

GRADE 1 THEORY

Optional music

1. The 5 Positions of the feet

4/4 Track 17

Each position of the feet from 1st through to 5th to be shown as candidates announce each position. Arms remain in bras bas throughout.

2. The 5 Positions of arms and demi-seconde

3/4 Track 2

Facing point 8, arms demi-seconde to bras bas on introduction.

Each position of arms from 1st through to 5th to be shown as candidates announce each position.

Lower through 2nd to bras bas, rise and turn to face point 1

3. The use of 1st position as a 'gateway'

Candidates must understand the importance of the use of 1st position to transition from one arm position to another. The following question will be asked:

Why is gateway so called?

Response: Because all other arm positions may be approached by going through this position

4. The distance between the hands

The following question will be asked:

How much distance should be between the 2 hands when the arms are in bras bas, 1st or 5th position?

Response: About the width of the face

5. The Fixed Points of the Stage

No music

Candidates must execute a 1/8 turn to face and gesture clearly towards each direction as they name each point from 1 to 8. From now on candidates will be expected to respond to instructions naming any of the 8 directions.

6. Explain the meanings of the following terms:

Devant	In front
Derrière	Behind

GRADE 1

À LA BARRE

1. Demi-plié, relevé and grand plié

3/4

Facing barre. Feet 1st position.

Bars 1-6 Demi-plié and 2 relevé in 1st

Bars 7-8 Tendu to 2nd and lower heel

Bars 9-14 Grand plié and relevé in 2nd.

Bars 15-16 Tendu in 2nd and close in 1st

Repeat on alternate legs

2. Demi-plié en troisième and en quatrième

3/4

Sideways to barre. Feet 3rd position.

Bars 1-4 2 demi-pliés in 3rd, arm moving to demi seconde & lowering to bras bas each time

Bars 5-6 Tendu en avant to 4th opposite 3rd, arm to 1st position & opening to 2nd

Bars 7-8 Lower heel, arm lowering to bras bas

Bars 9-16 2 demi-pliés in 4th (same port de bras), tendu en avant, close to 3rd

Repeat

To be repeated on the other side

3. Battement tendu en croix

2/4

Sideways to barre. Feet 3rd position.

Bars 1-8 Battement tendu en avant, à la seconde, en arrière, à la seconde
Arm 2nd position throughout

Repeat all x 3

4. Assemblé relevé in 4 counts : dessus (over) and dessous (under)

2/4

Facing barre. Feet 3rd position R foot front

Bar 1 Demi plié

Bar 2 Tendu L foot à la seconde à terre en fondu

Bar 3 Relevé closing 3rd position L foot front

Bar 4 Demi plié, stretch legs

Bars 5-8 Repeat other side

Bars 9-16 Repeat with front foot closing behind

5. Preparation for coupéFacing barre. Feet 3rd position R foot front

On intro : degagé R foot en fondu

- Bar 1 Assemblé relevé in 5th
 Bar 2 Hold position
 Bar 3 Lower front heel en fondu, lifting L foot to cou de pied (coupé dessus)
 Bar 4 Extend L leg to degage derrière en fondu
 Bars 5-8 Repeat in reverse (coupé dessous)
 Bars 9-12 Repeat coupé dessus
 Bars 13-15 Pointe tendu L à la seconde, close 3rd
 Bar 16 Degagé L foot en fondu
 Bars 17-32 Repeat all other side

6. Grand battement en arrière in 4 counts

3/4

Facing barre. Feet 3rd position R foot front

Bars 1-12 3 grand battement en arrière L leg

Bars 13-16 Pointe tendue L à la seconde, close 3rd to change legs

Repeat with R leg

7. Changement de Pied

3/4

Facing barre. Feet 3rd position R foot front

On intro: demi plié and commence jump

- Bar 1 Land in 3rd L foot front
 Bar 2 Stretch legs & demi plié in preparation
 Bar 3 Land in 3rd R foot front
 Bar 4 Stretch legs & demi plié in preparation
 Bars 5-16 Repeat all x 3

8. Échappé sauté à la seconde from 3rd position

3/8

Facing barre. Feet 3rd position R foot front

On intro: demi plié and commence jump

- Bars 1-2 Land in 2nd position and sauté en l'air closing L foot front
 Bars 3-4 Stretch legs and demi plié in preparation
 Bars 5-32 Repeat all x 7

AU MILIEU (Rhythmical Appreciation)**1. Petit dégagé pointé devant**

2/4

Commence en face. Feet 1st

Bars 1-8 4 petit dégagé with supporting leg straight

Bars 9-16 4 petit dégagé with supporting leg en fondu

Candidates to count aloud in time with pulse of music for first 8 bars whilst executing degagés

ADAGE**1. Première port de bras**

3/4

- Commence facing point 8. 3rd position R foot front. Arms bras bas
- Bars 1-2 Raise arms to 1st
- Bars 3-4 Open arms to 2nd and lower to bras bas
- Bars 5-12 Repeat bars 1-4 x 2 times
- Bars 13-14 Tendu L foot à la seconde, turning to face front and raising arms sideways to demi-seconde
- Bars 15-16 Close L foot front turning to face point 2 and lower arms to bras bas
- Bars 17-32 Repeat all on the other side

2. Première arabesque à terre

4/4

- Commence facing point 3. Feet 3rd R foot front
- Bars 1-2 Temps lié en avant into 1st arabesque par terre
- Bar 3 Hold line
- Bar 4 Open arms to demi seconde and lower to bras bas as leg closes in 3rd derrière
- Bars 5-12 Repeat x 2
- Bars 13-14 Demi detourné to face other side
- Bars 15-16 'Breathe' arms to demi-seconde as legs stretch and return softly to bras bas.
- Bars 17-32 Repeat all on other side.

ALLEGRO**1. Pas de bourrée** dessous (under) and dessus (over)

6/8

- Commence en face Feet 3rd R foot front
- 8 pas de bourrées dessous (under) on alternate sides. Pause. Repeat all in reverse (dessus)
- 2 bars per pas de bourrée

2. Glissade devant and derrière

4/4

- Commence en face 3rd position R foot front
- On last beat of intro: demi plié
- Bar 1 counts 1-2 Tendu R foot à la seconde en fondu
- 3-4 Transfer weight to tendu L foot à la seconde en fondu
- Bar 2 count 1 Close behind in 3rd demi plié
- 2-3 Stretch legs
- 4 Demi plié
- Bars 3-6 Repeat all x 2
- Bar 7 Changement
- Bar 8 Demi plié
- Bars 9-16 Repeat all other side
- Pause music and repeat all derrière.
- Arms in 3rd position for glissade, closing bras bas on changement

- 3. Petit jeté sur place** 2/4
 Commence en face 3rd position R foot front. On intro, fondu and place L foot sur le cou de pied
 Bars 1-8 8 petit jeté derrière
 Bars 9-16 8 petit jeté devant
 Arms bras bas throughout

- 4. Échappé and changement** 3/4
 Commence en face 3rd position R foot front
 Bars 1-4 2 échappé sauté à la seconde, arms opening to demi seconde & lowering to bras bas
 Bars 5-8 4 changements, arms bras bas

- 5. Polka forward en diagonale** 2/4
 Commence point tendu en avant in croisé
 Bars 1-16 6 polka steps forward en diagonale, followed by 3 steps forward and finish cou de pied derrière croisé
 ✱ (First 4 polka steps may be performed in small circle, before travelling en diagonale to complete)
 Performed individually

- 6. Galops and sauté** 6/8
 Commence en face 3rd position R foot front
 Bars 1-2 4 galops sideways
 Bars 3-4 Step and close to 1st, 2 sauté in 1st

- 7. Jigs and petit jeté** 2/4
 Commence en face 3rd position, R foot front
 Bar 1 Jig step R forward
 Bar 2 Jig step L forward
 Bar 3 beat 1 Coupé over
 beat 2 Petit jeté derrière
 Bar 4 beat 1 Petit jeté derrière
 beat 2 Hold position cou de pied derrière
 Bars 5-8 Coupé under to repeat all on other side

DANCE

Arranged by the teacher to include natural mime. Maximum 1 minute

RÉVÉRENCE

Either own arrangement or the existing arrangement of révérence for teacher / examiner and appreciative acknowledgement for pianist / music. To include conventional mime gestures 'I', 'You' and 'Thank'