

SKILLS PROGRAMME

TEST TWO

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

REVISED: July 2025

FIGURE MARCHING

- | |
|---|
| 1. Forward March for 8 counts with arm swinging across the room and/or forward <i>(no music)</i> |
|---|

FREE EXERCISES

1. <u>Arm Positions:</u> Attention Forward Raise Side Raise Upward Stretch Neck Rest Hips Firm	2. <u>Leg and Feet Positions:</u> Side Step Toe Point Forward – <i>hands Hips Firm</i> Toe Point Side – <i>hands Hips Firm</i> <i>Arm and leg positions can be requested together</i>
3. <u>Knee Bends:</u> <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>	4. <u>Floorwork:</u> (<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>

ROD EXERCISES

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

CLUB SWINGING

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

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*

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

DANCE*Expression is required in this section*

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

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	Clap the hands in the Demi-plié
	Lower heels in 1 st Position	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 preparation and curtsey	Run to Centre Stage finishing in 1 st Position Arms in low 2 nd	Arms 1 st , down through Side step with R

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