

PRE-INTERMEDIATE

THEORY

- 1 Five positions of the feet
- 2 Five positions of the arms
- 3 Five positions of the head
- 4 Seven movements in dancing
- 5 Use of the eight fixed points
- 6 Five arabesques
- 7 Eight directions of the body
- 8 The meaning of the French technical terms

PRACTICE

I EXERCICES A LA BARRE

1. PLIES

3/4	2 counts	Hold
32 bars (1 count = 1 bar)	2 counts 1 - 24 and 25 - 28 29 - 32	Preparation: tendu and place foot in 2nd position 2 demi-pliés and 1 grand plié in 2nd, 1st and 5th Raise arm to 5th en avant and open to 2nd Port de bras forward and recover, arm in 5th en haut Rise and balance with arms in 5th en haut

2a. BATTEMENTS TENDUS

Quick 3/4 (Mazurka)	2 counts	Hold
32 bars (1 count = 1 bar)	2 counts 1 - 4 5 - 8 9 - 16 17 - 32	Preparation: tendu to 2nd position 4 battements tendus to 2nd, with Cecchetti accent, closing derrière first. Close 5th derrière on a demi-plié and tendu inside leg 4th devant straightening both legs, close 5th position demi-plié and extend other leg to 2nd position straightening both legs Repeat 1 - 8 in reverse Repeat all

2b. BATTEMENTS DEGAGES

6/8	4 counts	Musical introduction
16 bars (2 counts = 1 bar)	1 - 8 9 - 16 17 - 31 32	2 battements dégagés en croix 2 battements dégagés closing in 1st, battement dégagé closing 5th devant in demi-plié 2 battements dégagés closing in 1st, battement dégagé closing 5th derrière in demi-plié Repeat all in reverse Straighten knees

3. RONDS DE JAMBE A TERRE

3/4	2 counts	Hold
16 bars	2 counts	Traditional preparation
(1 count = 1 bar)	1 - 4	4 ronds de jambe en dehors
	5	Lift to 4th devant en l'air (45° height), arm 5th en avant
	6	Demi-rond de jambe to 2nd, opening arm to 2nd position
	7	1 rond de jambe en l'air en dehors
	8	Lower to pointe tendue
	9 - 16	Repeat all en dedans, and close in 5th position, lowering arms to 5th en bas

4. GRANDS BATTEMENTS

4/4	2 counts	Hold
8 bars	2 counts	Preparation: open arm through 5th en avant to 2nd position
(2 counts = 1 bar)	1 - 12	4 grands battements to 4th devant, 2nd and 4th derrière
	13 - 15	3 battements retirés finishing in 5th devant
	16	Lower arms to 5th en bas

5. BATTEMENTS FRAPPES

2/4	2 counts	Hold
16 bars	2 counts	Preparation: tendu to 2nd and place foot on cou-de-pied devant
(1 count = 1 bar)	1 - 8	4 single and 4 double battements frappés to 2nd
	9 - 15	4 single and 3 double battements frappés to 2nd
	16	Rise holding the extended leg
		Balance after the music, arms 5th en avant

6. PETITS BATTEMENTS

2/4	2 counts	Hold
16 bars	2 counts	Preparation: tendu to 2nd and place foot on cou-de-pied devant
(1 count = 1 bar)	and 1	Beat back, front
	and 2	Beat back, front
	and 3	Beat back, front
	and 4	Beat front, back
	5 - 8	Repeat all in reverse
	9 - 12	Petits battements on demi-pointe closing back, front, back, front
	and 13	Retiré passé into attitude derrière on demi-pointe, lifting arm through 5th en avant to 5th en haut
	14 - 16	Hold

7. ADAGE

(a)	4 counts	Musical introduction
3/4	1 - 4	Développé à la quatrième devant, closing in 5th.
16 bars		Arm passes through 5th en avant, opens to 2nd position and closes to 5th en bas.
(1 count = 1 bar)	5 - 16	Continue en croix
(b)	4 counts	Musical introduction
3/4	1 - 4	Développé devant, arm to 5th en avant
32 bars	5 - 7	Grand rond de jambe en dehors, arm opening to 2nd
(1 count = 1 bar)	8	Close 5th derrière, arm 5th en bas
	and 9 - 10	Petit retiré, chassé passé en avant to pointe tendue derrière, arm to 2nd
	11 - 12	Dégagé en tournant to face barre pointe tendue to 2nd
	13 - 14	Continue dégagé en tournant to face other side, pointe tendue devant, arm through 5th en avant to 2nd position
	15	Close 5th devant, lowering arm 5th en bas
	16	Hold
	17 - 32	Repeat all with the other leg

8. BATTEMENTS BALANCES

3/4 Viennese waltz	2 counts	Hold
16 bars	2 counts	Preparation: open arm through 5th en avant to 2nd position. The accent is up throughout this exercise.
(1 count = 1 bar)	1 - 2	Grand battement to 4th devant
	3 - 6	Repeat to 2nd and 4th derrière
	7 - 15	1 grand battement to 4th derrière, passing through 1st into battements balancés
	16	Close 1st position, lowering arm to 5th en bas

9. RELEVES (move slightly away from the barre)

4/4	1 - 8	Musical introduction
8 bars	1 - 4	Relevé 5th, relevé passé derrière
(4 counts = 1 bar)	5 - 8	Relevé 5th, relevé passé devant
	9 - 12	Echappé relevé to 4th, arms 4th en avant *
		Echappé changé, arms in 2nd *
	13 - 16	Echappé to 4th, arms 4th en avant *
		Relevé 5th, arms 5th en bas
	17 - 32	Repeat all starting with other foot in front

* or low/free arms

II EXERCICES AU MILIEU

1. PORT DE BRAS

		Face croisé, feet in 5th position.
		No musical introduction
3/4	1 - 12	1st port de bras taken 3 times
32 bars	13 - 15	Temps lié en avant to attitude croisé derrière à terre
(1 count = 1 bar)	16	Close 5th derrière, holding arm line
	17 - 32	2nd port de bras taken 4 times

		Taken to other side:
32 bars	1 - 12	3rd port de bras taken 3 times
	13 - 15	Temps lié en avant to croisé derrière
	16	Close 5th derrière, holding arm line
	17 - 32	4th port de bras taken 4 times

2. BATTEMENTS TENDUS

		Face croisé, feet in 5th position
		Preparation: lift arms through 5th en avant to croisé devant
4/4	4 counts	2 battements tendus croisé devant, even timing
16 bars		2 battements tendus à la quatrième devant, arms taken directly to 2nd position
(2 counts = 1 bar)	1 - 4	2 battements tendus effacé, arms to effacé line,
	5 - 8	Rise holding arm line, tombé forward into arabesque turning palms down
	9 - 12	Pas de bourrée under lowering arms to 5th en bas
	13 - 14	Straighten knees, preparing arms to croisé devant
	and-a-15	Repeat all to other side
	16	To be shown in reverse as a separate exercise
	17 - 32	

III ADAGE

1.		Face 5, feet in 5th position. No musical introduction
3/4	1 - 3	Développé front foot à la seconde
16 bars	4	Fouetté into 1st arabesque
(1 count = 1 bar)	5 - 6	Arms move through 2nd position to 2nd arabesque
	7 - 8	Arms move through 5th en avant to 3rd arabesque
	9 - 10	Chassé through 1st position to 4th arabesque à terre
	11 - 12	Raise leg en l'air
	13 - 14	Change arms to 5th arabesque
	15	Pull up to 5th position on demi-pointe, arms 5th en haut
	16	Hold

2.		Face croisé, feet in 5th position.
		No musical introduction
3/4		Développé to croisé devant
32 bars	1 - 3	Lower to pointe tendue, holding arm line
(1 count = 1 bar)	4	

5 - 6	Demi-rond de jambe à terre to écarté, changing arms through 2nd
7	Hold
8	Close 5th derrière, en face, arms to 5th en bas
9 - 10	Développé other leg à la 2nde, arms to 2nd
11 - 12	Demi-grand rond de jambe en l'air
13 - 14	Turn to face croisé, lowering the raised leg to pointe tendue derrière on a fondu, the upstage arm passing through 5th en bas to pas de chat position, other arm to arabesque
15 - 16	Pas de bourrée under to face the other side, arms to 5th en bas
17 - 30	Repeat counts 1 - 14 on the other side
31 - 32	Straighten supporting leg, changing arms to 3rd arabesque line, head inclined and turned to the front

IV PIROUETTES

		Face croisé, feet in 5th position
		Musical introduction
1. (Girls)		
2/4	1 - 8	Echappé relevé sans changer, arms demi-seconde, returning to 5th en bas
16 bars	1 - 2	Soussus, arms 5th en avant, palms upwards
(2 counts = 1 bar)	3 - 4	Relevé devant, arms to 4th en avant
	5 - 6	Pirouette en dehors, closing 5th derrière croisé, facing new corner lowering arms to 5th en bas
	7 - 8	Repeat all, 3 times
	9 - 32	
2. (Girls and boys)		Start in corner 4, feet in 5th position croisé
3/4	1 - 4	Musical introduction
32 bars	1 - 3	Chassé, coupé, chassé, coupé, chassé and straighten into full croisé derrière position, arms passing through 5th en avant
(1 count = 1 bar)	4	Lunge, opening arm from 5th en haut, full port de bras through 5th en bas to 4th en avant
	5 - 6	Pirouette en dedans (no fouetté action), close 5th devant
	7 - 8	Relevé in 5th croisé, arms 5th en haut, hold
	'a'	Turning to effacé, still on rise, release the front foot starting to open the arms
	9 - 10	Tombé forward, arms to 2nd position, and pas de bourrée dessous to 4th croisé in a demi-plié, arms to 4th en avant, left arm making a full port de bras
	11 - 12	Pirouette en dehors (single or double), ending in a lunge, with free choice of arm line
	13 - 16	Run or walk to corner 3, 5th position croisé, ready to repeat all on the other side

3. (Boys)		Face 5, feet in 5th position
3/4	4 counts	Musical introduction
16 bars	and a	Relevé in 5th, preparing arms through 5th en avant to 4th en avant
(1 count = 1 bar)	1	Demi-plié
	and a 2	Tour en l'air
	3 - 4	2 grands changements
	5 - 16	Repeat all 3 times

V ALLEGRO

Basic steps: all steps from the Grades and Class Examinations, and the following: Pas de bourrée devant, derrière and ouvert

1. SAUTES

2/4	4 counts	Face 5, feet in 5th position, right foot front
8 bars	1 - 4	Musical introduction
(2 counts = 1 bar)	5 - 8	2 sautés in 1st, 2 sautés in 5th position, left foot front
	9 - 12	2 sautés in 1st, 2 sautés in 5th position, right foot front
	13 - 16	1 sauté 1st, 1 sauté left foot front, 1 sauté 1st, 1 sauté right foot front
		4 changements

2. ASSEMBLES

3/4	4 counts	Face 5, feet in 5th position
16 bars	1 - 4	Musical introduction
(1 count = 1 bar)	5 - 8	2 assemblés soutenu dessus
	9 - 16	Assemblé dessus, temps levé derrière, assemblé coupé derrière soutenu
		Repeat all, starting with the other leg
		To be shown in reverse as a separate exercise

3. PAS DE BOURREE DESSUS

2/4 (Girls)	4 counts	Face 5, feet in 5th position
8 bars	& a 1 & 2	Musical introduction
(2 counts = 1 bar)	& a 3 & 4	Pas de bourrée dessus, soutenu
	& a 5 & 6	Repeat
	and 7 - 8	Pas de bourrée dessus, demi-contretemps
	9 - 16	Demi-contretemps, assemblé élané dessus
		Repeat all on the other leg

3/4 (Boys)
16 bars
(1 count = 1 bar)

Same enchaînement as above

4. JETE, TEMPS LEVE

2/4	4 counts	Face 5, feet in 5th position
16 bars	1 - 4	Musical introduction
(2 counts = 1 bar)	5 - 8	Jeté temps levé twice, arms in 3rd in opposition to the raised foot
	9 - 16	Coupé under, coupé over, jeté temps levé
	17 - 31	Repeat starting with the other leg
	32	Repeat all in reverse omitting final temps levé
		Assemblé coupé devant

5. SISSONNES

3/4	4 counts	Face effacé, feet in 5th position
16 bars	1 - 2	Musical introduction
(1 count = 1 bar)	3 - 4	2 sissonnes fermées en avant arms to 3rd arabesque
	5 - 6	2 sissonnes fermées en arrière, opening arms to 2nd and lowering to 5th en bas on count 4
	7 - 8	Temps levé chassé, pas de bourrée dessous, travelling towards the front foot, with 1st port de bras
	9 - 16	2 pas de chat; the first one with usual arm position, the second sweeping the back arm through 5th en avant to 5th en haut, the other arm in 5th en avant (Spanish arms)
		Repeat to other side taking arms directly to 3rd arabesque

6. PAS DE BOURREE OUVERT

2/4	4 counts	Face 5, feet in 5th position
8 bars	and a 1 - 2	Musical introduction
(2 counts = 1 bar)	3 - 6	Pas de bourrée ouvert (closing 5th derrière on demi-pointe) sauté to 5th sans changé, arms open to demi-seconde and close to 5th en bas as usual
	7 - 8	Repeat twice more
	9 - 16	3 petits changements, arms 5th en bas
		Repeat to other side

7. BALANCES

3/4	2 counts	Stand near corner 3, facing corner 1, feet in 5th effacé
32 bars	2 counts	Hold
(1 count = 1 bar)	1	Preparation: tendu to 2nd and place foot on cou-de-pied derrière
	2	Balancé on to the right foot with a développé movement of the left leg into a croisé devant line, and beginning to turn to the right
		Continue turning with a balancé left, making a développé movement backwards with the right leg, and making the traditional 'blowing a kiss' gesture (boys 'from the heart') with the right arm, or arms to open 5th en avant

3 - 6 Repeat all, twice
 7 - 8 Step right, soutenu turn en dedans, arms through all the 5th positions to 5th en haut
 9 - 12 4 balancés travelling backwards (R, L, R, L) arms lowering to 4th en avant (left arm forward first)
 13 - 16 Chassé, temps levé in 1st arabesque on right foot, run to corner 4, and chassé croisé ready to repeat on the other side
 17 - 32 Repeat all on the other side finishing in position of own choice on count 32

8. GLISSADE, JETE

6/8 4 counts Face 5, feet in 5th position left foot front, near corner 3
 8 bars 1 - 2 **Musical introduction**
 (2 counts = 1 bar) 3 - 4 Glissade derrière, jeté dessus, arms in low 3rd in opposition to raised leg
 5 - 8 Repeat to other side
 9 - 12 4 petits jetés derrière
 Repeat 1 - 4
 13 - 14 2 steps (R.L) jeté en avant on to right leg, in 2nd arabesque, travelling to corner 1
 15 - 16 Repeat 13-14 on other leg travelling to corner 1
 Chassé through into own choice of ending position

9. BATTERIE

2/4 4 counts Face 5, feet in 5th position
 16 bars 1 - 4 **Musical introduction**
 (2 counts = 1 bar) 5 - 12 Entrechat quatre 3 times, 1 entrechat royale
 13 - 14 Repeat twice more
 15 - 16 Relevé 5th, lower
 17 - 32 2 changements
 Repeat starting with other foot in front

10. GRANDS JETES

3/4 2 counts Stand near and facing corner 1, feet in 5th effacé
 16 bars 2 counts Hold
 (1 count = 1 bar) 1 - 4 **Preparation:** chassé en avant to pointe tendue in 3rd arabesque
 Pas de bourrée grand jeté en tournant, coupé dessous and chassé forward to pointe tendue in 3rd arabesque
 5 - 8 Repeat
 and Coupé dessous
 9 and Step temps levé in 1st arabesque
 10 & 11 Stepped pas de bourrée dessus (forward to corner 1, sideways to 8, back towards corner 4) arms to low 4th, demi-seconde, 5th en bas

and Relevé développé right leg devant, arms to open
 5th en avant, palms upwards
 12 and a Tombé forward on right leg, step forward left leg and galop forward, arms to 2nd
 13 and a 2 steps and
 14 Grand jeté en avant on to left foot, arms lower and lift to 2nd arabesque
 and a 15 Pas de bourrée dessous lowering the arms through demi-seconde to 5th en bas
 16 Chassé forward to pointe tendue in full croisé derrière

11(a) POSE TOURS EN DEDANS

(Girls) Stand near corner 3, facing croisé
 2/4 2 counts Hold
 8 bars 2 counts **Preparation:** pointe tendue 4th croisé devant, arms 4th en avant
 (2 counts = 1 bar) 1 - 16 7 posé turns en dedans, ending in a lunge facing croisé

11(b) PETITS TOURS

(Girls and Boys) Stand near corner 3, facing croisé
 2/4 2 counts Hold
 8 bars 2 counts **Preparation:** pointe tendue 4th croisé devant, arms 4th en avant
 (2 counts = 1 bar) 1 - 16 Petits tours ending with chassé to effacé derrière à terre

12. UNSEEN ENCHAINEMENT

A simple arrangement of not more than 4 steps from the allegro sections of the Grade and Class Examinations syllabi

VI CLASSICAL SOLO

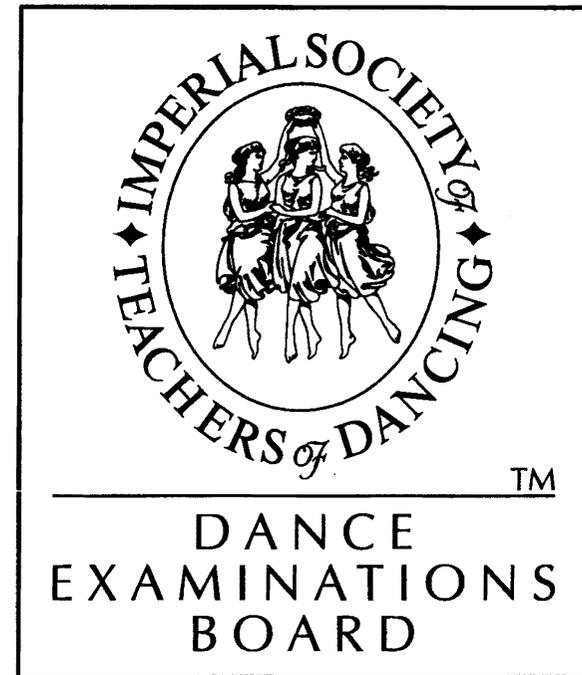
Not to exceed one minute and not to be taken on pointe

VII STEPS FOR BOYS

1. ASSEMBLES SOUTENUS AND DE SUITE

3/4 4 counts Face 5, feet in 5th position
 16 bars 1 - 4 **Musical introduction**
 (1 count = 1 bar) 5 - 6 2 assemblés dessus soutenus
 7 - 8 2 assemblés dessus de suite
 9 - 16 1 assemblé dessus soutenu
 Repeat starting with the other leg

Reverse as a separate exercise



**CLASSICAL BALLET
CECCHETTI SOCIETY
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**INTERMEDIATE FOUNDATION
Examination Specifications**