) leg and Side Toe Point with the other, then bend through Demi-plié to the opposite side Toe Point. Repeat bend to both sides then close to Attention. Maintain 45° turnout.</i></p>	<p>4. Floorwork: (<i>facing side</i>) Single kneel Prone lie Supine lie Supine lie - with Alternate Leg Raises (one on each leg) <i>Commence with knees bent in the tuck position, feet pointed and no turnout</i></p>

ROD EXERCISES

<p>1. Under Grip: Forward Raise Twist Upward Stretch Vertical Twist Leg Twist</p> <p>Top Grip: Attention position</p>	<p>Rod positions and Leg and Feet positions (from Free Exercises) can be requested together</p>
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CLUB SWINGING

<p>1. Inward: Full Circle Head Swing Back Swing</p>	<p>2. Outward: Full Circle Head Swing</p>
<p>3. Parallel: (<i>L&R directions</i>) Full Circle Head Swing</p>	

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

<p>1. Arm Positions: Preparation Position 1st Position Low 2nd position</p>	<p>2. Leg and Feet Positions: 1st Position 2nd Position 3rd Position Curtsey - <i>may be performed with foot behind on Demi-pointe</i></p>
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DANCE

Expression is required in this section

<p>1. Identify in Set Choreography: Galop Sideways 2 Sautés in 1st Position clapping hands Forward Step with Toe Tap</p>	<p>Walking with Stretched Feet Walking on Demi-pointe</p>
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Set Choreography :

Commence standing in 1st Position

Hands Hips Firm

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	2 Galops to the R side	Hands Hips Firm
5 - 6	Side Step to the R and then close to 1 st Position with the L foot	
7 - 8	2 Sautés in 1 st Position	Clap the hands in the Demi-plié
9 - 12	2 Galops to the L side	Hands Hips Firm
13 - 14	Side Step to the L and then close to 1 st Position with the R foot	
15 - 16	2 Sautés in 1 st Position Lower heels in 1 st Position	Clap the hands in the Demi-plié Arms hips firm
1 - 6	Turn to R , step forward with R foot, and 3 forward step with toe tap L, R, L	Arms hips firm
7 - 8	Close to 1 st position facing upstage	
9 - 16	Commencing with R foot 8 Walks Forward with stretched feet on last step turn by R to face L side of room	Hands Hips Firm
1 - 8	Commencing with R foot, 8 walking on demi-pointe	
Coda	Run to Centre Stage finishing in 1 st Position Side step with R and curtsey	Arms 1 st , down through preparation Arms in low 2 nd

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 "SAD"

MIME

Perform individually:

- "You come here"
- "Go away"
- "Surprised"
- "Frightened"

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