

# TEST ONE

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

REVISED: July 2025

## FIGURE MARCHING

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

<b>1. <u>Arm Positions:</u></b> Attention Forward Raise Side Raise Upward Stretch Hips Firm Fingers to shoulders	<b>2. <u>Leg and Feet Positions:</u></b> Attention Side Step Toe Point Forward  <i>Arms at attention, however arm and leg positions can be requested together.</i>
<b>3. <u>Knee Bends:</u></b> <i>Commence with Side Step and Hips Firm - demonstrate 4 Knee Bends through Demi-plié, recovering to Attention. Maintain 45° turnout.</i>	<b>4. <u>Floorwork:</u></b> 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>

## ROD EXERCISES

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

<b>1. <u>Inward:</u></b> Full Circle Head Swing	<b>2. <u>Outward:</u></b> Full Circle Head Swing
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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

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

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

**Set Choreography:***Commence standing in 1<sup>st</sup> Position**Hands Hips Firm*

1 - 2      1 Toe Tap with the **R** foot  
 3 - 4      Return to 1<sup>st</sup> Position  
 5 - 6      1 Toe Tap with the **L** foot  
 7 - 8      Return to 1<sup>st</sup> Position  
 9 - 10     Demi-plié in 1<sup>st</sup> Position  
 11 - 12    Recover  
 13 - 14    Rise in 1<sup>st</sup> Position  
 15 - 16    Lower in 1<sup>st</sup> Position

*Hands Hips Firm 1-16*

1 - 4      **R** Side Toe Point, pass through Demi-plié in 2<sup>nd</sup>  
             and recover to **L** Side Toe Point  
 5 - 8      Pass through Demi-plié in 2<sup>nd</sup> and recover to **R** Side Toe Point  
 9 - 12     Close in 1<sup>st</sup>  
 13 - 15    3 Sautés in 1<sup>st</sup> Position & finish in Demi-plié  
 16         Recover in 1<sup>st</sup> Position.

*Arms Low 2nd*

*Hands hips firm*  
*Clap the hands on each Demi-plié*  
*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**"