



**CLASSICAL BALLET
CECCHETTI SOCIETY
FACULTY**

**INTERMEDIATE
Examination Specification**

As re-structured in February 1991

*Notes compiled by the
Cecchetti Society Faculty Sub-Committee for Vocational Examinations*

Imperial House, 22/26 Paul Street, London EC2A 4QE
Telephone: 020 7377 1577 Fax: 020 7247 8979

e-mail: sales@istd.org
website: <http://www.istd.org>

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 Correct movements of the foot
- 6 Theory of port de bras
- 7 Use of the eight fixed points
- 8 Five arabesques
- 9 Eight directions of the body
- 10 The meaning of the French technical terms

PRACTICE

I EXERCICES A LA BARRE

Unless otherwise specified all exercises at the barre commence facing front, 5th position, arm 5th en bas.

- T1**
- 1 **PLIES**
4/4 (Andante con moto)
24 bars
2 counts = 1 bar
- 2 counts **Preparation:** tendu and place foot in 2nd position.
- 1-2 Demi-plié and straighten knees.
 - 3-4 Repeat.
 - 5-8 Grand plié.
To be shown in 2nd, 1st, 4th open and 5th front.
 - and Raise arm to 5th en avant, open arm and leg to 2nd close into 1st position, holding arm in 2nd.
 - 1-4 Forward bend, and recover with the arm 5th en haut.
 - 5-8 Back bend, and recover with the arm opening to 2nd.
 - 9-12 Raise arm to 5th en haut and bend sideways towards the barre, open arm to 2nd on recovering.
 - 13-16 Bend sideways away from the barre, recovering through 5th en avant to 2nd.
Lower arms to 5th en bas, rise and balance.

T2 2a **BATTEMENTS TENDUS**
 2/4 (Polka)
 16 bars 2 counts **Preparation:** tendu to 2nd position.
 2 counts = 1 bar

1 Close 5th in demi-plié.
 2 Tendu 4th devant.
 3-8 Continue demi-pliés and tendus en croix.
 9-16 Eight tendus to 2nd closing in 5th with Cecchetti accent (close front first).
 1-16 Repeat, starting derrière. Finish the last tendu out, closing after the music.

T3 2b **BATTEMENTS DEGAGES**
 2/4 (Quick March)
 32 bars 4 counts **Musical introduction.**
 2 counts = 1 bar

and 1-2 Demi-plié and dégagé 4th front, hold.
 3-4 Close in 5th with straight knees.
 5-16 Repeat en croix.
 1-2 Two dégagés to 2nd closing in 1st.
 3-4 One dégagé to 2nd position, closing 5th derrière in demi-plié.
 5-8 Repeat the dégagés, ending in demi-plié in 5th devant.
 9-15 Seven dégagés to 2nd closing alternatively to 5th derrière and devant.
 16 Hold.
 1-32 Repeat the whole exercise, starting derrière.

T4 3 **RETIRES**
 4/4 (March, not too slow)
 16 bars 4 counts **Preparation:** arm through 5th en avant to 2nd.
 2 counts = 1 bar

1-2 Retiré and close 5th derrière.
 3-4 Retiré and close 5th devant.
 5-6 Retiré and close 5th derrière.
 7-8 Demi-plié and stretch knees.
 Arm remains in 2nd for the three retirés and lowers to 5th en bas with the demi-plié, preparing again through 5th en avant and out to 2nd as knees straighten.
 9-32 Repeat all three times, leaving the arm in 5th en bas after final demi-plié.

T5 4 **RONDS DE JAMBE A TERRE**
 4/8 (Lento)
 4 bars (excluding ending) 2 chords **Preparation:** Traditional preparation.
 8 counts = 1 bar N.B. Two ronds de jambe per bar.

1-16 Four ronds de jambe à terre en dehors, finishing pointe tendue devant.
 16-32 Three ronds de jambe à terre dedans, and close in 5th position devant, lowering arms to 5th en bas. Traditional ending.

T6 5 **GRANDS BATTEMENTS**
 4/4 (March)
 8 bars 4 counts **Preparation:** open arm through 5th en avant to 2nd position.
 2 counts = 1 bar

1-16 Four grand battements to each position, en croix.

T7 6 **FONDU MOVEMENTS**
 2/4 (Habanera)
 16 bars 4 counts **Preparation:** Tendu to 2nd position and open arm through 5th en avant to 2nd position.
 2 counts = 1 bar

and 1 Fondu, bringing foot in relaxed, moving it lightly along the floor, and stretch it cou-de-pied devant, arm to 5th en bas.
 and 2 Straightening the supporting knee, rising to 3/4 pointe, lifting arm to 5th en avant.
 and 3 Lower into a fondu holding foot fully stretched cou-de-pied.
 and 4 Extend foot to 4th devant, at 45° straightening supporting knee, opening arm to 2nd.
 5-8 Repeat all to 2nd position.
 9-12 Repeat all to 4th derrière.
 13-14 Close 5th position derrière, lowering arm to 5th en bas.
 15-16 Repeat preparation to 2nd position.
 1-16 Repeat all reversed, closing into 5th position devant, lowering the arm to 5th en bas 13-14 and holding 5th position 15-16.

T8 7a **BATTEMENTS FRAPPES**
 2/4 (Galop)
 16 bars
 1 count = 1 bar

2 counts **Preparation:** Tendu to 2nd and place foot sur le cou-de-pied devant.

1-7 Seven single battements frappés to 2nd, rising to 3/4 pointe on the seventh.

8 Hold.

1 Double battement frappé to 2nd.

2 Hold the extension.

3-8 Repeat the double frappé three times (holding the extension each time). Hold the final extension, and balance with the arms en avant.

T9 7b **FOUETTÉS A TERRE**
 2/4 (Allegretto)
 16 bars
 2 counts = 1 bar

Face the barre.

4 counts **Musical introduction.**

1-2 Demi-plié and dégagé the back foot to 2nd.

3-4 Fouetté à terre devant and derrière (on straight supporting leg).

5-6 Close 5th derrière and, pressing firmly along the floor, dégagé back foot to 2nd on a fondu.

and a 7 Pas de bourrée dessous.

8 Straighten the knees.

9-16 Repeat all on the other side.

17-32 Reverse all.

T10 8 **PETITS BATTEMENTS**
 2/4 (Allegro)
 24 bars
 1 count = 1 bar

4 counts **Preparation:** Tendu to 2nd and place foot sur le cou-de-pied devant.

and a 1 Beat back, front, hold.

2-3 Repeat twice.

and a 4 Beat front, back, hold.

5-8 Repeat all reversing.

9-16 Rise to the 3/4 pointe and beat on the cou-de-pied eight times, alternately back and front.
 Ending:—

and 1 Retiré passé into attitude, arm 5th en haut.

2-4 Hold position.

5-6 Lower supporting heel and extend into arabesque en fondu.

7 Relevé.

8 Hold.

T11 9 **RONDS DE JAMBE EN L'AIR**
 4/8 (Lento)
 4 bars
 4 counts = 1 bar

2 chords **Preparation:** Arm through 5th en avant to 2nd.
 N.B. Raise leg to 2nd after the port de bras.

First half of traditional exercise, i.e. single ronds de jambe only

T12 10 **ADAGE**

a) **DEVELOPPES**
 6/8 (Larghetto)
 8 bars
 2 counts = 1 bar

2 counts **Musical introduction.**

1-4 Développé à la quatrième devant, closing in 5th. Arm passes through 5th en avant, opens to 2nd position and closes 5th en bas.

5-16 Continue en croix.

T13 b) GRAND FOUETTE
4/4 (Andante cantabile)
8 bars
2 counts = 1 bar

2 counts *Musical introduction.*

1-4 Développé à la quatrième devant.
Arm through 5th en avant to 2nd position.

5 Rise.

and 6 Fouetté to face the other direction,
arm lifts from the barre to 5th en haut.

7-8 Extend arm to arabesque line.

and Coupé dessous, lowering the arm
through 5th en avant to 5th en bas.

9-16 Repeat all with the other leg, closing
from arabesque directly to 5th
position, after the music.

T14 c) GRAND ROND DE JAMBE AND DEVELOPPE EN TOURNANT
3/4 (Andante con moto)
32 bars
1 count = 1 bar

2 counts *Musical introduction.*

1-4 Développé (front foot) to 4th derrière,
arm 5th en avant.

5-7 Grand rond de jambe en dedans
opening arm to 2nd.

8 Close 5th position, arm 5th en bas.

9-10 Chassé en avant and raise leg to 4th
derrière arm through 5th en avant to
2nd position.

11-14 Développé en tournant en dehors to
face other way, arm from barre moves
through 5th en avant to 2nd position.

15 Close rising into 5th position, arm 5th
en bas.

16 Hold.

and Coupé dessous, relaxed foot.

17-32 Repeat all, finishing in 5th position,
on a rise with arms 5th en bas (32)
and lower after the music.

N.B. This Adage can also be shown with
grand rond de jambe en dehors, with
petit retiré passé and chassé en avant
into the développé en tournant.

T15 11 PREPARATION FOR FOUETTES RONDS DE JAMBE
2/4 (Galop)
16 bars
1 count = 1 bar

4 counts **Preparation:** Either 1-4 chassé to
pointe tendue, arm through 5th en
avant to 2nd, coupé on 'and', or relevé
in 5th position on '4', on 'and' retiré
still on relevé with arm in pirouette
position.

1 Fondu on supporting leg, extending
working leg to 4th front, arm remains.

and 2 Relevé, opening arm and leg to 2nd
position and sharply bring the foot
and arm into the pirouette position.

3-16 Repeat these movements 6 times.
Balance in final position.

T16 12 BATTEMENTS BALANCES

3/8 (Allegro)
16 bars
1 count = 1 bar

N.B. Start in 1st position.

4 counts **Preparation:** Arm through 5th en
avant to 2nd position, extend foot to
4th derrière, pointe tendue.

1-16 Seven and a half battements balancés,
moving front and back through 1st
position. Close last movement into 1st
position, lowering arm to 5th en bas.

- T17** 13 PREPARATION FOR SAUTES *Face barre, 1st position.*
 3/4 (Allegro)
 64 bars
 1 count = 1 bar
- 4 counts **Musical introduction.**
- 1-2 Demi-plié and press up firmly onto 3/4 pointe.
 3-4 Demi-plié and straighten knees.
 5-12 Repeat all twice.
 13-14 Tendu right foot to 2nd and hold.
 15-16 Place the foot into 2nd position, hold.
 1-16 Repeat the exercise in 2nd position but, after the tendu to 2nd, place the right foot sur le cou-de-pied derrière.
 1-12 Repeat the exercise with the rises on the left leg. *and demi-pliés*
 13-14 Point right foot to 2nd and close in 1st position.
 15-16 Tendu left foot to 2nd and place it sur le cou-de-pied derrière and hold.
 1-12 Repeat the exercise with the rises on the right leg. *and demi-pliés*
 13 Point left foot to 2nd.
 14 Close in 1st position.
 15-16 Arms to 5th en bas and hold.

II EXERCICES AU MILIEU

- 1 FIRST SET OF PORT DE BRAS
- 2 EIGHT DIRECTIONS OF THE BODY (with or without arms)
 3/4 (Andante)
 32 bars
 1 count = 1 bar
- Face corner 2, feet in 5th position croisée.
No musical introduction.
 1-16 One battement tendu (even timing) in each of the eight directions of the body.
 17-32 Repeat with the other leg.
 2 bars for each direction.
N.B. Use 4 bars for each direction when shown with arms (64 bars)
- 3a GRANDS BATTEMENTS
 4/4 March
 16 bars
 2 counts = 1 bar
- Face 5, feet in 5th position.
Preparation: open arms through 5th en avant to 2nd position.
 1-12 Four grands battements in each position, lowering arms to 5th en bas for à la quatrième derrière.
 13-16 Arms through 5th en avant to 2nd.
 1-16 Repeat all with the other leg, ending final port de bras with arms in 5th en bas.
- 3b BATTEMENTS TENDUS
 2/4 (Allegro moderato)
 16 bars
 1 count = 1 bar
- Face 5, feet in 5th position.
Preparation: extend the front foot to 2nd position. Arms remain in 5th en bas.
 1-16 Eight battements tendus à la seconde with the Cecchetti accent, closing back first. Repeat immediately on the other side, closing front first, finishing in 5th position.

3c BATTEMENTS DEGAGES

2/4 (Allegro moderato)
8 bars
2 counts = 1 bar

4 counts Face 5, feet in 5th position.
Preparation: dégagé front foot to 2nd position.
1-8 Eight battements dégagés with the front foot (closing back first).
9-16 Eight battements dégagés with the other foot (closing front first).

4 TEMPS LIE

6/8 (Andante)
16 bars
2 counts = 1 bar

Face corner 2. Feet 5th position croisée.
No musical introduction.
1-2 Demi-plié, dégagé to 4th devant on a fondu, raising the arms to 5th en avant.
and 3-4 Transfer the weight through a demi-plié in 4th to croisée derrière direction of the body, with leg lifted to 45°. Close 5th derrière facing 5, holding the arm line.
5-6 Demi-plié in 5th, lowering raised arm and adjusting arms to 4th en avant, dégagé front foot to 2nd on a fondu, opening the arms to 2nd position.
and 7 - 8 Transfer the weight through a demi-plié in 2nd to à la seconde with leg lifted to 45°. Close 5th devant, facing corner 1, lowering arms to 5th en bas.
9-16 Repeat all with the other leg.
17-32 Reverse all.

III ADAGE

1 EXERCISE FOR ARABESQUES

3/4 (Andante con moto)
16 bars
1 count = 1 bar

Face 5, feet in 5th position.
No musical introduction.

1-3 Développé à la seconde.
4 Fouetté into 1st arabesque.
5-6 Arms move through 2nd position to 2nd arabesque.
7-8 Arms move through 5th en avant to 3rd arabesque.
and 9-10 Chassé through 1st position into 4th arabesque en l'air arms passing through demi-seconde, 1st, 5th en bas and 5th en avant, head erect.
11-12 Change to 5th arabesque.
13 Coupé dessous to face 5, arms 5th en bas.
14 Retiré, arms to 5th en avant, still en face.
15-16 Move arms and leg into attitude croisée derrière.

2 DEMI GRAND ROND DE JAMBE

4/4 (Largo)

8 bars

4 counts = 1 bar

- 1-8 Grand pliè.
and 9-11 Relevé in 5th, arms 5th en bas, head inclined to back foot.
- 12 Coupé dessous to face 5, head erect.
- 13-16 Développé à la quatrième devant, arms 5th en avant.
- 1-3 Demi rond de jambe en dehors to 2nd position arms opening to 2nd.
and 4 Retiré, arms 5th en bas.
- 5-6 Développé à la quatrième derrière, arms 5th en avant.
- 7 Demi rond de jambe en dedans, arms opening to 2nd position.
and 8 Retiré, arms 5th en bas.
- 9-10 Développé à la quatrième devant, arms 5th en avant.
- 11-12 Grand rond de jambe en dehors, arms opening to 2nd position.
- 13-16 Turn into attitude croisée derrière, arms lowering through 5th en bas and passing through 5th en avant into the attitude line.
- Chord Rise to test balance.

3 ADAGE ENCHAINEMENT

4/4 (Andante con moto)

16 bars for complete adage

2 counts = 1 bar

a)

- 1-2 Rise in 5th, lower heels.
- 3-4 Demi-plié and chassé into 1st arabesque croisée à terre.
- 5-7 Dégagé en tournant à terre to croisée devant line.
- 8 Close in 5th, lowering arms directly to 5th en bas.

b)

- 1-2 Demi-plié and chassé forward into 2nd arabesque croisée à terre.
- 3-4 Rond de jambe à terre en dedans, moving arms through 2nd position into full effacée line, front foot pointe tendue devant à terre.
- 5 Fondu on supporting leg, bending body forward, lowering raised arm to 5th en avant.
- 6 Raise the leg en avant, bringing body erect and arms and head to effacée line.
- 7-8 Fouetté into 1st arabesque to face 6.

c)

- 1-4 Chassé passé into attitude croisée en l'air, arms through 5th en bas, 5th en avant to 4th en avant, left arm forward.
- 5-8 Développé en tournant en dehors, arms passing through 2nd to 5th en bas, 5th en avant, to finish in 4th en avant, right arm forward, facing corner 1, leg and head in croisée devant line.
- 9-12 Lower leg through 1st position and raise it into attitude derrière effacée. Side arm lowers through 5th en bas, meets the other arm in a low 5th en avant and opens to attitude effacée line.
- 13-16 Pas de bourrée dessous, into chassé en avant to 4th croisée, pointe tendue derrière. Arms lower to 5th en bas and open to demi-seconde, head inclined to back foot. Close 5th position, arms 5th en bas.

This may be seen as a complete Adage or in sections as follows:

a) EXERCISE FOR DEGAGE EN TOURNANT A TERRE

1-16

The first eight counts of the complete Adage, repeated on the other side.

b) EXERCISE FOR FOUETTE
EN L'AIR 1-16

The next eight counts of the complete Adage, repeated on the other side. Start 5th position croisée, and chassé forward into 2nd arabesque croisée. Chassé passé after the grand fouetté to repeat all on the other side, closing into 5th position at the end.

c) EXERCISE FOR DEVELOPPE
EN TOURNANT EN DEHORS 1-32

The last sixteen counts of the complete Adage. Start 5th position croisée and chassé into attitude croisée. Finish in 5th position and repeat all on the other side.

IV PIROUETTES

- 1 GRANDE PREPARATION POUR PIROUETTE EN DEHORS
4/4 (Lento) Face 5, feet in 5th position. No musical introduction.
8 bars Traditional preparation for piroquette en dehors with the foot sur le cou-de-pied, taken once each side without a turn, and once each side with a single piroquette, and échappé ending.
4 counts = 1 bar
- 2 PIROUETTES EN DEHORS
3/4 (Waltz) Face 5, feet in 5th position, right foot front.
16 bars 1 count = 1 bar 2 counts **Musical introduction.**
- 1-2 Tendu 4th devant, arms 5th en avant, rond de jambe à terre to 4th derrière, pointe tendue, arms to 2nd.
- and Demi-plié in 4th, arms to 4th en avant (Right arm passing through 1st and 5th en bas), same arm as working leg forward.
- 3 *Double* piroquette en dehors.
- 4 Close 5th derrière in demi-plié. Retain arm position or lower to 5th en bas.
- 5-8 Repeat to the other side.
- 9-16 Repeat all.

3 PIRouETTES EN DEDANS

Taken from a lunge, *without* a fouetté movement.

3/4 (Waltz)

16 bars

1 count = 1 bar

- 2 counts **Musical introduction.**
- and 1 Rise to 4th croisée en l'air (low). Arms to open, to 5th en avant with palms upwards, head erect.
- 2 Tombé into 4th in a lunge, head to 5, arms 4th en avant.
- and 3 Single pirouette en dedans, (no fouetté action)
- 4 Close 5th front in demi-plié croisée. Retain arm position or lower to 5th en bas.
- 5-8 Repeat on the other side.
N.B. The knees may be straightened before repeating.
- 9-16 Repeat all with *double* turn to each side.

4 PIRouETTES EN DEDANS

Taken from 4th position *with* a fouetté movement.

4/4 (Adagio)

8 bars

4 counts = 1 bar

- 4 counts **Musical introduction.**
- 1-2 Chassé to 4th croisée, back foot pointe tendue à terre, arms through 5th en avant to 2nd, head erect.
- 3-4 Place feet in small 4th, downstage arm does full port de bras to 4th en avant.
- and Demi-plié, head to 5.
- 5-6 Single pirouette en dedans with fouetté movement through second position en l'air.
- 7 Close 5th front demi-plié, croisée.
- 8 Straighten legs, and lower arms to 5th en bas.
- 9-16 Repeat on the other side.
- 17-32 Repeat all.

V ALLEGRO

The following to be shown singly or in a series, soutenu or de suite, as appropriate. These steps will not be contained in unseen enchainements.

- 1 Assemblés devant and derrière.
- 2 Ballonné simple, écartée (arms opening to demi-seconde).
- 3 Ballonné simple, effacée en avant (arms 4th en avant).
(N.B. On all ballonnés simples, the foot may be either stretched or relaxed on the cou-de-pied: candidate's choice).
- 4 Brisé (dessus).
- 5 Echappé battu (beating out and in).
- 6 Entrechat trois devant and derrière.
- 7 Glissades en avant and en arrière.
- 8 Grand jeté en avant.
- 9 Pas de bourrée devant and derrière.
- 10 Pas de bourrée en avant, en arrière, and en tournant en dehors and en dedans.
- 11 Pas de bourrée ouvert to 2nd position.
- 12 Sissonnes dessus and dessous.

ALLEGRO SET ENCHAINEMENTS

Unless otherwise stated all these enchainements start facing 5 in 5th position, head erect, arms in 5th en bas.

PETIT ALLEGRO:

1 ASSEMBLE, TEMPS LEVE

3/4 (Waltz)

16 bars

1 count = 1 bar

4 counts **Musical introduction.**

- and 1 Assemblé dessus.
- and 2 Temps levé sur le cou-de-pied derrière (arms 5th en bas).
- and 3-4 Assemblé coupé derrière, taken soutenu; arms move towards demi-seconde and close to 5th en bas.
N.B. Emphasize the demi-plié into the swish as you start the repeat of this sequence.
- PERFORM FOUR TIMES DESSUS.**
REVERSE as a separate exercise.

2 JETE, TEMPS LEVE

2/4 (Allegretto)

16 bars

2 counts = 1 bar

4 counts **Musical introduction.**

and 1-2 Jéte dessus, temps levé sur le cou-de-pied derrière. Arms in 3rd position, in opposition to the raised foot.

and 3-4 Repeat on the other leg.

5-6 Coupé dessous (stepped, not sprung) into assemblé dessous. Arms through demi-seconde to 5th en bas.

7-8 Two changements facing 5.
PERFORM FOUR TIMES.
REVERSE *as a separate exercise.*

3 PAS DE BOURREE EN TOURNANT

2/4 (Polka moderato)

8 bars

2 counts = 1 bar

4 counts **Musical introduction.**

1 Demi-plié into dégagé devant on a fondu. Arms 5th en avant.

and 2 Grand rond de jambe en dehors to quatrième derrière.

N.B. The foot *skims* the floor, with no weight on the toes. Arms open to 2nd position.

and a 3 Pas de bourrée en tournant en dehors. Arms to pas de chat position.

4 Straighten the knees, bringing the body erect. Arms to 5th en bas.

5-8 Repeat with pas de bourrée *en dedans*. Arms to demi-seconde on the dégagé, remain there for the rond de jambe and lower to 5th en bas for the pas de bourrée.

9-16 Repeat both pas de bourrée.

As a separate exercise repeat all starting with the other foot.

4 SISSONNES

6/8 (Allegro moderato)

8 bars

2 counts = 1 bar

Face effacée, feet in 5th, arms 5th en bas.

4 counts **Musical introduction.**

1 Sissonne fermée en avant. Arms 5th en avant.

2 Sissonne ouverte en avant. Arms EITHER to open 5th en avant OR to 3rd arabesque (candidate's choice).

and a 3 Pas de bourrée en avant, arms 5th en bas.

4 Changement to face 5.

5-7 Three sissonnes dessus (usual arms).

8 Changement to face effacée.

9-16 REPEAT ALL ON OTHER SIDE.

REVERSE *as a separate exercise.*

N.B. For the sissonne ouverte en arrière, use EITHER open 5th en avant OR full effacée line of arms and head (candidate's choice).

5 GLISSADE ASSEMBLE

3/4 (Waltz)

16 bars

1 count = 1 bar

4 counts **Musical introduction.**

and 1 Glissade changée towards front foot.

and 2 Assemblé dessus.

and 3-4 Temps levé chassé to 2nd position and pas de bourrée dessous. Arms do 1st port de bras.

Repeat three times on alternate sides.

N.B. The timing of each change of head towards the new front foot is fundamental to the purpose of this enchainement.

This step is not reversed.

6 PAS DE BOURREE OUVERT

2/4 (Allegretto)

8 bars

2 counts = 1 bar

4 counts **Musical introduction.**

and a 1 Pas de bourrée ouvert to 2nd position (moving towards front foot).

Arms open to demi-seconde.

and 2 Sauté back into the 5th position *without* changing feet. Arms 5th en bas.

and a 3-4 Repeat all, moving in the same direction.

and a 5 Repeat pas de bourrée ouvert to 2nd.

and 6 Sauté back to cou-de-pied derrière, beating front back.

7 and 8 Three petits jetés en attitude, arms 5th en bas.

and a 1 Temps levé sur le cou-de-pied devant, chassé en avant to 4th position, ouverte.

and a 2 Coupé dessous, chassé en avant, through 4th position to arabesque en fondu, travelling towards downstage corner, ouverte. Move the upstage arm from near the mouth out towards the corner in a "kissing" gesture, during counts and a 1, and a 2; back arm extends to arabesque.

3 Hold this position.

and a 4 Pas de bourrée dessous, arms to pas de chat position.

5-8 Repeat 1-4 on the other side.

N.B. *Boys*: do only one temps levé chassé through 4th into arabesque en fondu on counts and a 1 and hold the arabesque pose for counts 2 and 3; arms used in "me-you" mime gesture instead of "kiss" on arabesque, and pass through demi-seconde on the pas de bourrée dessous to 5th en bas, on counts and a 4.

7 TERRE A TERRE BATTERIE

2/4 (Allegro moderato)

8 bars

2 counts = 1 bar

4 counts **Musical introduction.**

and 1-2 Entrechat quatre, entrechat royale.

and 3-4 Repeat.

and 5 Entrechat trois derrière. Arms in 3rd, in opposition to the raised foot, head towards supporting foot.

6 Assemblé coupé derrière.

and 7-8 Repeat entrechat trois and assemblé coupé on the other side.

9-16 Repeat all.

Repeat as a separate exercise with entrechat trois devant and assemblé coupé devant.

8 BRISES DESSUS

6/8 (Allegro moderato)

8 bars

2 counts = 1 bar

4 counts **Musical introduction.**

and a 1-2 One brisé dessus, taken soutenu. Arms demi-seconde to 5th en bas.

and 3-4 Repeat.

and a 5 Pas de bourrée *dessus*. Arms demi-seconde to 5th en bas.

and 6 Changement.

7 Straighten the knees.

8 Demi-plié.

9-16 Repeat all on the other side.

Prior to the following Grand Allegro section, the candidates will be asked to demonstrate a plain series of *grands* changements, to show the extent of their vertical elevation.

GRAND ALLEGRO:

9 DEMI-CONTRETEMPS, ASSEMBLE ELANCE

3/8 (Spanish Waltz)

16 bars

1 count = 1 bar

4 counts

Stand near corner 3, facing croisée.
Preparation: Wait for 2 counts and then chassé forward to fourth position pointe tendue derrière, arms demi-seconde.

and 1-2

Demi-contretemps; assemblé élané écartée with the arms moving sideways to 2nd position and ending in 5th en bas.

3-4

Two soubresauts in croisée alignment. Arms through 5th en avant to third arabesque line.

5-6

Temps levé chassé pas de bourrée dessous travelling sideways across the room. Arms through 5th en avant to 2nd, finish in "pas de chat" position.

7

Pas de chat – usual arms.

8

Temps levé sur le cou-de-pied derrière, facing croisée, arms 5th en bas, head turned and inclined to 5.

9-16

Repeat all on the other side.

10 GRAND JETE EN TOURNANT

3/8 (Spanish Waltz)

16 bars

1 count = 1 bar

4 counts

Face wall 8, feet in 5th position.
Preparation: Chassé en avant, towards wall 8, into 2nd arabesque à terre.

and a 1-2

Pas de bourrée, grand jeté en tournant en dehors.

and a 3-4

Two steps, travelling across the room towards 6, arms do full port de bras into posé in 2nd arabesque.

5-8

Repeat in the opposite direction.

9-16

Repeat all, final arabesque pointe tendue à terre.

11 CABRIOLE DEVANT

3/4 (Grande valse)

16 bars

1 count = 1 bar

4 counts

Start near corner 3, facing 5, 5th position, right foot front.

Musical introduction.

and 1

Temps levé chassé en avant, through 4th, to corner 1. Arms lift to full effacée line.

and a 2

Pas de bourrée dessous through 4th into cabriole devant ouverte, using the third step as the take-off into the jump. Arms go through a full port de bras and a lift to full effacée line on cabriole.

3

Step forwards again towards corner 1, on the right foot.

and a 4

Pas de bourrée dessous to face 5, lowering arms to 5th en bas.

5-16

Repeat 3 times.

12 TOURS EN DIAGONALE

N.B. These are not on pointe

a) (Girls) POSE TOURS EN DEDANS

2/4 (Galop)

8 bars

1 count = 1 bar

2 counts

Preparation: pointe tendue 4th croisée devant, arms 4th en avant.

1-7

Seven posé turns en dedans.

8

Echappé ending to 4th en face.

b) (Girls) PETITS PAS DE BASQUE EN TOURNANT EN DEDANS

2/4 (Galop)

8 bars

1 count = 1 bar

2 counts

Preparation: as for posé turns.

1-7

Seven petits pas de basque en tournant en dedans.

8

Echappé ending to 4th en face.

c) (Girls and Boys) PETITS TOURS

2/4 (Galop)

8 bars

1 count = 1 bar

4 counts

Preparation: as for posé turns.

Petits tours:

(Girls) Echappé ending to 4th en face.

(Boys) End with chassé to pointe tendue derrière, downstage arm 5th en haut to make effacée derrière line.

UNSEEN ENCHAINEMENTS

These will consist of simple arrangements of those allegro steps covered in the Grade Syllabi. A maximum of 3 enchainements will be seen, each consisting of no more than 4 steps.

CLASSICAL SOLO:

Teacher's own choreography not to exceed one minute and not on pointe. Piano music should be used.

VI STEPS FOR BOYS

1 ASSEMBLES SOUTENUS AND DE SUITE

3/4 (Waltz)

16 bars

1 count = 1 bar

4 counts *Musical introduction.*

1-4 Two assemblés dessus soutenu.

5-6 Two assemblés dessus de suite.

7-8 One assemblé dessus soutenu.

9-16 *WITHOUT STOPPING* Reverse.

N.B. Arms should not be raised higher than demi-seconde.

2 TOUR EN L'AIR TAKEN FROM A CHANGEMENT

2/4 (Allegretto)

8 bars

2 counts = 1 bar

4 counts *Musical introduction.*

and 1

and 2 Three petits changements.

and 3 One grand changement, raising arms through low 5th en avant to low 4th en avant, same arm forward as front foot.

and 4 One grand changement en tournant.

5-16 Repeat three times, alternate sides.

3 GLISSADE JETE

3/8 (Allegretto)

16 bars

1 count = 1 bar

4 counts *Musical introduction.*

and 1 Glissade derrière.

and 2 Jeté dessus. Arms demi-seconde to 5th en bas.

and 3-4 Repeat glissade, jeté on other side.

and 5-6 Deux petits jetés en attitude derrière. Arms held in 5th en bas.

and 7 Assemblé coupé derrière, arms demi-seconde to 5th en bas.

and 8 Grand changement. Repeat all on the other side. *This step is not reversed.*

4 ECHAPPE BATTU

6/8 (Con brio)

8 bars

2 counts = 1 bar

4 counts *Musical introduction.*

and a 1-2 Echappé sauté battu changé to 2nd position (beating front foot back and out, front and back). Arms out to demi-2nd and back to 5th en bas.

and 3 Straighten the knees.

4 Demi-plié.

5-8 Repeat.

1-2 Echappé battu changé.

3-4 2 changements.

5-8 Repeat the échappé battu and 2 changements.

5 TOUR EN L'AIR TAKEN FROM A RELEVÉ

3/4 (Waltz)

16 bars

1 count = 1 bar

4 counts *Musical introduction.*

1-2 Relevé in 5th. Arms through low 5th en avant to low 4th en avant, same arm forward as front foot.

3 Demi-plié, retaining arm position.

4 Changement en tournant, arms low 5th en avant.

5-16 Repeat all 3 times.

6 TOUR EN L'AIR TRAVELLING EN DIAGONALE

4/4 (March)

8 bars

2 counts = 1 bar

Start near corner 3, feet in 5th position, facing croisée.

4 counts *Musical introduction.*

and 1 Temps levé sur le cou-de-pied devant and chassé forward, through 4th position into a low arabesque line (croisée). Head towards supporting foot. Arms through 5th en avant to 4th en avant, opposite arm to leg forward.

and 2 Temps levé and chassé forward onto other leg into a low arabesque on the open leg. Change arms and head to the other side, bringing the side arm down through 5th en bas and forward into 4th position.

and 3 Coupé dessous into assemblé coupé devant sur place. Head erect, arms move across to the other 4th.

and 4 Changement en tournant, arms half way between 5th en bas and 5th en avant. Retain arm position on landing. Repeat all.

5-8 and 9-10 2 grands changements facing 5, arms 5th en bas.

and 11-12 Tendu back foot to 4th derrière, arms opening through 5th en avant to 2nd position.

and 13 Demi-plié in 4th position, arms to 4th en avant.

14-16 Pirouettes en dehors finishing in a lunge, facing croisée.

CLASSICAL SOLO:

Teacher's own choreography not to exceed one minute. Piano music should be used.

VII TEMPS DE POINTE

BARRE

T18 1 STEPPING UP TO POINTES

2/4 (Polka)
16 bars 4 counts
2 counts = 1 bar

Face barre.
Preparation: stand with feet in parallel 1st position (not turned out) and place hands on the barre.

- and Lift and bend right knee, toe pointing to floor.
- 1 Step up on to pointe.
- 2 Step left foot up to pointe (feet side by side)
- 3-4 Hold position.
- 5-8 Lower both feet slowly, through positions of feet (3/4, 1/2, 1/4, flat).
- 9-16 Repeat the exercise starting with left foot.
- 1-16 Repeat all.

2 DEMI PLIES AND RISES

T19 3/4 (Allgretto)
32 bars 2 counts
1 count = 1 bar

Face barre.
Preparation: stand in 1st position, place hands on the barre.

- 1-4 Demi-plié, straighten, rise and lower.
- 5-8 Repeat once.
- 9-12 Demi-plié, sharp rise, demi-plié, sharp rise.
- 13 Hold on pointe.
- 14 Lower.
- 15-16 Tendu and lower to 2nd position.
- 1-16 Repeat all in 2nd position, finishing back in 1st.

T20 3 TENDUS AND RELEVES

2/4 (Moderato)
32 bars 4 counts
2 counts = 1 bar

Stand sideways to the barre, 5th position.
Preparation: Prepare arm to 2nd.

- 1-4 Tendu 4th front, demi-plié in open position, relevé in 4th, lower to demi-plié in 4th.
- 5-6 Tendu in 4th, close 5th with demi-plié.
- 7-8 Relevé in 5th, spring down to demi-plié in 5th.
- 9-16 Repeat all to 2nd position, closing derrière.
- 1-8 Repeat all to 4th derrière.
- 9-10 Relevé 5th, demi-plié; arm remains in 2nd position.
- 11-12 Relevé devant, with quarter turn, to face barre, both hands on the barre, demi-plié.
- 13-14 Relevé 5th, demi-plié.
- 15-16 Relevé devant, with quarter turn, to face other side, arm opens to 2nd position.
Repeat all, lowering the arm to 5th en bas at the end.
N.B. When lowering the foot to 4th position in demi-plié, shorten the 4th.

T21 4 RELEVES

3/4 (Light Polonaise)
16 bars 6 counts
3 counts = 1 bar

Face barre, 5th position.
Musical introduction – place hands on barre.

- 1-3 Relevé devant, with hold, close 5th.
- 4-6 Relevé derrière, with hold, close 5th.
- 7-9 Relevé 5th, with hold, close 5th.
- 10-12 Relevé passé derrière, with hold, close 5th.
- 1-12 Repeat once.
- 1-24 Reverse all.

T22 ⁵ ECHAPPES
 2/4 (Allegro moderato)
 16 bars 4 counts
 2 counts = 1 bar

Face barre, 5th position.
Musical introduction – place hands on barre.

1-4 2 échappés changés to 2nd position.
 5 Echappé to 2nd position.
 6-7 Hold.
 8 Close in 5th position, demi-plié, changing feet.
 9-16 Repeat with échappés in 4th position, closing into 5th position on 16.
 1-16 Repeat all on the other side.

AU MILIEU

T23 ⁶ TEMPS LIE EN AVANT AND A LA SECONDE
 2/4 (Polka moderato)
 8 bars 4 counts
 2 counts = 1 bar

Face croisée, 5th position.
Musical introduction.

and 1 Demi-plié, dégagé 4th devant, and step up on to pointe in 5th position, arms open 5th en avant.
 2 Demi-plié arms 5th en bas.
 3-6 Repeat twice, arms remain in open 5th en avant on last demi-plié.
 and 7 Face front, demi-plié, dégagé front foot à la seconde step up into 5th on pointe changing feet, to face croisée, and opening the arms to second.
 8 Demi-plié arms 5th en bas.
 9-16 Repeat on other side.

T24 ⁷ RELEVES
 4/4 (Allegretto)
 8 bars 4 counts
 2 counts = 1 bar

Face 5, 5th position.
Musical introduction – demi-plié on count 4.

and 1 Echappé relevé changé.
 and 2 Relevé 5th, arms 5th en bas.
 and 3 Relevé devant, arms remain in 5th en bas.
 and 4 Relevé derrière, arms remain in 5th en bas.
 5-16 Repeat all 3 times.
 N.B. All relevé movements are taken up on the “and”.

T25 ⁸ PAS DE BOURREE PIQUES
 3/4 (Polka Mazurka)
 16 bars 6 counts
 3 counts = 1 bar

Stand in 5th position, croisée.
Musical introduction.

1-3 Pas de bourrée pique dessous, (with 2 high retirés and on 3rd step, a soft fondu, with raised foot placed in a low position) arms 3rd position with épaulement.
 4-6 Repeat pas de bourrée piqué dessous.
 7-9 Pas de bourrée piqué dessous finished in a demi-plié in 5th position, arms lower to 5th en bas.
 10-12 Relevé in 5th position arms to 5th en haut, and lower through 2nd, in 5th demi-plié. Release the back foot with arms to 3rd position to repeat.
 1-12 Repeat all on other leg, lowering arms to 5th en bas at the end, finishing in 5th position.
 1-24 Repeat all.
N.B. This may be taken at the barre if preferred. Candidate's choice.

T26 ⁹ PAS DE BOURREE COURU
 3/4 (Waltz with continuous quavers)
 16 bars 4 counts
 1 count = 1 bar

Stand in 5th position croisée, near corner 3.
Musical introduction.

1-2 Release the back foot and couru sur place, coupé over to soft fondu off pointe, arms 5th en bas.
 3-6 Repeat but travel sideways on a diagonal line, arms do 4th port de bras.
 7 Finish in 5th demi-plié croisée, arms 5th en bas.
 and 8 Changement, changing corner. Repeat all on the other side.

T27 10 POSES COUPES AND EMBOITES

2/4 (Polka)

16 bars

2 counts = 1 bar

- Start near corner 3, 5th position effacée, right foot front. Travel to corner 1.
- 4 counts **Preparation:** Chassé en arrière, right foot pointe tendue devant, arms to 4th en avant, left arm forward.
- 1-4 2 posés coupés en avant, arms 4th en avant with left arm forward.
- 5 Posé on right on pointe, left foot to retiré derrière.
- 6 Step on left pointe at back of right foot and lift right foot to retiré devant.
- 7 Lower right foot in front of left, still on pointe.
- 8 Demi-plié in 5th position, arms remain in 4th en avant.
- 9-16 Repeat all.
- 1-7 Repeat again, but remain up on pointe, in 5th position, for count '8'.
- 9-14 6 emboîtés en avant, arms in demi-seconde, facing 5.
- 15 1 emboîté closing left foot front 5th position, demi-plié.
- 16 Relevé in 5th position, croisée, arms open 5th en avant.

*REVERENCE or BOW***T28 Diagonale Pose Turns****T29 Diagonale Petti Pas de Basque Turns****T30 Diagonale Petti Pad de Basque Turns (quicker!)**