

## SKILLS PROGRAMME

# TEST THREE

(No impromptu combinations will be requested by the Examiner.  
However, an arm and a leg position can be requested together.)

(REVISED: July 2025)

### FIGURE MARCHING

1. Mark time
2. Head turns
3. Forward March with arm swinging

#### Set Exercise:

(Commence **L** upstage back corner)

- 1 - 4 Introduction
- 5 - 8 2 rises at attention
- 1 - 8 8 mark time
- 9 - 16 8 forward march with arm swinging
- 1 - 4 With arms attention step forward on **L** foot and close **R** foot to attention with  $\frac{1}{4}$  turn to face **R** side of studio (OP side)
- 5 - 8 4 Mark time
- 9 - 12 4 forward march with arm swinging
- 13 - 14 Step forward on **L** foot, armswing **R** arm
- 15 - 16 Close **R** foot and arms to attention

### FREE EXERCISES

#### 1. Arm Positions

Attention  
Forward raise  
Side raise  
Hips firm  
Neck rest  
Upward stretch  
Fingers to shoulders

#### 2. Leg and Foot Positions

Attention  
Side step  
Side toe point  
Single leg kneel  
Double leg kneel  
Cross leg sit to long sit  
Prone kneel  
Front support  
from prone kneeling toes can be tucked or stretched  
From long sit to supine lie with both legs bent up to parallel and feet stretched, recover to long sit

#### Set Exercise:

Commence from attention

- 1 - 2 **L** toe point forward with forward raise
- 3 - 4 Close to attention
- 5 - 6 **R** toe point forward with upward stretch
- 7 - 8 Close to attention
- 9 - 10 **L** toe point to **L** side with side raise
- 11 - 12 Demi-plié in 2<sup>nd</sup> with fingers to shoulders
- 13 - 14 Recover to **R** side toe point with arms in side raise
- 15 - 16 Close to attention

Turn to face **R**

- 1 - 4 Cross leg sit to long sit
- 5 - 8 Supine lie with both legs bent up parallel and feet stretched
- 9 Sit up to long sit
- 10 Bend both knees up to chest
- 11 - 12 Turn toward the **L** and finish facing the **L** side in a prone kneel
- 13 - 14 Recover the body to double leg kneel
- 15 Raise **L** leg to single leg kneel with arms in forward raise
- 16 Stand up to attention finishing facing **L** side

Coda Turn by **R** to face front

**ROD EXERCISES**

<b>Undergrip</b> Attention position Forward raise twist Upward stretch Vertical twist Side raise twist Leg twist Rod across shoulders	<b>Topgrip</b> Attention position Rod across shoulders
------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------

**Set Exercise: MUSIC**

- 1 - 2 **L** forward raise twist, **L** forward toe point  
 3 - 4 Attention  
 5 - 6 **R** side raise twist, **R** side toe point  
 7 - 8 Attention  
 9 - 10 Rise on toes, arms upward stretch  
 11 - 12 Demi-plié in attention, arms forward raise  
 13 - 14 **L** vertical twist, with legs straight and feet to attention  
 15 - 16 Untwist to rod across legs and feet to attention.
- 1 - 2 **L** side step with **L** hand leg twist  
 3 - 4 Untwist to rod across legs and feet to attention  
 5 - 6 **R** side step with **R** hand leg twist  
 7 - 8 Untwist to rod across legs and feet to attention  
 9 - 10 From attention position rise on toes with rod upward stretch  
 11 - 12 Demi-plié in attention rod across shoulders  
 13 - 14 Straighten legs with rod upward stretch  
 15 - 16 Attention with rod across legs

(Technical Note: Heels need not be together in rise on toes.)

**CLUB SWINGING**

<b>1. Inward:</b> Full circle Headswing Backswing	<b>2. Outward:</b> Full circle Headswing Backswing
<b>2. Parallel (<i>L&amp;R</i> directions):</b> Full circle Headswing Legswing Overhead wrist swing	

**Set Exercise:**

Parallel: (**L & R** directions)  
 Commence in side step with arms and clubs in upward stretch

- 1 Full circle - **L** side  
 2 Headswing  
 3 Full circle  
 4 Overhead wristswing both hands  
 5-8 Repeat counts 1-4 to **L** side
- 1 Full circle - **R** side  
 2 Headswing  
 3 Full circle  
 4 Overhead wristswing both hands  
 5-8 Repeat counts 1-4 to **R** side

## FOOT AND INSTEP STRETCHES

### Set Exercise:

Commence facing the side in long sit position with NO TURNOUT, feet flexed and arms extended to the side with finger tips to the floor.

Slowly stretch feet out through insteps, then toes. Repeat by quickly flexing feet.

- 1 - 2 Stretching insteps towards floor
- 3 Stretch toes last
- 4 Flex feet
- 5 - 16 Repeat the above another three times.

## AESTHETIC

<b>1. Arm Positions:</b> Preparation position 1 <sup>st</sup> position 2 <sup>nd</sup> position ( <i>through 1<sup>st</sup> position</i> ) Low 2 <sup>nd</sup> position 5 <sup>th</sup> position	<b>2. Foot Positions:</b> 1 <sup>st</sup> position 2 <sup>nd</sup> position 3 <sup>rd</sup> position 5 <sup>th</sup> on demi-point <i>(by stepping forward on R foot to place feet in 5<sup>th</sup> on demi point)</i> Curtsey Demi-plie in 3 <sup>rd</sup> Toepoint to 2 <sup>nd</sup>
-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

### Set Exercise:

Commence facing **R** downstage front corner, feet in 3<sup>rd</sup> position, **L** foot in front, arms in preparation.

On introduction: Float arms to low 2<sup>nd</sup> with eye line to **L** hand, return arms to preparation position with eye line to front

- |                                                                                 |                                                                                    |
|---------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
| 1 - 2 Demi-plié                                                                 | Arms low 2 <sup>nd</sup> , eye line to <b>L</b> hand                               |
| 3 - 4 Recover                                                                   | Arms preparation, eye line to front                                                |
| 5 Arms to 1 <sup>st</sup>                                                       | Eye line to hands, head inclined to the <b>R</b>                                   |
| 6 Arms to 2 <sup>nd</sup>                                                       | Head and eye line to the front                                                     |
| 7 Demi-plié in 3 <sup>rd</sup>                                                  | Arms preparation                                                                   |
| 8 Recover from demi-plié                                                        | Arms preparation                                                                   |
| 9 <b>L</b> toe point forward still facing <b>R</b> front corner                 | Arms 5 <sup>th</sup> , head and eye line to <b>R</b> front corner                  |
| 10 Step forward                                                                 | Arms open to 2 <sup>nd</sup>                                                       |
| 11 Step to the <b>R</b> as face the front                                       | Arms low 2 <sup>nd</sup>                                                           |
| 12 Curtsey                                                                      | Slight undulation of the arms with forward tilt of the head                        |
| 13 Recover from Curtsey                                                         | Arms low 2 <sup>nd</sup>                                                           |
| 14 Step forward on <b>L</b>                                                     | Arms low 2 <sup>nd</sup>                                                           |
| 15 Step forward on <b>R</b>                                                     | Arms low 2 <sup>nd</sup>                                                           |
| 16 Step forward to 5 <sup>th</sup> on demi-point<br>with <b>L</b> foot in front | Arms flowing from preparation position, through 1 <sup>st</sup> to 5 <sup>th</sup> |
| Coda Lower feet to 1 <sup>st</sup>                                              | Arms to through 2 <sup>nd</sup> to preparation position                            |

**DANCE**

<b>Identify in Set Choreography:</b> 3 Galops forward 2 Galops sideways Walking on demi-pointe 3 Sautés with arms in preparation position	8 Skips forward 1 <sup>st</sup> on demi-pointe Curtsey - <i>Curtsey may be performed with foot behind on demi-pointe</i>
-------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------

**Set Exercise:**

*Commence upstage (centre back) in 1<sup>st</sup> position of the feet with hands hips firm*

- 1 - 3            3 galops forward leading with **R** foot (hands at hips firm)  
 4                Jump feet together in 1<sup>st</sup> and clap hands  
 5 - 7            3 galops forward leading with **L** foot  
 8                Jump feet together in 1<sup>st</sup> and clap hands  
 9 - 11          2 galops to **R** side with hands hips firm  
 12               **R** side step to feet in 1<sup>st</sup> and clap hands  
 13 - 15        2 galops to **L** side with hands hips firm  
 15 - 16        **L** side step to feet in 1<sup>st</sup> and clap hands

Facing the **R** side and travelling in a half circle with hands hips firm

- 1 - 8            8 walks forward on demi-pointe commencing with **R** foot  
 9 - 16        8 skips forward commencing with **R** foot lifted, finish centre back

**Coda**

- 1 - 3            Run to centre front and pull up on demi-pointe in 1<sup>st</sup> position of the feet  
                   opening the arms through 1<sup>st</sup> to 2<sup>nd</sup> position  
 4                Lower the heels to 1<sup>st</sup> with arms to preparation position  
 5 - 7            3 sautés in 1<sup>st</sup> with arms in preparation  
 8                Side step to **R** taking **L** foot behind to curtsey lowering the arms to low 2<sup>nd</sup> position  
 7 - 8            Recover to upright position with arms remaining in low 2<sup>nd</sup> position

**MUSICAL APPRECIATION****Rhythm Exercise:** (see video)

- ♦ 16 bounces (small sautés) in 4/4 rhythm with a clap on the 1st beat of each bar (*i.e. Clap on counts 1, 5, 9, 13*).  
 (*Commence with arms in Preparation, heels and toes together with NO TURNOUT.*)

**Technical Notes:**

1. *Knees must face forward over toes, not rotate inwards. This is a free movement for rhythm.*
2. *This relaxed movement is an exercise for stretching knees and feet in the air, for rhythm and elevation.*
3. *Ensure candidate is not using upper body for elevation - MUST come from plié.)*

***Candidate is expected to have a working knowledge of ALL movements from previous syllabi.***