

CM SOUTHAMPTON
DANCE ACADEMY

GRADE 4 BALLET PACK

This pack contains

- Syllabus outline
- Pas de bouree reminder
- The variation notes (how we talk it through)
- Photos to help you learn
- Tasks

GRADE 4 FEMALE

Candidates are expected to combine any movements contained in this and previous syllabi into simple sequences set by the examiner. Candidates are also expected to have knowledge of the French terms used.

Underlined exercises are set. Free work terms must be understood.

1 Barre

1.1 Demi plié, grande plié and rises in 1st, 2nd, 3rd and 4th croisé - set exercise

1.2 Battements tendus and grands battements en croix - set exercise

1.3 Ronds de jambe à terre en dehors and en dedans in 1 and 2 counts - set exercise

1.4 Battements fondus en croix à terre

1.5 Petits battements sur le cou-de pied (single)

1.6 Développés en croix

1.7 Relevés devant, derrière and passé devant and derrière

1.8 Echappés en croix en demi-pointe

2 Port de bras

2.1 Simple amalgamation set by the examiner using transference of weight (chassés, walks and technical transference of weight) and the arm positions and directions which were studied in previous grades

3 Adage

3.1 Temps Lié en avant à terre - set exercise

3.2 Use of épaulement towards the front foot

3.3 2nd arabesque à terre and en l'air

3.4 Posé, assemblé soutenu en tournant

3.5 Set Adage Exercise

4 Demi-Pointe Work

4.1 Echappés to 2nd

4.2 Relevés in 5th

5 Allegro

5.1 Glissades over and under

5.2 Pas de bourrées over and under with either foot (two to a bar)

5.3 Ballonnés simples en avant

5.4 Pas de basque glissés and sautés en arrière

5.5 Sissonne changée ouverte

5.6 Demi-contretemps

5.7 Chassé, coupé, chassé temps levé in arabesque or pirouette position derrière

5.8 Allegro Enchaînement no 1 – set exercise- Balonne

5.9 Allegro Enchaînement no 2 – set exercise - Pas de basques

5.10 Chassé, coupé, chassé temps levé in 3rd arabesque - set exercise

6 Petite Batterie

6.1 Echappé sautés battus fermés

6.2 Set petite batterie exercises A and B

7 Set Variations

Teacher's choice of one of the following set dances:

C) Male or Female

8 Révérence

Body directions/ Lines

Ouverte - open leg line to
audience

En Face - central to
audience

Croise - crossed leg line
to audience



New arm line

- Epaulement
- An open line - the face shaded by the arm



Pas de bourree

- A running step taken sideways at this level, lifted and quick
- 8 in grade 4 - as examiner requests
- Devant with front or back foot (front side front)
- Derriere with front or back foot (behind side behind)
- Over with front or back foot (front side front)
- Under with front or back foot (behind side front)

Tasks

- Take photos of all the arm positions you can think of and label them
- Take photos of the 5 foot positions and label them
- Practise a classical ballet bun
- Research a dancer who resembles you - eye colour, height or hair colour etc
- Stretch everyday!

Stretches - video to follow

- Start with a good warm up - jogs on spot, star jumps, bounces, arm swings, lunge walks.
- 12 slow heel raises on each leg
- Lie on back - 3 way leg stretches
- Pretzel stretch
- Lie on front - upper body and back stretch
- Abs - drawing into spine and hold
- Sit in straddle - side stretch sequence
- Roll through splits - worst leg, box, best leg