

# List by Test, Grade & Medal of Aesthetic Movements & Dance Steps in Skills Syllabus

Updated July 2025

<u>Test 1</u>	Aesthetic	Dance
<b>Arms</b>	Preparation position	
	1 <sup>st</sup> Position	
	Low 2 <sup>nd</sup>	
<b>Feet</b>	1 <sup>st</sup> Position	
	2 <sup>nd</sup> Position	
	Toe point (devant) forward	
<b>Positions in set choreography</b>		
		Toe taps
		Demi-plié in 1 <sup>st</sup> position
		Rises in 1 <sup>st</sup>
		Toe point to (2 <sup>nd</sup> position) side
		Demi-plié in 2 <sup>nd</sup> position
		Sautés in 1 <sup>st</sup> position
<u>Test 2</u>		
<b>Arms</b>	Preparation position	
	1 <sup>st</sup> Position	
	Low 2 <sup>nd</sup>	
<b>Feet</b>	1 <sup>st</sup> Position	
	2 <sup>nd</sup> Position	
	3 <sup>rd</sup> Position	Curtsey
<b>Positions in set choreography</b>		
		Galop Sideways
		Sautés in 1 <sup>st</sup> position
		Forward step with toe tap
		Walking with stretched feet
		Walking on demi-pointe
<u>Test 3</u>	Aesthetic	Dance
<b>Arms</b>	Preparation position	
	1 <sup>st</sup> Position	
	2 <sup>nd</sup> Position	
	Low 2 <sup>nd</sup> Position	
	5 <sup>th</sup> Position	
<b>Feet</b>	1 <sup>st</sup> Position	
	2 <sup>nd</sup> Position	
	3 <sup>rd</sup> Position	
	Curtsey	
	Demi-plie in 3rd	
	Toe point to 2nd	
<b>Positions in set choreography</b>		
		Galop forward

		Galop sideways
		Walking on demi-pointe
		Sautés in 1 <sup>st</sup> position
		Skips forward
		1 <sup>st</sup> on demi-pointe
		Curtsey
<b>Grade 1</b>	<b>Aesthetic</b>	<b>Dance</b>
<b>Arms</b>	Preparation position	
	1 <sup>st</sup>	
	2 <sup>nd</sup>	
	3 <sup>rd</sup>	
	4 <sup>th</sup>	
	5 <sup>th</sup>	
	Low 2 <sup>nd</sup>	
<b>Feet</b>	1 <sup>st</sup>	
	2 <sup>nd</sup>	
	3 <sup>rd</sup>	
	5 <sup>th</sup> on demi-pointe	
	Devant	
	Derrière	
	Classical pose	
<b>Head positions</b>	Quarter Turn	
	Incline	
	Forward Tilt	
<b>Positions in set exercise</b>	Chassé	
	Fondu	
	Low développé	
	Dance mime	
<b>Recommended movements for Grade 1</b>		Galop -side
		Temp levé in low retire derrière
		Petit jetés
		Coupé
		Spring points
		Polka forward
		Sautés
<b>Jazz movements</b>		High kick to the side
		Hip lift
		Side leg extension with shoulder pop
		Step backwards
		Step relevé with parallel knee
<b>Grade 2</b>	<b>Aesthetic</b>	<b>Dance</b>
<b>Arms:</b>	1 <sup>st</sup> arabesque	
	2 <sup>nd</sup> arabesque	
	Demi bras	
<b>Foot and Leg Positions</b>	4 <sup>th</sup>	
	4 <sup>th</sup> crossed	
	5 <sup>th</sup>	
<b>Positions in set choreography</b>		
	Chassé to (2 <sup>nd</sup> ) side	
	Demi-plié	

	Low arabesque	
	Low développé	
	Classical kneel	
	Curtsey	
<b>Recommended for Grade 2</b>		Skipping backwards
		Temps levé in attitude devant
		Soutenu turn
		Relevé in 5th
		Polka backwards
<b>Jazz movements</b>		Relevé into retire
		Heel toe pivot
		Small jeté to the side
		Triplet
		Hip push forward
		Hip lift with side step
		Drag to the side
<b>Grade 3</b>	<b>Aesthetic</b>	<b>Dance</b>
<b>Arms:</b>	3 <sup>rd</sup> arabesque	
	4 <sup>th</sup> crossed	
<b>Foot and Leg Positions</b>	Low arabesque (arms 1 <sup>st</sup> arabesque)	
	Développé to the side (2 <sup>nd</sup> )	
<b>Positions/Steps in set choreography</b>	Low développé	Soutenu turn
	Bourrée	Pas de bourrée piqué
	Chasse forward	Temps levé in arabesque
	Low arabesque	Coupé (under and over)
	Posé in attitude devant	Posé in demi arabesque
	Relevé in low(demi) arabesque	Posé to (2 <sup>nd</sup> ) side with retire derrière
	Temps levé in low arabesque	Waltz to side
	Rond de jambe	Posé pirouette
	Classical kneel	
<b>Grade 4</b>	<b>Aesthetic</b>	<b>Dance</b>
<b>Arms:</b>	High 2 <sup>nd</sup>	
<b>Foot and Leg Positions</b>	Attitude devant	
	Attitude derrière	
<b>Positions/Steps in set choreography</b>		
		Assemblé
		Sissone (fermée)
		Jeté derrière
		Grand jeté en avant (forward)
		Relevé in attitude derrière
		Echappé relevé to 4 <sup>th</sup>
		Grand jeté en tournant
		Demi grand rond de jambe
		Circular port de bras
		Arabesque penchée

	Aesthetic	Dance
<b><u>Bronze Medal</u></b>	All of the above	<ol style="list-style-type: none"> <li>1. Demi arabesque en fondu</li> <li>2. Demi arabesque on fondu to relevé</li> <li>3. Pose pirouette, saute basque, chainée</li> <li>4. Coupé to circular kick, soutenu turn in 5<sup>th</sup> finishing in 5<sup>th</sup> on demi pointe</li> <li>5. Arabesque en fonde , relevé</li> </ol>
<b><u>Silver Medal</u></b>	All of the above	<ol style="list-style-type: none"> <li>1. Sissonne in attitude derrière with arms in 5<sup>th</sup></li> <li>2. Grand jeté forward with attitude derrière</li> <li>3. Posé pirouette en dehors (outward) also called lame duck.</li> <li>4. Cabriole derrière</li> <li>5. Demi arabesque on fondu</li> <li>6. Developpé en fondu grand rond de jambe en dehors (outward) finishing in arabesque derrière</li> <li>7. Renversé with relevé en dehors (outward)</li> <li>8. Sissone with chassé passé to fouetté sauté in arabesque</li> </ol>
<b><u>Gold Medal</u></b>	Aesthetic	Dance
	All the above	
		<ol style="list-style-type: none"> <li>1. Posé pirouette, fouetté</li> <li>2. Assemblé with beat (battu)</li> <li>3. Turning jeté in attitude</li> </ol>