

# 2020 Grade Updates for Technical Notes

## PRE-PRIMARY TO GRADE 3 BOOK

### PRE-PRIMARY

#### STUDIES – PAGE 9

#### 3B ALTERNATIVE VERSION OF GOING RIDING - TRAVELLING IN A CIRCLE 6/8

*Intro 1-4 Each student commences at a corner facing towards the next corner, feet parallel.*

1-4 4 Marches on the spot

5-8 4 Pony Canters towards next corner

1-4 4 jumps in parallel with ¼ turn on each

5-8 Little runs forward in the circle

1-16 Repeat all continuing in the circle

### PRIMARY

#### PRELIMINARY EXERCISES – PAGE 12

#### 1 DEMI PLIÉS 3/4

Commence with feet in a natural 1st position

*Intro 1 2 Hold the position*

3 4 *Tendu right foot to 2nd, lower heel in 2nd*

1-6 3 Demi-pliés in 2nd position

7 Tendu right foot

8 Close in 1st position

1-6 3 Demi pliés in 1st position

7 8 Lower arms to 5th en bas and hold

**As per notes in Pre Primary with the inclusion of demi-pliés in 2<sup>nd</sup> position.  
Students should work to the other side as a separate exercise.**

**2nd positions to show the shape of  
a house with the thighs as the roof and  
the lower legs as the walls with the spine  
as the chimney**

**OR**

**3 ropes - 2 to pull the knees outwards &  
1 upwards to keep the spine lifted**

## ALLEGRO – PAGE 20

### 5 POLKAS

6/8

Students commence on 1 and finish on 8 or 16 of a musical phrase

#### Should commence with a hop

Teachers to choreograph own free moving polka exercise encouraging travel and the use of the space.

Students to show only polkas, not gallops

**This should be taught as a galloping polka not a stepping polka**

Students should show awareness of 4 or 8 bar phrases

## STUDIES – PAGE 22

### 2 OOM PAH PAH

3/4

Stand with parallel feet holding a scarf in right hand in front with left hand on the left hip

*Intro 1-4 Hold the position*

1 2 Swing right arm to the right then left with a bobbing movement for each side (arms show figure of 8 pattern.)

3 4 Rise and patter turn around passing 8,7 & 6 - finish to 5 and change hands

5-8 Repeat to the other side

1 2 Sway to the right, carry scarf to the right, then sway to the left, carry scarf across the body to the left

3 4 Galop to the right then transfer weight onto the right, carry scarf in a circle motion

5 6 Run forward to 5 and balance in a parallel rise lifting scarf up high in 2 hands

7 8 Run backward to 7 lowering scarf in left hand and lower heels in parallel position

1-16 Repeat all starting to the other side and finishes with a presentation of the scarf

**The runs forward and backward may be taken either to walls 5 & 7 or en diagonale traveling firstly towards corners 1 & 3 then to corners 2 & 4.**

## GRADE 1

### PAGE 24

#### ENTERING THE ROOM 3/4

The teacher steps inside the door and then directs the pianist to play 'Running in music'

- 1-4 Student 1 runs in to take place in a line across the centre of the room  
pause Student 1 says “**Good morning/afternoon Mr/Mrs/Miss -----, My name is -----**” – the student should curtsy/bow before or after their introduction – not at the same time
- 5-8 & Student 2 repeats above  
pause
- Repeat until all students are in a line across the centre of the room  
**The teacher then introduces the pianist to the students.**

The teacher will then ask the Students to show the examiner **1st, 2nd and 3rd positions of the feet with the correct transference of weight** before running to the barre. **(Students should name and demonstrate positions of the feet, NOT the teacher).**

Entering the Room is the same as we do now – the teacher making the introductions and asking for the Theory. **The teacher remains in the room and conducts the exam.**

### PAGE 34

#### STUDIES

1 Study to be shown in the exam, teachers' choice. This will be shown as a group.

**These may be taken 2x2 if there are four candidates – Teacher choice.**

**Teachers may also show different solos in the same exam.**

## GRADE 2

### ALLEGRO – PAGE 48

#### BASIC STEPS

Basic steps at this level will now be asked for in a group, as in the Theory.

<b>Sauté in 1<sup>st</sup></b>	Soutenu or de suite
<b>Changements</b>	Soutenu or de suite
<b>Échappé Sauté</b>	Soutenu or de suite
<b>Pas de Chat</b>	Soutenu or de suite
<b>Petits Jetés</b>	Devant or derrière
<b>Galops</b>	Sideways or forwards
<b>Polka</b>	Forwards
<b>Temps Levé</b>	Devant or derrière

## GRADE 3

### ALLEGRO – PAGE 66

#### 4A POSES COUPES ETC. – GIRLS & BOYS 6/8

Stand at corner 3, face corner 1, 5<sup>th</sup> position, right foot front, arms 5<sup>th</sup> en bas

Intro 1 2 Hold the position

3 4 *Chassé en arrière to pointe tendue the right foot devant, arms to presentation position (a low opened 5<sup>th</sup> en avant with palms turned upwards)*

1-8 4 Posés coupés onto the right leg to corner 1 with the last posé coupé closing in 5<sup>th</sup> position right foot front

1-4 **Chassé, coupé, Chassé, temps levé in 3rd arabesque on the right leg**

5-8 Run to corner 1 and chassé en avant into 3rd arabesque à terre carrying arms through 5th en avant to 3rd arabesque and hold OR step left chassé onto right leg into 3rd Arabesque

**Close after the music.**

**Placement of Retiré is toe at mid-calf at the back of the leg – not the side.**

# GRADE 4 TO 6 BOOK

## GRADE 4

### ADAGE – PAGE 13

#### 2 ARABESQUE

2/4

Face corner 2, 5<sup>th</sup> croisé, right foot front, arms in 5<sup>th</sup> en bas

*Intro 1-4 Hold the position*

1 2 Chassé en avant into 2<sup>nd</sup> arabesque, arms through a low 5<sup>th</sup> en avant (pirouette height) to 2<sup>nd</sup> arabesque passing back arm through second position

3 Chassé passé en avant into 2<sup>nd</sup> arabesque efface à terre (Back arm through 1<sup>st</sup> position to 5<sup>th</sup> en avant).

4 Take other arm through 2<sup>nd</sup> position to 2<sup>nd</sup> Arabesque.

5 6 Carry the arms through 2<sup>nd</sup> position to 1<sup>st</sup> arabesque line

7 8 Lift to en l'air

1 2 Lower to pointe tendue and chassé through to lunge croisé showing a pointed foot derrière.

Arms to low 5<sup>th</sup> arabesque line (presentation position).

The head inclines to the left side with eyes towards wall 5.

3 4 Change arms to high 5<sup>th</sup> arabesque line, turn the head to look up along the top arm

5-8 Straighten lifting arms to 4<sup>th</sup> en haut (left arm high) and run around passing wall 6 to starting position, step onto the left foot facing corner 1 in pointe tendue derrière, arms in demi 2<sup>nd</sup>, close in 5<sup>th</sup> position, lower arms to 5<sup>th</sup> en bas.

1-16 Repeat all to the other side and finish in 5<sup>th</sup> position.

**Chassé should pass through 1<sup>st</sup> then 5<sup>th</sup> devant**

**Arms open 5<sup>th</sup> en avant, palms up – presentation position.**

## PIROUETTES – PAGE 14

### 1 PIRouETTE EN DEHORS - GIRLS AND BOYS 2/4

Face the front, 5<sup>th</sup> position, right foot front, arms in 5<sup>th</sup> en bas

*Intro 1-3 Hold the position*

4 *Demi plié*

1 2 Chassé, Pas de Bourrée under into 4<sup>th</sup> position, arms through 5<sup>th</sup> en avant to 2<sup>nd</sup> position then right arm directly from 2<sup>nd</sup> to 4<sup>th</sup> en avant when feet arrive in 4<sup>th</sup> position

3 4 Relevé devant, close in 5<sup>th</sup> devant in a demi plié, arms to pirouette position (don't lower the arms from pirouette position)

5 6 Chassé, Pas de Bourrée under into 4<sup>th</sup> position, repeat the arms from counts 1 & 2

7 8 Pirouette en dehors, close 5<sup>th</sup> derriere demi-plie arms to pirouette position (don't lower the arms from pirouette position)

1-8 Repeat all to the other side

## ALLEGRO – PAGE 17

### 2 GLISSADES

6/8

Face the front, 5<sup>th</sup> position, right foot derrière, arms 5<sup>th</sup> en bas

*Intro 1-3 Hold the position*

4 *Demi plié*

&1&2 Glissade derrière soutenu, arms to demi 2<sup>nd</sup> and close to 5<sup>th</sup> en bas

&3&4 Glissade derrière soutenu, arms to demi 2<sup>nd</sup> and close to 5<sup>th</sup> en bas

&5&6 2 Glissades derrière de suite, arms remain in 5<sup>th</sup> en bas

&7 **Assemblé over arms to demi-seconde close 5<sup>th</sup> en bas**

&8 Soutenu

1-8 Repeat all.

**Head should incline towards the front foot at the end of the Glissades, but should be erect for soutenu movement.**

**This exercise may be shown with Glissade Devant and Assemble under as a separate exercise. Examiners Choice.**

7 PREPARATIONS FOR CHAÎNÉS (petit tours) 2/4

Stand at corner 3, face corner 2, right foot front in 5<sup>th</sup> Croisé, arms in 5<sup>th</sup> en bas

*Intro 1 2 Hold the position*

*3 Arms to 5<sup>th</sup> en avant*

*4 Pointe tendu right foot devant, lift arms to 4<sup>th</sup> en avant – right arm forward*

1 2 Small step with ½ turn towards corner 1 closing 1<sup>st</sup>

3 4 Lower heels and rise

5 6 Small step with ½ turn to the right completing the turn closing to 1<sup>st</sup> with a head spot.

7 8 Lower heels and rise

1-4 2 Chaînés towards corner 1

5-8 Step on the right foot and carry left foot through a petit développé (cou de pied height) to pointe tendu devant, facing corner 1, arms to 4<sup>th</sup> en avant – left arm forward

1-16 Repeat all to the other side.

**The hands may be place on the shoulders on the preparation and remain throughout this exercise. If this option is used, then the hands would be placed on the shoulders on the introduction.**

**The first small steps on counts 1 & 5 are only taken to a small 1<sup>st</sup> position – do not step outwards in 2<sup>nd</sup>**

1 CLASSICAL STUDY FOR GIRLS OR BOYS 3/4

Stand centre in 5th croisé facing corner 1

*Intro 1 2 Tendu left foot devant to corner 1, arms to demi 2<sup>nd</sup>; lift arms to 4<sup>th</sup> en haut (left arm high) Arms as in Croisé Derrière position of the body*

*3 4 Transfer weight through a demi plié in 4<sup>th</sup> position onto front foot, change arms as in 4<sup>th</sup> port de bras Arms as in Croisé Devant position of the body*

1 Balancé en avant on right to corner 1, arms in 1<sup>st</sup> arabesque line (the body faces corner 1)

2 Balance on left foot to corner 3 body facing corner 2 arms 5<sup>th</sup> en avant

3 Step towards wall 8 on right to 2<sup>nd</sup> position en face, arms to demi 2<sup>nd</sup>

4 Retiré left and lower to pointe tendue devant on a fondu to corner 1, cross wrists long in front with left on top

5 Rond left leg en dehors to arabesque line on a fondu, arms to 5<sup>th</sup> en avant

& Close to 5<sup>th</sup> derrière in a demi plié

6 7 2 Sissonnes en avant towards corner 1, building arms to a high 3<sup>rd</sup> arabesque

8 Step forwards on right leg to wall 5 and place left leg in short tendu derrière, lower arms and open to demi 2<sup>nd</sup>

1 2 Repeat Balances to corner 2 & 4

3 4 Step sideways to wall 6 on left in a plié, temps lié on the right to corner 2 finishing in a rise 5<sup>th</sup> croisé, right arm high in 4<sup>th</sup> en haut

5 8 Run around passing wall 8 to corner 4, stand on right facing corner 2 with left in short tendu derrière smoothly port de bras arms to 2<sup>nd</sup> position during the run to finish with left arm high in 4<sup>th</sup> en haut on count 8

1-4 Temps levé in 1<sup>st</sup> arabesque on left leg, temps levé in retiré on right leg with arms in 5<sup>th</sup> en avant, repeat Temps levés in arabesque & retiré

5 6 Glissade derrière with arms in demi 2<sup>nd</sup>, grand pas de chat with 3<sup>rd</sup> port de bras arms finishing in demi 2<sup>nd</sup>

7 8 Step left to 2<sup>nd</sup>, place right foot in a short tendu derrière facing corner 1, arms remain in demi 2<sup>nd</sup>

1-4 Repeat Temps levés to other side

5 6 Pas de Bourrée Couru backwards towards centre in 5<sup>th</sup> croisé, arms open to demi 2<sup>nd</sup>

7 8 Continue the Bourrée Couru movement turning (on the spot) past wall 8 to finish facing corner 2 in 5<sup>th</sup> croisé

& Demi plié, close arms to 5<sup>th</sup> en bas

1 Échappé Relevé to finish facing corner 1, arms in demi 2<sup>nd</sup> to 5<sup>th</sup> en bas (the rise is en face and close croisé with the demi plié)

2 Relevé in 5<sup>th</sup> croisé, arms passing through 5<sup>th</sup> en bas, 5<sup>th</sup> en avant to 4<sup>th</sup> en haut – left arm high

3 Echappé Relevé to finish facing corner 2, balance arms in demi 2<sup>nd</sup> position to 5<sup>th</sup> en bas

4 Relevé in 5<sup>th</sup> croisé, arms passing through 5<sup>th</sup> en bas, 5<sup>th</sup> en avant to 4<sup>th</sup> en haut – right arm high

5-8 Students or Teachers own finish

**Boys would show long tendus, not short and they would walk in a small arc and finish with a rise in 5th croisé instead of bourrée.**

**Where arms have a feminine look, teachers should set strong broad positions suitable for boys.**



**ALLEGRO – PAGE 42**

**2 GLISSADES CHANGE ET PAS DE CHAT 6/8**

Face the front, 5<sup>th</sup> position, right foot devant, arms 5<sup>th</sup> en bas

*Intro 1-3 Hold the position*

*4 Demi plié*

1-3 3 Glissades changés towards wall 8, hold the arms in 5<sup>th</sup> en bas

4 1 Pas de Chat, right arm forward in 4<sup>th</sup> en avant

5 6 2 Glissadés changés towards wall 8, close the arms to 5<sup>th</sup> en bas during 1<sup>st</sup> glissade

7 1 Pas de Chat, right arm forward in 4<sup>th</sup> en avant

8 Hold the position

1-8 Repeat all to the other side.

A natural use of head over the front foot is used throughout

### CHARACTER STUDY FOR BOYS - THE PIRATE'S TREASURE HUNT

Stand at corner 3, face corner 3 in 2nd position.

Students may use props such as a map or sword to help develop their characterization.

#### *Intro 1-4 Hold the position*

1-4 4 Walks backwards towards centre on left, right, left, right

5 Step back again on left

6 Turn around through a plié in 2<sup>nd</sup> position and lunge forward on left leg facing corner 1, still reading the map

7 8 Look to left then right sides

1-4 4 sideways galops in a half circle passing walls 8 & 7

& Turn passing wall 6 to face the front

5 Posé on right foot to wall 5 in arabesque

6 Close in a demi plié

7 8 2 big skips en arrière

1 Step out to corner 1 onto the right foot (with a small stamp) with left in a low arabesque

& Coupé under

2 Repeat the step onto the right foot with left in a low arabesque

3 4 Pas de bourrée under and hold

**5 Step out to corner 2** onto the left foot (with a small stamp) with right in a low arabesque

& Coupé under

6 Repeat the step onto the left foot with right in a low arabesque

7 8 Pas de bourrée under and hold

1-4 2 Echappé Sautés closing with a beat

5 6 Step to right in 2<sup>nd</sup> position, place left heel on floor towards corner 1

7 8 Repeat step and heel to the other side

& Step onto the right foot into

1-4 Step Temps Levé in Arabesque, step temps levé in Retiré twice

5-8 Run to corner 3 passing wall 6

1 Lunge forwards on right foot facing corner 1

2 Close left foot in a demi plié

3 4 2 Sissonnes en avant fermé, arms in 3<sup>rd</sup> arabesque

5-8 Students may choreograph their own ending.

**4 BATTEMENTS DEGAGÉS**

**6/8**

Face front, 5<sup>th</sup> position, right foot front, arms 5<sup>th</sup> en bas

*Intro 1 2 Hold the position*

*3 4 Place hand on the barre*

& 1 Battements Degagés to 4<sup>th</sup> devant and close 5<sup>th</sup> devant

2 Lift foot to low cou-de-pied height

3 4 Slowly close the foot to 5<sup>th</sup> derrière

& 5 1 Battements Degagés to 4<sup>th</sup> devant (with inside leg) and close 5<sup>th</sup> devant

6 Lift foot to low cou-de-pied height

7 8 Slowly close the foot to 5<sup>th</sup> derrière

1-4 4 Battements Degagés to 2<sup>nd</sup> position closing back, front, back, front and hold

5 Degagé to 2<sup>nd</sup> and hold

6 7 2 Piqués in 2<sup>nd</sup> position

8 Close 5<sup>th</sup> derrière

1-16 Repeat all in reverse.

**The placement in cou-de-pied is at the side of the supporting foot no higher than the anklebone.**

12 PREPARATION FOR PIROQUETTE EN DEHORS 4/4

Face the barre, 5<sup>th</sup> position, right foot front, arms in 5<sup>th</sup> en bas

*Intro 1 2 Hold the position*

*3 4 Place hands on the barre*

*& Demi plié*

*1 Relevé in 5<sup>th</sup> position*

*2 Demi plié in 5<sup>th</sup> position*

*3 & Degagé right foot to 2<sup>nd</sup> position (maintain the fondu on the support leg) then pressure rise on the left foot*

*4 Demi plié in 2<sup>nd</sup> position*

*5 6 Instep pressure rise on the left foot, place the right in cou-de-pied devant and hold*

*& 7 Échappé Sauté to 4<sup>th</sup> position in a soft demi plié with the right foot derrière and straighten the knees (without 'sitting' in the plié)*

*8 Slide the right foot into 5<sup>th</sup> derrière*

*1-8 Repeat on the other side.*

*1-16 Repeat all*

Please note that counts '3 &' are to be shown separately but also melted together

2 FONDUS & ATTITUDES

2/4

Face corner 2, 5<sup>th</sup> croisé, right foot front, arms in 5<sup>th</sup> en bas

*Intro 1-3 Hold the position*

4 *Open arms to demi 2nd*

1 Fondu and place right foot to cou-de-pied devant, lift arms to 5<sup>th</sup> en avant through 5<sup>th</sup> en bas

2 Straighten on the left leg and extend to pointe tendu in 4<sup>th</sup> devant, open right arm to 2<sup>nd</sup>

3 Fondu and place right foot to cou-de-pied devant, hold the arm line

4 Straighten on the left leg and extend the right to 2<sup>nd</sup> position a'terre, open the left arm to show 2<sup>nd</sup> position

5 Bring the right foot to cou de pied derrière on a straight supporting leg; carry arms to 5<sup>th</sup> en bas

6 7 Lift to Attitude Effacé, arms through 5<sup>th</sup> en avant to full Effacé position

**&8** Pas de Bourrée under, close arms through demi 2<sup>nd</sup> to 5<sup>th</sup> en bas.

1 2 Chassé en avant on the right leg and finish with left in pointe tendue derrière, arms lift through 5<sup>th</sup> en avant to Attitude Croisé position

3 4 Lift the left leg and hold in Attitude Croisé

5 Fondu on the right leg and lower left foot to pointe tendue derrière, extend arms to show 4<sup>th</sup> arabesque à terre, eye line along the top arm.

6 Pressure rise to 5<sup>th</sup>, lift arms to 5<sup>th</sup> en haut (the right arm passes through 1<sup>st</sup>, 5<sup>th</sup> en avant to 5<sup>th</sup> en haut)

7 Détourné to finish to corner 1

8 Lower heels and close arms through 2<sup>nd</sup> position to demi 2<sup>nd</sup> (*consistent with demi 2<sup>nd</sup> on count 4 of the intro*)

1-16 Repeat all on the other side, but finish with arms in 5<sup>th</sup> en bas.

**Arms may close to 5<sup>th</sup> en avant on count 3**

## PIROUETTES – PAGE 71

### 1 PIRouETTE EN DEHORS - GIRLS AND BOYS 3/8

Face the front, feet in 5<sup>th</sup> position, right foot devant, arms 5<sup>th</sup> en bas

*Intro 1 2 Hold the position*

*3 4 Demi plié and Relevé in 5<sup>th</sup> position, lift arms to 5<sup>th</sup> en haut*

*1 2 Chassé the right foot to 2<sup>nd</sup>, Pas de Bourrée under finishing in 4<sup>th</sup> position en face, open arms to 2<sup>nd</sup> position finishing with right arm through 5<sup>th</sup> en bas to show 4<sup>th</sup> en avant*

*3 4 Rise in 4<sup>th</sup> position, hold the arm line*

*& Demi plié, hold the arm line*

*5 6 Single Pirouette en dehors finishing in 5<sup>th</sup> derrière, arms in pirouette position*

*7 8 Relevé in 5<sup>th</sup> position, arms to 5<sup>th</sup> en haut and hold*

*1-8 Repeat to other side*

*1-16 Repeat all finishing in releve in 5<sup>th</sup>.*

*Alternate Hold the position during the introduction then Chassé to 2<sup>nd</sup> on count 1 –*

*Intro arms would lift to 5<sup>th</sup> en avant and open to 2<sup>nd</sup> position during the chassé*

**A double pirouette may be shown on the repeat to each side – student's choice.**

**Please note that a student who shows 4 clean single pirouettes throughout this exercise would be marked highly, but a student who shows 2 clean singles and 2 weak doubles will have marks lowered.**

**The demi plié on ‘&’ avoids the ‘sitting in the plié’**

## GIRLS LYRICAL

3/4

Please note - The movements of the arms notated must be shown, teachers may choreograph all other arm movements.

- Intro 1-8 Teachers' choice but must finish at Corner 3, standing on left leg facing corner 1, right foot in short Tendu derrière by count 8*
- 1 Posé in 1<sup>st</sup> arabesque to corner 1 on right leg
  - 2 Balancé en arrière towards corner 3
  - 3-4 1 Balancés turning towards corner 1 (*step brush left foot through 1<sup>st</sup> & 2 small steps – turn on the right & 2 small steps*)
  - 5 Chassé Pas de Bourrée under into
  - 6 Temps Lié into a rise in 5<sup>th</sup> position croisé, arms through 5<sup>th</sup> en avant to 5<sup>th</sup> en haut
  - 7 & Run in small circle turning past wall 8 to face corner 2
  - 8 Stand on right foot to corner 2, left in short tendu derrière, arms open through 2<sup>nd</sup> to demi 2nd
  - 1 2 2 Posés Développés on left then right travelling towards corner 2
  - 3 4 Chassé, Pas de Bourrée under into a Temps Lié into a rise in 5<sup>th</sup> position croisé, arms through 5<sup>th</sup> en avant to 5<sup>th</sup> en haut
  - 5-8 Run to centre back passing wall 6, turn to face the front then step forwards onto the left foot, right foot pointe tendu derrière, arms open through 5<sup>th</sup> en avant to 2<sup>nd</sup> position
  - & Close 5<sup>th</sup> derrière in a demi plié, close arms to 5<sup>th</sup> en bas
  - 1 2 2 Sissonnes over
  - 3 Pas de chat to the right (picking up the right foot to cou-de-pied derrière)
  - 4 Pas de Bourrée under and finish on left en fondu, right to pointe tendu croisé devant, left arm forward and low in arabesque line
  - 5 Posé onto Right foot with left in Relevé Derrière facing corner 2, arms to 5<sup>th</sup> en avant, coupé
  - 6 Temps Lié into a rise in 5<sup>th</sup> position croisé, lift arms to 5<sup>th</sup> en haut
  - 7 8 Slowly open the arms through 2<sup>nd</sup> position
  - & Fondu on the right foot towards corner 2, lifting the left foot cou-de-pied derrière, arms to 5<sup>th</sup> en avant
  - 1-4 Pas de Bourrée Couru to the right towards corner 1, finish in pointe tendu left foot devant to corner 1, arms show 4<sup>th</sup> port de bras to finish with the left arm en haut.
  - 5 Step up (temps lié) to a rise in 5<sup>th</sup> position croisé facing corner 1, arms to 5<sup>th</sup> en avant
  - 6 Tombé into a croisé lunge on the left leg, right arm forward in 4<sup>th</sup> arabesque a' terre
  - 7 Posé in 3<sup>rd</sup> arabesque to corner 1 on right
  - 8 Fondu in 3<sup>rd</sup> arabesque
  - & a 1-4 2 Grands Jetés en tournant towards corner 3 (the Grands Jetés are up on counts 1 & 3)
  - 5 Step back through retiré to a lunge croisé (heel down)
  - 6-8 (*With a slight forward movement*) Carry the arms to 5<sup>th</sup> en avant to 5<sup>th</sup> en haut and finish in a backstretch. Recover opening arms through 2<sup>nd</sup> position to demi 2<sup>nd</sup> on a straight supporting leg with working leg pointe tendue derrière

- 1-6 (*Travelling in a circle to the right around to corner 3*) 3 times Grade 5 Diagonale step (Step, Pas de Bourrée, Temps Levé in Retiré)
- 7 8 Run to corner 3 and fondu on left, right to pointe tendu devant facing corner 2, students own choice of arms
- 1-4 1 Posé coupé sideways on right, left to Retiré derrière - 1 Petits Pas de Basque en tournant – twice travelling en diagonale towards corner 1
- & Fondu on the left, right in cou-de-pied derrière
- 5 6 2 Chaînés towards corner 1 (***Please note that only 2 Chaînés will be accepted***)
- 7 8 Chassé on right foot towards corner 1 into 3<sup>rd</sup> arabesque a'terre
- & Pass the left foot to the cou-de-pied devant on a fondu with the arms in 5<sup>th</sup> en avant
- 1 Toe Chassé on left foot in full Effacé position of the body to corner 2
- &a2 Pas de Bourrée under into a soft demi plié facing corner 2, arms close to 5<sup>th</sup> en bas through 2<sup>nd</sup> position
- & Lift the right foot to cou-de-pied devant and deepen the demi plié, arms to 5<sup>th</sup> en avant
- 3 Toe Chassé on right foot in full Effacé position of the body to corner 1
- &a4 Pas de Bourrée under into a demi plié facing corner 1 and go straight into the ending
- 5 Chassé on left foot to corner 1 in Croisé Derrière position of the body
- 6-8 Plié in 4<sup>th</sup>, carrying arms to pirouette preparation position and pirouette en dehors to a lunge with own ending

**Alternate last 3 counts**

- 6-8 *Lunge in 4<sup>th</sup> and pirouette en dedans and own ending*



## STUDIES – PAGE 82

### BOYS MAZURKA

3/4

1 BAR = 1 COUNT

- Stand at corner 3, face corner 1, 5<sup>th</sup> croisé, arms in 5<sup>th</sup> en bas
- Intro* 1-2 *Chassé en avant on the left foot,, left hand to hip, right arm lifts to 5<sup>th</sup> en haut*
- 1-4 Step onto the right and Temps Levé in 1<sup>st</sup> arabesque, step on the left and Temps Levé in relevé derrière – twice towards corner 1
- 5 Step onto the right and Pas de Bourrée under towards wall 8
- 6 Assemblé over finishing en face
- 7 Relevé 5<sup>th</sup>, arms to 5<sup>th</sup> en haut
- 8 Step forward onto the right foot with **left** in short tendu derrière, arms to 2<sup>nd</sup> position
- 1-4 4 Side Balancés (left, right, left, right) travelling backwards and towards centre (the body faces corner 1 during these Balancés)
- 5 6 Step to the side on the left into 5 small hops en tournant (1 rotation) in arabesque on left foot with left arm forward in 4<sup>th</sup> en avant
- 7 8 Step forwards onto right foot towards corner 2, arms to a forward 2<sup>nd</sup> position
- 1 Chassé left foot towards corner 1 to pointe tendue the right derrière, right arm high in 4<sup>th</sup> en haut
- 2 Plié in 4<sup>th</sup>, prepare arms for pirouette with right arm front
- 3 4 Pirouette en dehors finish in a lunge facing corner 1, arms to a forward 2<sup>nd</sup> position
- 5-8 Degagé en tournant (Rotation) to finish facing corner 2 with the right foot pointe tendue devant, left arm presents to corner 2 with the palm turned upwards, right in arabesque derrière or on hip
- & Place the left hand on the hip and carry the right across the body into
- 1 Chassé en avant on right towards corner 1 into arabesque, right arm from the heart to en avant with the palm facing upwards, left to arabesque derrière
- 2 Hold the position
- 3 4 Pas de Bourrée under and chassé left en avant to Croisé Derrière to corner 1, left arm high in 4<sup>th</sup> en haut
- 5-8 Repeat last 4 counts
- 1 2 Turn right and run into an Assemblé Élançe (working the left leg) towards corner 3, finishing with the left foot devant facing corner 2
- 3 4 Turn left and run then Assemblé Élançe (working the right leg) towards corner 4, finishing with the right foot devant facing corner 2
- 5-8 Walk to corner 2, stand on left foot with right in pointe tendue devant to wall 5, right arm forward in 4<sup>th</sup> en avant  
*Travelling around the room (next 8 counts)*
- 1 2 Step onto the right and Temps Levé in 1<sup>st</sup> arabesque, step on the left and Temps levé in relevé derrière
- & 3 Chassé on right foot into a Coupé en tournant (or into a Soutenu turn)
- & a 4 2 Small steps into a Jeté en avant on the right leg (the Jeté lands on count 4) then step onto the left foot

- 5-8 Repeat the last 4 counts
- 1-4 Walk to the centre and Temps Lié en avant, right foot front, arms to a forward 2<sup>nd</sup> position – demi plié, close arms to 5<sup>th</sup> en bas
- 5 2 Petits Changements
- 6 Relevé in 5<sup>th</sup>, demi plié
- 7 Tour en l'air to ending
- 8 Student's own pose
- Alternate last 4 counts**
- 5 6 *Chaîné to corner 1*
- & *Step on a fondu on the right foot*
- 7 *Posé tour en dehors on the left foot*
- & *Step down on a fondu on the right foot*
- 8 *Step into a lunge on the left foot into 2<sup>nd</sup> arabesque croisé*
- Please note - The movements of the arms notated must be shown, teachers may choreograph all other arm movements.**