

Barre Exercises

Three Positions of the Feet by Dégagé

Facing: Sideways to the barre **Music** 6/8
Feet: First
Arms: Bras Bas

Counts

Dégagé to 2nd 1&a
 Lower heel in 2nd 2&a
 Stretch foot to a point in 2nd 3&a
 Close in 3rd devant 4&a
 Dégagé to 2nd 5&a
 Lower heel in 2nd 6&a
 Stretch foot to a point in 2nd 7&a
 Close to 1st position 8
 Dégagé to 2nd 1&a
 Lower heel in 2nd 2&a
 Stretch foot to a point in 2nd 3&a
 Close in 3rd derrière 4&a
 Dégagé to 2nd 5&a
 Lower heel in 2nd 6&a
 Stretch foot to a point in 2nd 7&a
 Close to 1st position 8

Demi and Full Pliés in 1st and 2nd Positions

Facing: The Barre **Music** 3/4
Feet: First
Arms: Hands resting gently on the barre

Counts

Demi-plié in 1st position 1-4
 Demi-plié in 1st position 5-8
 Full plié in 1st position 1-4
 Dégagé to 2nd, lower heel slowly 5-8
 Demi-plié in 2nd position 1-4
 Demi-plié in 2nd position 5-8
 Full plié in 2nd position 1-4
 Stretch foot to a point in 2nd, close to 1st 5-8

Battement Tendu en Croix

Facing: Sideways to the barre **Music** 2/4
Feet: 3rd Position
Arms: Bras Bas

Counts

Slide foot to a full stretch devant 1
 Close to 3rd position devant (in the front) 2
 Slide foot to a full stretch to 2nd 3
 Close to 3rd position derrière (at the back) 4
 Slide foot to a full stretch derrière 5
 Close to 3rd position derrière (at the back) 6
 Slide foot to a full stretch to 2nd 7
 Close to 3rd position devant (in the front) 8

Divided Grand Battement

Facing: Sideways to the barre **Music** 4/4

Grade 1 Ballet

Feet: 3rd Position
Arms: 2nd Position

	Counts
Dégagé devant, raise leg	1234
Dégagé devant, close in 3rd devant	5678
Dégagé devant, raise leg	1234
Dégagé devant, close in 3rd devant	5678
Dégagé devant, raise leg	1234
Dégagé devant, close in 3rd devant	5678
Dégagé devant, raise leg	1234
Dégagé devant, close in 3rd devant	5678

Slight break Turn to face the barre, keeping the same foot in the front

Dégagé derrière, raise leg	1234
Dégagé derrière, close in 3rd derrière	5678
Dégagé derrière, raise leg	1234
Dégagé derrière, close in 3rd derrière	5678
Dégagé derrière, raise leg	1234
Dégagé derrière, close in 3rd derrière	5678
Dégagé derrière, raise leg	1234
Dégagé derrière, close in 3rd derrière	5678

Retiré Exercise

Facing: Sideways to the barre **Music** 2/4
Feet: 1rd Position
Arms: 2nd Position

	Counts
Lift foot to place toes at lower calf height	12
Close in 1st	34

Arms

First, Second and 5th Positions, Demi Bras and Bras Bas

Facing: Front **Music** 3/4
Feet: 3rd Position
Arms: Bras Bas

	Counts
Raise arms to 1st position	1&a 2&a
Lower to bras bas	3&a 4
Raise arms to 1st position	1&a
Open to 2nd position	2&a
Lower to bras bas	3&a 4
Raise arms to 1st position	1&a
Continue raising to 5th position	2&a
Lower to bras bas, passing through 2nd position	3&a 4
Raise arms to 1st position	1&a
Open to demi bras	2&a
Lower arms to bras bas	3&a 4

Centre Practice/Adage

Preparation for Coupé
Facing: Front **Music** 3/4

Grade 1 Ballet

Feet:	3rd Position		
Arms:	Bras Bas		
		Counts	
	Dégagé devant with fondu, opening arms out to demi bras	1&a	
	Close to 3rd position with straight legs, arms bras bas	2&a	
	Dégagé derrière with fondu, opening arms out to demi bras	3&a	
	Close to 3rd position with straight legs, arms bras bas	4	
	 Chassé En Avant		
Facing:	Front	Music	3/4
Feet:	3rd Position		
Arms:	Bras Bas		
		Counts	
	Demi-plié, arms bras bas	1&a	
	Slide front foot to 4th position still in demi-plié, arms low 1st	2&a	
	Dégagé derrière, arms demi bras and legs straight	3&a	
	Close in 3rd position, arms bras bas	4	
	 Dégagés with Straight Legs and with Fondu		
Facing:	Front	Music	4/4
Feet:	3rd Position		
Arms:	Demi Bras		
		Counts	
	Dégagé to 2nd with back foot	12	
	Close into 3rd at the front	34	
	Dégagé to 2nd with back foot	56	
	Close into 3rd at the front	78	
	Dégagé to 2nd with back foot en fondu	12	
	Close into 3rd at the front with straight legs	34	
	Dégagé to 2nd with back foot en fondu	56	
	Close into 3rd at the front with straight legs	78	
	 Allegro		
	 Preparation for Glissades Devant		
Facing:	Front	Music	6/8
Feet:	3rd Position		
Arms:	Demi Bras		
		Counts	
	Step to 2nd with the front foot and slide to a demi-plié in 3rd behind emphasising the stretch of both feet	1&a 2&a	
	Step to 2nd with the front foot and slide to a demi-plié in 3rd behind emphasising the stretch of both feet	3&a 4&a	
	Step to 2nd with the front foot and slide to a demi-plié in 3rd behind emphasising the stretch of both feet	5&a 6&a	
	Step to the side and point other foot to front with fondu	78	
	Repeat this sequence starting with the other foot, to the other side		
	 Petit Jeté Derrière		
Facing:	Front	Music	2/4
Feet:	Demi-plié, back foot released in readiness		
Arms:	Demi Bras		
		Counts	
	Spring into the air stretching both feet	&	
	Land on the other foot with the free foot fully stretched	1	
	 Echappé Sauté into 2nd Position		
Facing:	Front	Music	2/4
Feet:	3rd Position		
Arms:	Bras Bas		
		Counts	
	Spring into the air, stretching both feet, land in 2nd position	1	

Grade 1 Ballet

Spring into the air, stretching both feet, land in 3rd position with a change of feet

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Posé Temps Levé Devant and Derrière

Facing: Front
Feet: 3rd Position
Arms: Demi Bras

Music 2/4

Counts

Step to 2nd and hop with leg in attitude devant
Step to 2nd and hop with leg in attitude devant
Step to 2nd and hop with leg in jeté position derrière
Step to 2nd and hop with leg in jeté position derrière

12
34
56
78

Mime

Without Music
Simple expression such as surprise, happiness, disappointment etc
To be requested by the Examiner as an individual expression
or as a suggested story

Dance

The Maid Was In The Garden

Curtsey