

CLASSICAL BALLET SYLLABUS

GRADE 6

Level 3 Award in Graded Examinations in Dance

Female Syllabus

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Introduction and Overview

About the Syllabus

We are delighted to present this newly created Syllabus which contains the set work for the Grade 6 Examination in Dance (Classical Ballet). The Syllabus should be used in conjunction with the Specification, Syllabus Film and Syllabus Music for Grade 6. Together, these resources provide comprehensive information and guidance for teachers which can be downloaded from our website.

Note on Terminology

To ensure consistency, the ballet terminology in this syllabus adheres to a single source, namely Gail Grant, (1967) Technical Manual and Dictionary of Classical Ballet. New York: Dover Publications.

The Specification

Grade 6 continues a series of qualifications which are recognised in England and Wales and form part of the Regulated Framework (RQF) at Level 3. Successful completion of the Examination leads to the following qualification:

BBO Level 3 Award in Graded Examinations in Dance: Grade 6

Full details of the Examination for Grade 6 in Classical Ballet can be found in the Specification, including duration, recommended uniform and assessment criteria. Please note that Specifications for all Graded and Vocational Graded Examinations are available via the website.

The Syllabus Film

In addition to the written word, teachers will benefit from the Syllabus Film which is available on the website and can be downloaded for free. The film shows each exercise being taught to a student and demonstrated with the music, providing clarification of musical timing, coordination of the arms and use of head. Whilst the film is intended as a resource for teachers, extracts may be shown to students as part of the learning process. The Syllabus Film is the definitive record of the syllabus. Any discrepancies or inconsistencies between the film and written word should be brought to the attention of bbodance HQ for amendment by the Qualifications and Awards Approval Board.

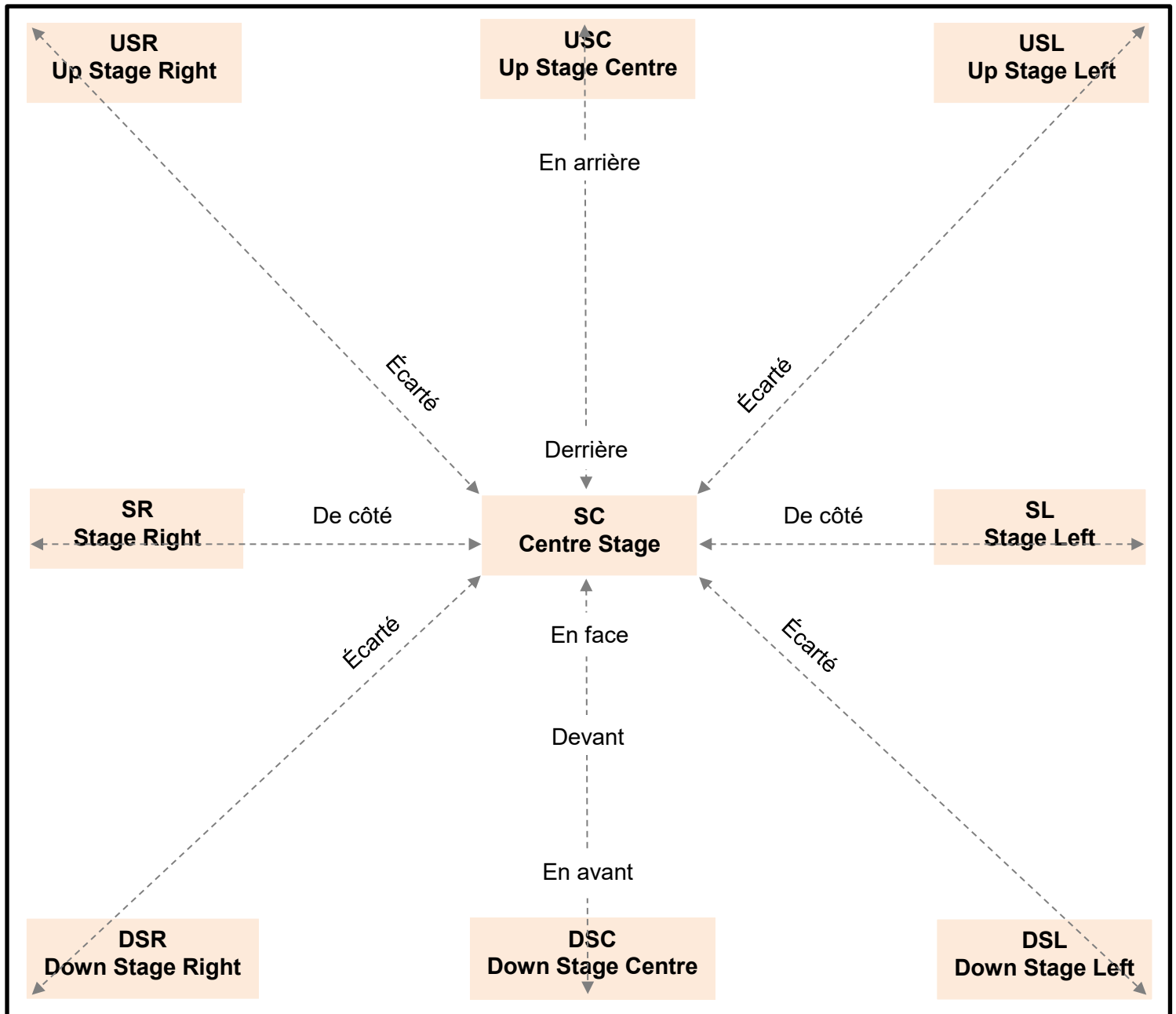
The Syllabus Music

The music for Grade 6 Classical Ballet is available as a CD which can be purchased from bbodance. Composed by Peter Jones, the music has remained in its original form and continues to inspire teachers and students alike.

Note on Examinations

This updated syllabus will come into effect from September 2018 and will supersede all previous versions. Teachers are advised to use this newest version in preparing students for examinations. From 1st September 2019 all examinations will refer to the 2018 syllabus version for Grade 6 Classical Ballet.

Stage Directions



FRONT

Vocabulary

Grade 6

The following French terms are added to those already learnt in Grades 1-5:

Grand Glissé

Pivot

Relevé Devant

Relevé Derrière

Effacé

Sissone Ordinaire Devant

Sissone Ordinaire Derrière

Sissone de cote over and under

Flick jeté in attitude

Battu

Ballonné Sauté

Coupe Sauté en Tournant

Posé Turn

Petit Pas de Basque en Tournant

Barre

Exercise 1 – Warm Up

Music: Slow 4/4

Counts	Steps	Arms	Head
Commence:	Facing barre – 1 st position	Bras bas	
Introduction 4 counts		Place both hands on the barre	
1 - 2	R foot demi-pointe to full-pointe with toes on floor		Towards the working leg
3 - 4	R foot demi-pointe lower to 1 st position		
5	Dégagé R leg to 2 nd position		
6	Plié		En face
7	Dégagé R leg, stretching L leg		Towards the working leg
8	Close to 1 st position		
1 - 7	Repeat 1 - 7 on other side		
8	Quarter turn to the right dégagé devant R leg	2 nd position	
1 - 4		Circular port de bras with upper part of the body towards the barre	
5 - 6	Rise onto demi pointe in 5 th position	Port de bras over the barre, arm to 5 th position	
7		2 nd position	

8	Lower into dégagé derrière with L foot		
1 - 4		Upper body only reverse port de bras away from the barre	
5	Classical walk L to face centre	2 nd position	
6	Classical walk R with quarter turn to R		
7	Classical walk L with quarter turn to R to face the barre		
8	Close into 1 st position	On barre	
	Repeat on the other side		

Barre

Exercise 2 – Plié with Slow Tendu

Music: Moderate 3/4

Counts	Steps	Arms	Head
Commence:	Sideways to the barre, 1 st position	Bras bas	En face
Introduction 4 counts		Full port de bras through 1 st to 2 nd position, bring R arm back to bras bas. L hand on the barre.	
1	Demi-plié	Breathe to demi-2 nd	Follow arm
2	Stretch	Bras bas	
3	Rise	1 st position	Follow arm
4	Lower	2 nd position	
5 - 8	Full Plié	Reverse port de bras through 5 th position	Follow arm
1	Demi-plié	Across to 1 st position	
2 - 3	Tendu R leg devant & close in front	2 nd position	
4 - 5	Tendu R leg to 2 nd position & close behind		
6	Tendu R leg derrière		
7	Demi rond de jambe en dedans to 2 nd position		

8	Lower into 2 nd position	Bras bas	
1 - 8	Repeat pli� in 2 nd position	As above	Follow arm
1	Demi-plici�	Across to 1 st position	
2 - 3	Tendu R leg to 2 nd position & close in front	2 nd position	
4 - 5	Tendu R leg to 2 nd position & close behind		
6	Tendu R leg to 2 nd position		
7	Demi rond de jambe en dedans to R leg tendu devant		
8	Lower into 4 th crossed position	Bras bas	
1 - 8	Repeat pli� in 4 th position	On full pli� full port de bras through 1 st to 2 nd position	Follow arm
1	Demi-plici�	Across to 1 st position	
2 - 3	Tendu R leg devant & close in front		
4 - 5	Tendu R leg to 2 nd position & close behind	To 2 nd position	
6	Tendu R leg derri�re		
7	Full rond de jambe en dedans to R leg tendu devant		
8	Close 5 th position devant	Bras bas	
1 - 8	Repeat pli� in 5 th position	On full pli� full port de bras through 1 st to 2 nd position	Follow arm

1	Demi-plié	Across to 1 st position	
2	Tendu R leg to 2 nd position	2 nd position	
3, 4 +	Lower into demi-plié in 2 nd position. Transfer weight through to tendu 2 nd with L leg and rotate towards L to face barre, finish L leg tendu devant en fondu Turn to face barre stretching legs	Both arms 2 nd position	
5, 6	Posé en avant towards the barre Step up to 5 th position en demi-pointe	Both arms 5 th position	
7 + 8	Bourrée turning to the other side, lower through feet bringing L foot to 1 st position	Lower through 2 nd position to bras bas	
	Repeat whole exercise on the other side. Legs remain 5 th position, R foot front at the end of the second side	Arm stays in 2 nd position on last count 8	
Coda			
1 - 4		Full port de bras finishing with R arm in 5 th position	
5 - 8	Chassé with R leg to L leg tendu derrière on 5, close into 5 th position behind on 8	Backward port de bras ending with R arm in 2 nd position	
1 - 4	Rise on count 1, hold 2, 3, 4	Port de bras sideways over to the barre and back to 5 th position	

+ 5	Petit développé R leg to 2 nd position en fondu	R arm gestures over working leg	
6	Pull up to 5 th position en demi-pointe	Port de bras sideways to 5 th position	
7	Demi détourné to the other side	Change to other 5 th position	
8	Lower into 5th position	Lower to 2 nd position	
	Repeat port de bras on other side		

Barre

Exercise 3 – Battement Tendu and Glissé

Music: 2/4

Counts	Steps	Arms	Head
Commence:	5 th position sideways to the barre	Bras bas	
Introduction 4 counts		1 st to 2 nd position	Towards the working leg
1 – 4	Two battement tendus devant with the R leg		
+5 +6	Two battement glissés		
7+	Battement glissé back into cou de pied		
8	Close into 5 th position, R foot devant	Bras bas	
1 – 8	Repeat derrière with L inside leg	To 2 nd position on first tendu	Towards the supporting leg
1 – 4	Two battement tendus to 2 nd position with the R leg closing behind and then front		En face
+5 +6	Two battement glissés to 2 nd position with the R leg closing behind and then front		
7+	Battement glissé back into cou de pied		
8	Close into 5 th position, R foot derrière		

1	Tendu R leg to 2 nd position		
2	Lower R heel to floor	Remains 2 nd position	
3	Rise		
4	Lower heels		
5	Tendu R leg to 2 nd position		
6	Close R foot derrière en plié	Bras bas	
7	Relevé in 5 th position	To 5 th position	
8	Lower into demi-plié	To 2 nd position	
	Repeat the whole exercise in reverse but this time the head is towards the supporting leg on the tendus devant & derrière. On last count 8 hold balance.	Open arms to open 5 th position	

Barre

Exercise 4 – Rond de Jambe à Terre and en l’air

Music: Moderate 3/4

Counts	Steps	Arms	Head
Commence:	Sideways to the barre, 5 th position, R foot front	Left hand on barre	
Introduction 4 counts		Breathe R arm to demi-bras	
1	Dégagé R leg devant	To 5 th position	Towards the barre
2	Rond de Jambe R Leg to 2 nd position	To 2 nd position	
3	Raise R leg to 45 degrees		
4	Lower R leg to tendu in 2 nd position		
5 – 7	Three rond de jambe en dehors, finishing in 2 nd position		En face
8	Close R foot 5 th derrière	Bras bas	
1	Dégagé R leg derrière	To 5 th position	Towards the barre
2	Rond de Jambe R Leg to 2 nd position	To 2 nd position	
3	Raise R leg to 45 degrees		
4	Lower R leg to tendu in 2 nd position		

5 – 7	Three rond de jambe en dedans, finishing in 2 nd position		En face
8	Close R foot in 5 th position devant	Bras bas	
1	Demi-plié		
2	Chassé en avant (en plié)	To 1 st position	
3	Face barre in 2 nd position (en plié)	Hands on barre	
4	Stretch both legs		
5	Transfer weight to L foot, dégagé R foot		Towards working leg
6	Transfer weight to R foot, dégagé L foot		Towards working leg
7	Transfer weight to L foot, dégagé R foot		Towards working leg
8	Close, 1 st position		En face
1	Extend L leg to 2 nd position en l'air		Towards working leg
2 - 3	Two rond de jambe en dehors en l'air		
4	Close in 1 st position		En face
5	Extend R leg to 2 nd position en l'air		Towards working leg
6 7	Two rond de jambe en dedans en l'air		

8	Close in 1 st position		En face
Coda			
1 - 2	Chassé de côté to left with R foot dégagé in 2 nd position		
3	Quarter turn to R foot devant	To 2 nd position	Towards working leg
4	Fondu		
+5	Draw up to 5 th (demi-pointe)	R arm to 5 th position	
6 – 7		R arm port de bras through 2 nd position to bras bas,	
8		Continue into inverted 1 st arabesque, R arm high à dos	

Barre

Training Exercise 1 – Développé & Preparation for Fouetté and Pivot

Music: 3/4

Counts	Steps	Arms	Head
Commence:	5 th position – R foot front	L hand on barre, R arm bras bas	
Introduction 4 counts		R arm demi-second to bras bas	
1 - 3	Développé devant	Port de bras to 2 nd position	Follows arm
4	Lower to tendu devant		
5 + 6	4 pivots turning towards the barre to face the other side into arabesque à terre	1 st Arabesque	
7 + 8	4 pivots turning towards the barre to face the other side	Back to 2 nd position	En face
+	Close to 5 th position – R foot front	Bras bas	
1, 2, 3	Développé to 2 nd position	Port de bras to 2 nd position	
4	Lower to tendu in second		
5	Fouetté to face the barre	Hands on the barre	
6	Hold		
7	Fondu		
8	Rise into 5 th position, R foot derrière		

8 +	Quarter turn to face the other side	Port de bras to 2 nd position and lower L arm to bras bas, R arm to barre	
1 - 8, 1 - 8	Repeat on other side	As above	
1 - 3	R leg développé devant	2 nd position	Follows arm
4	Hold		
5 + 6	4 pivots turning towards the barre to face the other side into arabesque en l'air	1st arabesque	
7 + 8	4 pivots towards the barre to face the other side. Leg remains en l'air	2 nd position	En face
+	Close to 5 th position – R foot front	Bras bas	
1 - 3	Développé to 2 nd position	Port de bras to 2 nd position	
4	Hold		
5	Fouetté to face the barre		
6	Fondu en l'air		
7 +	Close into 5 th position, R foot derrière demi pointe		
8	Quarter turn to face the other side	Port de bras to 2 nd position and lower L arm to bras bas, R arm to barre	
1 - 8, 1 - 8	Repeat on the other side	As above	

Barre

Exercise 5 – Battement Fondu into Battement Frappé

Music: Moderate 3/4

Counts	Steps	Arms	Head
Commence:	Sideways to the barre, 5 th position, R foot front	Bras bas	En face
Introduction 4 counts		Place L hand on barre	
1 - 2	Fondu in petit retiré and stretch retaining retiré position	1 st position	
3 - 4	Battement fondu devant	2 nd position	
5 - 8	Repeat to the side	Arm crosses to 1 st and then out to 2nd	
1 - 4	Repeat derrière	Arm crosses to 1 st and then out to 2nd	
5 - 6	Petit battement en cloche through 1 st position to devant en fondu	1 st position	
7	Posé into 5 th position en demi-pointe	5 th position	
8	Lower to cou de pied	2 nd position	
1 - 8	Two battement frappé en croix		
1 - 4	Two double frappé to the side with slight hold. (Front/Back. Back/Front)		

5	Close R foot into 5 th position devant on relevé,	R arm to 5 th position	
6 - 7	Demi détourné to the other side	Take other arm to 5 th position	
8	Lower into 5 th position through feet, straight legs	Bras bas	
	Repeat on other side	As above	

Barre

Exercise 6 – Grand Battement and Ballotté

Music: 3/4

Counts	Steps	Arms	Head
Commence:	Sideways to the barre, 5 th position, R foot front	Bras bas	
Introduction 8 counts	Count 5 – 8 of introduction 3 classical walks travelling forward (R, L, R), closing back leg into 5 th position derrière	1 st to 2 nd position and down to bras bas	
1 – 2	Grand battement devant		Over working leg
3 – 4	Battement tendu devant		
+ 5 - 6	Ballotté to fondu en avant		
7	Pass R leg through 1 st position to dégagé derrière		
8	Close in 5 th position derrière		
1 – 2	Grand battement derrière		Head towards the supporting leg
3 – 4	Battement tendu derrière		
+ 5 – 6	Ballotté to fondu en arrière		
7	Pass R leg through 1 st position to tendu devant		

8	Close in 5 th position devant		
1 – 2	Battement tendu to 2 nd position with R leg closing derrière		En face
3 – 4	Battement glissé to 2 nd position with R leg closing devant		
5 – 6	Grand glissé to 2 nd position with R leg closing derrière		
7 – 8	Grand battement to 2 nd position with R leg closing devant		
1 – 2	Ballotté R leg to 2 nd position to fondu	Through 5 th to 2 nd position	
3 – 4	Transfer the weight away from the barre to dégagé with L leg, R leg en fondu	To 4 th position, crossed, with a side stretch over the fondu leg	Over supporting leg
5	Transfer weight to straight legs, R foot pointe tendu in 2 nd position	Through 1 st to 2 nd position	
6	Close in 5 th position, R foot devant		
7	Plié	Both arms to Bras bas	
8	Relevé in 5 th position	Both arms to 5 th . R hand on hip, L arm to 5 th position with a flourish and with épaulement	
	This exercise should be executed on both sides		

Barre

Training Exercise 2 – Échappé and Relevé

Music: 2/4

Counts	Steps	Arms	Head
Commence:	Sideways to the barre – 5 th position, R foot front	Bras bas	
Introduction 4 counts			
1	Échappé relevé to 4 th position en avant	1 st position	
2	Close to 5 th position		
3	Relevé in 5 th position		
4	Lower		
5	Échappé relevé to 2 nd position	2 nd position	
6	Lower to demi-plié		
7	Relevé to 2 nd position		
8	Close to 5 th position, right foot behind	Bras bas	
1	Échappé relevé to 4 th position en arrière	2 nd Arabesque	
2	Close to 5 th position		
3	Relevé into 5 th position		
4	Lower		

5	Échappé relevé to 2 nd position	1 st to 2 nd position	
6	Lower to demi-plié		
7	Relevé bringing right foot into 5 th position devant		
8	Quarter turn to face the barre lowering to 5 th position, L foot in front	Hands on the barre	
1 - 2	Relevé devant, L leg	L port de bras bringing hand across chest	Head over R shoulder
3 - 4	Relevé derrière	L open effacé	Head towards raised arm
5 - 6	Relevé passé derrière	Hands on the barre	Head en face
7 - 8	Relevé 5 th position		
1 - 2	Relevé devant – R leg	R port de bras bringing hand across chest	Head over L shoulder
3 - 4	Relevé derrière	R open effacé	Head towards raised arm
5	Relevé passé en avant with L leg	Hands on the barre	Head en face
6	Close to 5 th position, L foot in front, demi-pointe		
7	Quarter turn to the left	R hand on barre, L arm port de bras through 2 nd position to bras bas	
8	Lower to 5 th position		
	Repeat whole exercise on other side	As above	

Exercise 1 – Battement Tendu with Preparation for Pirouette en Dehors

Music: 2/4

Counts	Steps	Arms	Head
Commence:	5 th position - R foot front, croisé	Bras bas	En face
Introduction 4 counts		Breathe to demi-second and back to bras bas	
1 - 2	Tendu devant & close	3 rd in opposition	Turned towards front arm
3	Tendu devant		
+	Transfer through demi-plié		
4	Recover stretching back foot to tendu derrière	To 2 nd arabesque	Head follows the arm
5	Rond de jambe en dedans to effacé devant	To 3 rd in opposition	Toward front arm
6	Close into 5 th position		
7	Tendu écarté with R leg	To 4 th position	Head to raised arm
8	Close into 5 th , R foot devant	Bras bas	
1 - 2	Tendu derrière & close	To 3 rd position L arm forward	Toward front arm
3 - 4	Tendu derrière & close en face en demi plié	To 1 st position on closing	En face
5 - 6	Relevé devant	Remain in 1st	

7 - 8	Relevé passé to finish en croisé	Through 1 st to 2 nd position and down to bras bas	
	Repeat exercise to the other side		
	Repeat both sides again each with a single turn on final counts of 7, 8	Arms preparing 1 st , 3 rd before pirouette.	

Exercise 2 – Port de Bras A

Music: 3/4

Counts	Steps	Arms	Head
Commence:	5 th position – R foot front, croisé	Bras bas	Over front shoulder
Introduction 4 counts		Breathe to demi second	
1 - 4	Petit développé step forward on R leg closing into 5 th on 4	R arm lift to 2 nd position, lower to bras bas, lift to open 5 th position, lower to bras bas	Complement arms
5 - 8	Repeat with L leg	Repeat with L arm	As above
1 - 2	Chassé passé through to tendu arabesque en croisé	Through 1 st to 2 nd arabesque	
3	Close into 5 th position	1 st position	
4	Tendu front foot écarté DS	Écarté	Head to raised arm
5	Rotate to effacé	Effacé	As above
+ 6	Tombé forward to 3 rd arabesque	Through 1 st to 3 rd arabesque	
7 - 8	Pas de bourré dessous (under) to close in 5 th position en face. Straight legs finish demi - plié	Open to 2 nd position and lower to bras bas	
1 - 2	Chassé de côte towards front foot	Port de bras to 2 nd position	
3 - 4		Port de bras sideways over the supporting leg to 4 th crossed then arms come	

		back through 1 st to 2 nd position	
5 - 6	Fouetté to 1 st arabesque		
7	Fondu		
+8	Pas de bourrée dessous (under) into preparation for pirouette en dedans	Full port de bras to 3 rd position	
1 - 2	Pirouette en dedans	1 st position	
3 - 4	Relevé in 5 th position	To 4 th position. L arm up	Head to raised arm
5 - 7	Bourrée in a small circle to the L		
+7	Petit retiré derrière	Demi - seconde	
8	Lower into 5 th position with L foot front croisé	Lower to bras bas	
	Repeat the whole exercise to the other side		

Exercise 3 – Port de Bras B

Music: 3/4

Counts	Steps	Arms	Head
Commence:	5 th position, en croisé, R foot front	Bras bas	En Face
Introduction 4 counts	On counts 3, 4 reverse port de bras through 5 th and back to bras bas		
1		Breathe to demi-second	
2		Lower to bras bas	
+ 3	Posé en avant, step up to 5 th position on demi-pointe	Port de bras through low 1 st to low demi-second	En Face
4	Lower	Bras bas	
+ 5	Chassé forward into attitude à terre using R leg	Port de bras to 4 th position in opposition, L arm raised	En Face
6	Hold		
+7	Hold	Change to 4 th position with R arm raised	Away from the audience
8	Hold	Change back to original 4 th position	En face
1	L leg chassé passé à dos, travelling to right	R hand brushes back of head and on to R shoulder. L arm arabesque	
+	Step onto right, dégagé left to 2 nd position en face	2 nd position	

2	Petit développé L leg to lunge derrière		
3 - 4		R arm only, circular port de bras with upper body away from supporting leg	
5, 6	Chassé en avant, 3 rd arabesque à terre	3 rd arabesque	To raised arm
7	R leg petit rond de jambe to ouvert dégagé devant en fondu	Low 3 rd position, R arm forward	Over front arm
+ 8	R leg two petit battu	3 rd position	
1, 2, 3	2 walks and run towards DSR,	Open R arm to 2 nd on count 1 and open L arm on count 2	
4	Chasse into arabesque à terre on to R leg	Arms through 1 st to 1 st arabesque	
5, 6, 7	Walk backwards (L, R, L)	Present L arm and then R arm	
8	Hold dégagé with slight upper body backbend	4 th position crossed, L arm high	
1, 2	Walk backwards (R, L)	Present R arm and then Larm,	
3, 4	Hold dégagé, upper body back bend	bras bas, 1st into 4 th position crossed, R arm high	
+ 5	Posé de côte on to R, slow controlled assemble soutenu en tournant	L arm To 5 th position with a slight lean in the upper body towards the audience	

6	Lean in the upper body at the end again towards the audience		
7	Body straightens	Open to open 5th	
8	<p>Step forward onto L leg en ouvert into kneel onto R knee. Lean forward into extended kneel or alternatively</p> <p>Tombé lunge en fondu, R leg tendu derriere</p>	<p>Reverse port de bras through first to 3rd arabesque</p> <p>Same as above</p>	To audience

Exercise 4 – Adage

Music: 3/4

Counts	Steps	Arms	Head
Commence:	Croisé on R foot with L leg in cou de pied derrière	Bras bas	
Introduction 4 counts			
1		R arm port de bras sideways to open 5 th position	
2		Lower to demi-second	
3		R arm up to open 5 th position	
4		R arm over to L and L palm of hand to L side of face (L cheek)	
5	Step back through 4 th position en demi-plié to R foot tendu devant	Reverse port de bras into demi-second	
6	Close croisé in 5 th position, R foot front	Bras bas	
7	Rise to demi-pointe in 5 th position crossing feet	5 th position	

8	Lower back down to 5 th position à terre	2 nd position	
1	Step forward en croisé with R leg	R arm sweeps across to 3 rd position	
2	Bring L leg rond de jambe en dedans round to face DSR, L foot tendu devant	Reverse port de bras to 4 th position with R arm high	
3	Step forward on L into arabesque ouverte à terre on R leg, L leg derrière	1 st position arabesque	
4	Hold		
5	Lift L leg to low arabesque		
6	Lower L Leg to pointe tendu		
7	Lift L leg to higher arabesque		
8	Hold		
1 - 2	Lower L leg and soft transition through demi-pointe and coupé over to fondu ouvert on L leg with R leg tendu devant	Through 1 st to 4 th in opposition	
3 - 4	Draw R leg in through quarter pointe to fondu derrière on R leg, L leg dégagé derrière	Into demi-second	Inclined to the R
5	Close L leg derrière, straighten legs	Bras bas	
6 – 7	Développé upstage leg to écarté	Into 4 th position, R arm up	

8	Close in 5 th position, R foot derrière		
1 + 2	Step back onto L foot to tendu devant ouvert	2 nd arabesque into 3 rd arabesque	
+	Step on R foot		
3	Relevé on R foot, low développé écarté DS, facing USR		
4	Coupé over		
5 - 7	Bourrée towards left to face croisé	Rounded demi-bras	Inclined to front foot
8	Lower to croisé on L leg with R leg cou de pied derrière	Bras bas	
	Repeat whole exercise on other side		

Exercise 5 – Warm up Jump

Music: 2/4

Counts	Steps	Arms	Head
Commence:	5 th position, R foot front	Bras bas	
Introduction 4 counts			
1 – 2	Two sautés in 1 st position	Bras bas	
3 – 4	Two sautés in 2 nd position	Into demi-second	
5	Sauté to 5 th position, R foot front	Bras bas	
6	Echappé sauté to 4 th position, R foot devant	Into 3 rd position	
7	Sauté to 2 nd position	Into 2 nd position	
8	Sauté to 5 th position, L foot devant	Bras bas	
1	Sissone ordinaire L leg devant	Into 3 rd in opposition	
2	Petit assemblé devant		
3	Sissone ordinaire R leg derrière	Into 3 rd in opposition	
4	Petit jeté onto R leg	Demi-second	

5	Petit assemblé into 5 th position, L foot derrière	Bras bas	
6	Changement		
7 – 8	Hold en plié	Bras bas	
1 – 4	Two échappés sauté to 2 nd position	Breathe to demi-second	
5 – 7	Three changements turning to left to face US	Bras bas	
8	Hold		
1 – 4	Two échappés to 2 nd position		
5 – 7	Three changements turning to right to face en face		
8	Hold		
	Repeat whole exercise on other side		

Exercise 6 – Circular Waltz

Music: 3/4

Counts	Steps	Arms	Head
Commence:	R foot croisé 5th	Bras bas	
Introduction 4 counts	Chassé en avant to L leg pointe tendu derrière	Through 1 st to low demi- second	
1	Coupé under in to balancé en avant	Through 1 st to 1 st Arabesque	
2	Balancé en arrière de côte	3 rd position, R arm front	
3	Posé assemblé soutenu to right	Through 5 th position	
4	Into preparation for posé turn, R foot petit developpé devant	2 nd to 3 rd position	
5	Posé turn		
6	Posé turn		
7	Petit pas de basque en tournant	Down to bras bas	
8	Chassé into 3 rd Arabesque, L leg tendu derrière	Port de bras to 3 rd Arabesque	Looking outside of the circle
1-8	Coupé to repeat	As above	
	This exercise can also be executed to the left side		

Exercise 7 – Petit Allegro

Music: 3/8

Counts	Steps	Arms	Head
Commence:	Tendu R foot devant	Demi-second	
Introduction 4 counts		Raise to 2 nd position	
1 +	Step R leg temps levé, L leg retiré	3 rd position	
2 +	Step behind, step to second	2 nd position	
3 +	Step temps levé, R leg retiré	3 rd position	
4 +	Pas de bourrée dessous (under)	2 nd position	
5 + 6	Coupé under assemblé en avant croisé	Through 1 st position to 1 st arabesque	
7	Stretch legs		
8	Release back leg to cou de pied en fondu	3 rd in opposition. R arm front	
1 + 2 +	Step ballonné R and L leg en face	Demi-2 nd	
3 +	Pas de bourrée dessous (under)		
4	Coupé	Into 3 rd in opposition. L arm front	
5 + 6 +	Ballonné L and R leg	Demi-2 nd	

7 + 8	Pas de bourrée dessous (under)	Bras bas	
1	Échappé 4 th position en croisé	3 rd position	
2	Close		
3	Petit sissone croisé in attitude derrière	Demi-bras	
4	Petit assemblé derrière	Bras bas	
5 + er 6	Temps levé, chassé pas de bourrée to R	Port de bras 1 st to 2 nd position	
7 – 8	Two pas de chats	3 rd position	
1 – 2	Temps levé petit développé devant, L step together, L step travelling to DSR	4 th position, L arm raised	To raised arm
3 – 4	Temps levé petit développé devant, R step together, R step travelling to USR	4 th position, R arm raised	To raised arm
5 – 6	Continue to run in circle ending facing DSR	Through 2 nd position	
7	Dégagé L foot croisé devant	Port de bras to demi second	
8	Hold		
	Repeat whole exercise on other side		

Exercise 8– Medium Allegro

Music: 3/4

Counts	Steps	Arms	Head
Commence:	5 th position – R foot front en face	Bras bas	
Introduction 4 counts			
1	Échappé sauté to 2 nd position	To 2 nd position	
2	Sauté back on to L foot, R foot cou de pied	L arm to 3 rd position	
3 - 4	Coupé ballonné sauté	To 2 nd position	
5 - 6	Coupé ballonné sauté effacé	L arm to 3 rd position	
+7	Ballonné de côté with same leg	To 2 nd position	
8	Petit assemblé to close R foot behind en croisé	Bras bas	
1 - 2	Sissone fermée en avant, finish in 5 th en plié	To 2 nd arabesque	
3 - 4	Sissone over travelling diagonally downstage facing upstage corner, stretch, plié	L arm to 3 rd position	
5 + 6	Release front foot to cou de pied, chassé coupé en tournant chassé to downstage corner, finishing in 3 rd arabesque en fondu en ouvert	Through 1 st position	

7	Petit assemblé to close into 5 th position, R foot front croisé	To bras bas	
8	Changement	Same as above	
	Repeat on the other side		

Exercise 9 – Grand Allegro

Music 3/4

Counts	Steps	Arms	Head
Commence:	USL. Stand on L leg with R foot cou de pied, croisé	R hand on hip, L arm in 2 nd position	
Introduction counts			
1 - 2	Coupé balancé de côté to L and balancé de côté to R	Keep L arm in 2 nd and then take across the body to 1 st position with épaulement on count 2	
3 - 4	Step assemblé soutenu en tournant to the L, releasing the L foot opening into a petit développé devant en croisé	Full port de bras through 5 th to 2 nd position on the petit développé	
5 - 6	Gallop, step jeté en avant into attitude	Full port de bras through 1 st to demi - second	
7 - 8	Pas de bourrée chassé to arabesque à terre en ouvert	1st arabesque	
1 - 2	Travelling diagonally upstage, 3 runs into an assemblé en tournant to end croisé, R foot front	To 5 th position	
3 + 4	Chassé pas de bourrée dessous (under) to R and then L	Opening to 2 nd position L arm through 3 rd to 2 nd	
+ 5 + 6	Continuing from second pas de bourrée into a grand pas de chat	R arm through 3 rd to 2 nd continue to 5 th position	
7	Relevé in 5 th position	Arms 5th	

8		Drop R arm to hip, L arm stays in 5 th position	
	This exercise is executed on both sides		

Set Dance A

Music 3/4

Counts	Steps	Arms	Head
Commence:	CS, standing on R leg L leg dégagé derrière	Demi second	
Introduction counts: 1, 2	Hold	Hold	
Introduction counts: 3	Lower into lunge	L arm comes over head (Swan Lake)	Over front arm
Introduction counts: 4		R arm comes over head to cross wrists	
1, 2	Coupé and posé onto R leg through onto L leg	Arms through 1 st position to 1 st arabesque	
3, 4	Bourrée forwards travelling DSL		
+	Coupé over onto R foot	Arms down to 1 st position	
5 + 6	Pas de bourrée piqué ending in 5 th position en demi pointe facing DSR	Arms through 4 th with R arm raised through 2nd position to 4 th position with L arm raised	
7 + 8	Bourrée round in a circle to face DSL	Arms to 5 th and open to open 5 th position	
1	Posé piqué into low arabesque on R leg facing DSR		
2	Pas de bourrée under finishing in 4 th position on a lunge		

3		Leave R arm open 5 th and L arm demi bras	
4		Change arms to L arm open 5 th and R arm demi bras	
5, 6	Bring R foot in front and bourrée diagonally US	Arms in 3 rd arabesque	
7, 8	2 x posé coupé onto L leg travelling diagonally upstage L, holding on 2 nd posé		
1 + 2	Chassé pas de bourrée with R foot en face, ending in 4 th position in preparation for pirouette		
3	Single pirouette en dedans		
4	Close in 5 th position en face	Arms finish in 1 st position	
5	Chassé en arrière on L leg	Arms to 4 th position, L arm high	
6	R leg through 5 th into développé en avant		
7	Tombé forward onto lunge on R leg	L arm comes over head	
8		R arm comes over head to cross wrists	
+ 1 +	Balancé en avant travelling to DSL	Arms to open 4 th position	
2 +	Balancé en arrière turning in a full circle	Arms through 1 st position, gesturing with L arm to USR	

3, 4	Chassé into 3 rd arabesque facing DSL		
5, 6, 7	Run in half circle towards USL to end CS	Swan Lake arms	
8	Finish in 5 th position centre stage – R foot front en croisé	Bras Bas	
+ 1 + 2	Two small sissones fermé en avant	Low 1 st arabesque	
+ 3	Sissone ouvert	1 st arabesque	
+ 4	Pas de bourrée under to 5 th position en face	Arms go to crossed wrists	
+ 5 + 6	Two small sissones fermé en avant	Low 1 st arabesque	
+ 7	Sissone ouvert	1st arabesque	
+ 8	Pas de bourrée under to 5 th position en croix	Arms go to crossed wrists	
+ 1	Soubresaut	Arms remain crossed wrists	
+ 2	Relevé passé with R Leg using épaulement, ending L foot front, en croix		
+ 3	Soubresaut		
+ 4	Relevé passé with L Leg using épaulement, ending R foot front en croix		

5, 6, 7	Bourrée en arrière	Swan Lake arms	
8	Lower heels	Bras bas	
+ 1 + 2	Two sissones over de côté	Arms to 3rd position both times	
+ 3	Third sissone over, end in chassé passé		
+ 4	Coupé over, pas de bourrée under	3 rd position	
5, 6, 7	Run towards the R ending USR		
8	Dégagé R leg tendu devant on R leg	Demi second	
1, 2, 3, 4	4 x temps levé in low arabesque, starting on R leg	Arms swishing from side to side	
5	Temps levé chassé with R leg		
6	Step R jeté passé derrière, both legs in petit attitude, chassé passé en avant	Reverse port de bras through open 5 th position through to crossed wrists in front of the body	
7	Rélevé in 5 th position, R foot front	5 th position	
8	Lower onto R leg, dégagé L leg derrière	Wrists drop to the side (Swan Lake)	

Set Dance B

Music 4/4

Counts	Steps	Arms	Head
Commence:	CS, R foot front croisé	Bras bas	
Introduction counts: 1 + 2 + 3, 4	Chassé en avant to dégagé derrière	5 th position	
Introduction counts: 5 + 6 + 7, 8	Transfer weight back to dégagé devant	Reverse port de bras, R arm flick and then left arm flick	
1, 2	Posé coupé en avant	L arm goes through 3 rd to 4 th position	
+ 3 + 4	2 x Posé coupé en avant		
5	Close into 5 th position in demi plié		
+ 6	Sissone over to face other croisé	Arms come to 3 rd position	
7 + 8	Bourrée DSR en croisé	2 nd arabesque	
	Repeat from posés to other side	As above	
1	Dégagé passé devant to fondu	1 st position	
2	Fouetté to 1 st arabesque à terre, facing de côté		
3	Fondu		
+ er 4	Pas de bourrée under		

5 + 6	3 petite jeté devant raising L leg first	Arms in demi bras	
7	Step over on L leg		
8	Pas de chat with R leg	Arms to 3 rd position	
1	Dégagé passé devant to fondu	1 st position	
2	Fouetté to 1 st arabesque à terre, facing de côté		
3	Fondu		
+ 4	Pas de bourrée under into 5 th position		
5, 6, 7, 8	Run to DSL	Complimentary arms	
1, 2, 3, 4	2 x échappés relevé to 2 nd position	First échappé, arms in demi second Second échappé, arms to Bluebird pose (L hand on L shoulder, R arm extended)	
5	Échappé sauté to 4 th position en avant	Arm to 3 rd position in opposition	
6	Sauté onto R leg, L leg cou de pied derrière	Change to opposite 3 rd position	
7, 8	Coupé assemblé under to face other croisé travelling upstage	Arms through 2 nd position to écarté upstage	
	Repeat from 2 échappés to other side	As above	
1, 2, 3, 4	Bourrée en avant to DSL	1 st position into 1 st arabesque	Inclined and looking along front arm

5, 6, 7, 8	Coupé over, bourrée diagonally DSR	1 st arabesque	
1 - 7	Run in circle towards USR	3 rd position	
8	Finish USR standing on R leg, L leg dégagé derrière	Demi second	
1	Temps levé en avant on L leg in 1 st arabesque, travelling DS		
2	Temps levé passé onto R leg, L leg retire	R arm to 3 rd position	
3	Temps levé on L leg in 1 st arabesque		
4 - 8	Run in a circle towards USL ending R leg derrière		
1	Temps levé en avant on R leg in 1 st arabesque, travelling DS		
2	Temps levé passé onto L leg, R leg retire	L arm to 3 rd position	
3	Temps levé on R leg in 1 st arabesque		
4 - 8	Run in a circle towards USR ending L leg derrière	Demi second	
1, 2, 3, 4	4 x temps levé passé stepping on L Leg first	Wafty arms	
5	Temps levé in 1 st arabesque onto the L leg		
6	Chassé passé	Arms through bras bas	

7	Pas de chat ending on demi plié	Arms through 5 th position ending in demi second	
8	Demi détourné to L	Arms reverse port de bras to 5 th position to face DSR	
9	<p>Lunge to kneel on R leg.</p> <p>NB: Optional ending for students who might have trouble kneeling. Kneel or lunge, flat foot derriere for stability</p>	<p>Arms to Bluebird pose</p> <p>Same as above</p>	

Révérence

Music 4/4

This is to be choreographed by the student and performed in the exam to the music provided. The Révérence should reflect the style of either Set Dance A or Set Dance B.

Additional Information

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