

SKILLS PROGRAMME

GRADE THREE

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

(REVISED: July 2025)

FIGURE MARCHING

Identify in Set Exercise:

- Marking time moving backwards (facing side)
- Stepping
 - side
 - forward
 - back

About turns

- Forward step (open turn)
- Foot across in front
- Foot across behind

Set Exercise:

- 1-8 8 Marking time moving backwards
- 9-16 Step in square - (**L** forward step to attention, **L** side step to attention, **R** back step to attention, **R** side step to attention)
- 1-4 Forward march on the diagonal to **R** downstage corner, **L, R, L** with arm swinging, bring feet together on demi point to turn towards **L** downstage corner
- 5-7 Forward march on diagonal to **L** downstage corner, **L, R, L** with arm swinging
- 8 Close to attention to finish centre stage facing the front
- 9-10 Marking time on spot
- 11-12 About turn with **L** foot across in front (finishing facing upstage)
- 13-14 Forward march to centre back with arm swinging **L.R**
- 15-16 Step forward **L** and close **R** leg to attention with arms to attention.

FREE EXERCISES

1. Arm Positions: <ul style="list-style-type: none"> -Curve overhead -Obliquely forward <i>up</i> -Obliquely forward <i>down</i> -Obliquely forward <i>mixed</i> -Overhead wrist cross -Clasp overhead 	2. Leg and Feet Positions: <ul style="list-style-type: none"> -Lunge backward - hands in hips firm position -Lunge forward - hands in hips firm position -Rotating toe point with straight leg hands in hips firm position -Rotating toe point with <i>fendu</i> hands in hips firm position (forward, side to backward toe point) -Leg mount arm curve overhead -Low arabesque hands at neck rest
3. Bends: <ul style="list-style-type: none"> -Half forward trunk bend side step, arms upward stretch -Side side step, arms upward stretch, -Kneeling lean back hands neck rest (double leg kneel, lean back maintaining straight line from knees to the top of the head) 	4. Floorwork: <ul style="list-style-type: none"> -Legs astride sit – chest to floor (holding feet under insteps or palms flat on the floor) -Split – either leg -Long sit single leg raise through développé (holding heel or ankle) - either leg -Prone lie single leg raise – either leg -Side lying leg raise through développé - either leg

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

- 1-2 Face front **R** forward toe point, arms side obliquely down
 3-4 **R** rotating toe point (front to back) to step back, overhead wrist cross
 5-6 **L** side toe point, arms side obliquely down
 7-8 Prepare for **L** side leg mount, **R** arm hips firm
 9-10 Lift leg to **L** side leg mount, **R** arm to curve overhead
 11-12 **L** side lunge, arms side obliquely down
 13-14 **L** single kneel facing **R** side, arms forward raise
 15-16 **R** forward split arms side obliquely down to floor
 1-2 Turn to face **L** side taking **R** leg around to long sit, arms behind obliquely down
 3-4 Bend **L** leg to the body and hold heel with both hands
 5-6 **L** single leg raise forward through développé, holding heel or ankle
 7-8 Lower **L** leg to long sit
 9-10 Face **R** prone lie
 11-12 Prone lie **L** single leg raise
 13 Prone lie
 14 Pull back on double kneel
 15 Lift **R** leg to single kneel
 16 Stand to attention facing the front

ROD EXERCISES**1. Under Grip:**

- Back oblique down twist
- Rod across back
- Back twist
- Multiple flashing

2. Top Grip

- Forward raise
- Upward stretch
- Side raise twist
- Forward raise twist

Set Exercise:*Commence in under grip*

- 1-2 **L** forward toe point, **L** back oblique down twist
 3-4 **L** lunge back, **L** forward raise twist
 5-6 **L** side lunge, **R** side raise twist with curve overhead
 7-8 Back twist to the **L**, feet to attention
 9-10 Face **L** downstage corner **R** back lunge, **L** hand vertical twist
 11-12 Attention facing the front
 13-14 **L** side toe point, **R** side raise twist
 15-16 Un-slide (un-flash) into 2 flashes to the **L** with **L** leg to side leg raise
- 1-2 **L** side lunge, rod across back to **L**
 3-4 Unflash to attention
 5-6 **R** side lunge, **R** side oblique up twist
 7-8 Unflash to attention
 9-10 **R** forward toe point, **L** forward raise twist
 11-12 **R** side toe point, roll arms through, changing grip to **R** forward raise twist in top grip
 13-14 **R** side leg raise, upward stretch (top grip)
 15 **R** leg retiré with **R** top grip side oblique up twist
 16 Take rod in **L** hand and circle **L** arm downward to finish **L** side oblique up, as **R** arm extends to **R** side oblique up, with rise in 5th position on demi-pointe **R** foot devant

CLUB SWINGING

1. Inward: -Back wrist swing -Big wheel turns <i>(start & finish with swing at side raise)</i>	2. Inward -Mixed fold at forward raise - <i>facing side</i> -Single wrist cross - <i>facing side</i>
3. Outward -Back wrist swing -Big wheel turns <i>(start & finish with swing at side raise)</i>	4. Outward -Mixed fold at forward raise - <i>facing side</i> -Single wrist cross - <i>facing side (either hand on top)</i>
5. Parallel: (L & R directions) -Back wrist swing	6. Parallel: (L & R directions) -Body cross - <i>facing backward side</i>
7. Side Windmill (L & R directions) -Side raise swing	8. Side Windmill (L & R directions) -Body cross - <i>facing forward side</i> 9. Side Windmill (L & R directions) -Forward raise swing - <i>facing backward side</i> -Full circles - <i>facing backward side</i>
10. Outward Windmill -Leg swing -Double fold at side raise	11. Outward Windmill -Forward raise swing - <i>facing side</i> -Full circles - <i>facing side</i> <i>(alternating with forward raise swings)</i>
12. Inward Windmill -Full circle -Head swing -Side raise swing -Leg swing -Double fold at side raise	13. Inward Windmill -Forward raise swing - <i>facing side</i> -Full circles - <i>facing side</i> <i>(alternating with forward raise swings)</i>

Set Exercises:

On the 4 bar introduction -

1 – 2 Commence in classical pose **L** foot derrière with arms at attention and the clubs along the arms

3 Circle clubs inward

4 Finish in upward stretch with rise in 5th on demi-pointe **L** foot derrière

Outward:

- 1 Remaining on demi-pointe **R** hand head swing **L** hand full circle,
- 2 **L** side step with **L** hand head swing, **R** hand leg swing with **R** side toe point on fondu
- 3- 4 Back wrist swing, with **R** side step
- 5 Both arms full circle
- 6-8 Turn to face the **R**, with a full circle with **R** arm, into double fold at forward raise
- 9 Forward raise swing
- 10 Single wrist cross at forward raise
- 11 Step to face the back with **L** leg, **L** hand side raise swing and **R** arm full circle facing the back
- 12 Both arms full circle
- 13 Step **L** foot to face the front, full circle
- 14 **R** leg retire, **L** hand overhead wrist swing **R** hand head swing,
- 15-16 Full circle to upward stretch, rise in 5th on demi-pointe **R** foot devant

Inward windmill

Commencing with **L** arm

- 1 Full circle with side step to **R**
- 2 Head swing
- 3 Leg swing
- 4-5 Full circle to face **L** side, forward raise swing
- 6 Full circle with **R** arm, **L** arm forward raise swing (*full circle alternating with forward raise swings*)
- 7 Both hands forward raise swing
- 8 Full circle with **L** arm, **R** arm forward raise swing (*full circle alternating with forward raise swings*)
- and Both hands forward raise swing
- 9 Step with **R** foot to face the back and full circle
- 10 Head swing leading with **R** arm
- 11 Full circle
- 12 Facing **L** side forward raise swing
- 13-14 Step **R** to face front in side step, double fold at side raise commencing with **R** hand
- 15-16 Full circle to upward stretch

TURNOUT EXERCISE:***Expression is required in set choreography***Commence facing **L** downstage corner, feet in 1st

Arms in preparation

1-2	Grand plié 1 st	Arms to low 2 nd
3-4	Recover	Arms to preparation
5	Demi plié	
6	Relevé in 5 th R foot devant	Arms preparation
7	Pivot to face R downstage corner	Arms preparation
8	Lower heels in 1 st position	Arms in preparation
9	R toe point forward on fondu	Arms 1 st
10	R leg rond de jambe through 2 nd remaining on fondu	Arms to 2 nd
11	To back toe point with straight legs	Arms to 2 nd arabesque
12	Close to 1 st	Arms preparation
13	L back toe point on fondu	Arms in 1 st
14	L leg rond de jambe through 2 nd remaining on fondu	Arms to 2 nd
15	To forward toe point with straight legs	Arms to 1 st arabesque
16	Close to 1 st	Arms preparation

*Repeat from beginning, facing **R** downstage corner using opposite arms and legs, but with both legs straight on counts 10 & 14, not on fondu.*

AESTHETIC/DANCE***Expression is required in set choreography and should have a performance style***

1. Arm Positions: -3 rd arabesque -4 th Crossed	2. Leg Positions: -Low-arabesque - arms 1 st arabesque -Développé to 2 nd
3. Demonstrate - Low développé - Bourrée - Chassé forward - Soutenu Turn - Pas de bourrée piqué	- Posé in attitude devant - Posé in demi-arabesque - Relevé in demi-arabesque - Temps levé in arabesque - Waltz to side - Posé to 2 nd with retiré - Posé pirouette - Rond de jambe - Classical kneel

AESTHETIC/DANCE***Set Exercise:***Commence facing the front, feet in 3rd position with **R** foot in front

Arms in preparation

1 - 4	Demi-plié on L leg and execute a low développé forward with R leg bouree forward with R foot in front in 5 th	Arms through preparation to 1 st Arms to 5 th position
5 - 7	Remain on demi-pointe and extend the L leg to 2 nd just off the floor then closes in 5 th position with L foot devant Extend the R leg to 2 nd just off the floor and passes through in 5 th pos with R foot devant close to 3 rd foot position facing R downstage corner	Arms open to 2 nd
8	Facing the R downstage corner toepoint devant with R foot	Arms 1 st pos. to 3 rd arabesque with head and eye line to front
9 – 10	Step forward on R foot, then L foot finishing with a fondu on left leg with R leg and foot derrieré extended (allongé)	Pass arms through 1 st to Arms in 4 th pos (L arm in 5 th) ¼ turn of the head with slight tilt forward and eye line to audience
11-12	Recover to extended L supporting leg and R leg in toe pointè derrieré	Arms open through 2 nd to 4 th crossed, R arm up

Coupé under and with **R** leg

1 - 2	Step forward on L leg to executive a temp levé in arabesque Chassé R leg through 1 st and coupé under with L foot	Arms softly through prep to 1 st arabesque L arm up Arms through 1 st to 1 st Arabesque R arm up
3	Waltz to R front corner	
4	Waltz back to L back corner	L arm in 5 th , R arm in 1 st
5 – 6	Step forward on R leg to executive a temp levé in arabesque Chassé L leg through 1 st and coupé over with R foot derrière	Arms 1 st arabesque Arms softly through prep to 1 st
7	Waltz to L front corner	Arms 1 st arabesque L arm up
8	Waltz to back R corner	R arm in 5 th L arm 1 st
9-10	Coupé under and with L leg posé forward to downstage L corner R leg to attitude devant, step forward on R leg Posé forward on L leg with R leg in demi-arabesque	Arms flowing to 1 st position Arms to 2 nd
11-12	Step forward on diagonal and relevé in demi-arabesque R leg	Arms 2 nd arabesque
Step back on left leg and step to		
13-14	2 posé turns travelling to R upstage corner	Arms 1 st , 2 nd , 1 st
15-16	Soutenu Turn stepping on R leg – finish right foot 5 th on demi point	Arms flowing to High 2nd
1 - 4	Step forward on R and execute L leg développé to 2 nd	Arms 1 st to 2nd
5 - 9	Step forward on L and execute R leg développé to 2 nd Close in 5 th R foot devant facing the L downstage corner	Arms 1 st to 2nd
11 - 12	Rond de jambe outward with R leg finish facing the R downstage corner Finishing in a softly placed 4 th position of feet R foot derrière	Arms opening to 3 rd leading with R Arms opening 3 rd leading with L
13	Repeat rond de jambe outward with L leg close in 5 th L leg derrière facing L downstage corner, and relevé in 5 th	Arms in 5 th
14 -16	Step forward with R leg to classical kneel	Arms lowering through 1 st with L arm finishing in front of shoulder across chest and R arm in low 2nd

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