

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 **R** 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 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

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| 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

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| 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:***Expression is required in set choreography***Commence feet in 1st, facing **L** front corner, arms in preparation position

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| 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***

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

Set Choreography:**Introduction**Commence facing front with tip of the **L** foot behind (derrière) the supporting **R** leg in curtsy 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 5thArms commence low 2nd and softly lower to PreparationArms 1st, 5thArms 2nd to Preparation1 **R** foot Chassé forward (devant)2 **L** toe point back (derrière)Arms 1stArms 4th **L** arm overhead¼ head turn to downstage **L** cornerArms 2nd3 Lower **L** foot in demi-plié 4th crossed4 Recover to **R** toe point forward (devant)Arms 4th [Circle **R** arm thru Prep]¼ Head turn to downstage **R** cnr.5 Close feet in 3rd **R foot** in front (devant)6 Chassé to **R**, **L** side toe pointArms 2nd to PreparationArms 1st to 2nd and ¼ head turn
To downstage **L** corner on side
toe point7 Close to 3rd **L** foot (devant)8 Chassé to **L**, **R** side toe point

Arms Preparation

Arms 1st to 2nd and ¼ head turn todownstage **R** corner on side
toe point9 Close to 3rd **R foot** in front (devant)

Arms Preparation

AESTHETIC (cont'd..)

Coda

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| 10 - 11 | 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 |
| 12 - | Chassé forward (devant) with R foot facing downstage R corner | Arms lower & rise through soft low 2 nd |
| 13 | Recover to L toe point back (derrière) | Arms 2 nd arabesque |
| 14 – 15 | Lift L leg into low arabesque | Arms 1 st arabesque [thru 1 st] |
| 16 | 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 1 st Arms 5 th |
| 1 - 4 | 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) | Arms opening to low 2 nd |
| 5 - 6 | Step to the R taking L leg into classical kneel facing downstage L corner - weight slightly forward over knee | 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 |
| 7 - 8 | 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 |
| 1-2 | Lowering from 5 th on demi-pointe step to the L extending R foot to side toe Point facing the front | Arms through 2 nd to preparation R arm 1 st to 2 nd followed by |
| 3 – 4 | Place R foot behind (derrière) in curtsy position (Classical pose) | L arm 1 st to 2 nd Eyes to follow hands |
| 5 - 8 | Execute a curtsy Recover from curtsy - extending L supporting leg | 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: note maybe performed parallel or turn out alignment**

Releve 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:**

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| <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 right foot (Releve) into retire left 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, triplet (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, triplet (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 Fingers Spread |
| 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. (Hip Push Forward) | Arms Side Oblique Up Fingers Spread |
| 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, turn towards the left finishing on demi pointe 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.
- 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