

CM SOUTHAMPTON
DANCE ACADEMY

GRADE 3 BALLET PACK

This pack contains

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

GRADE 3 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

Set work is underlined and bold.

1 Barre

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

1.2 Battements tendus with demi-plié en croix using simple Port de bras - set exercise

1.3 Ronds de jambe à terre en dehors and en dedans in 2 counts

1.4 Assemblés soutenus in 2 counts - set exercise

1.5 Battements frappés to 2nd

1.6 Développés en croix in 4 counts

1.7 Grands battements in 2 counts

1.8 Echappés en demi-pointe à la seconde

2 Port de bras

2.1 Simple amalgamation set by the examiner using the arm positions and directions which were studied in previous grades

3 Adage

3.1 Chassés passés en arrière - in 2 counts

3.2 Attitude ordinaire à terre and en l'air

3.3 Set Adage Exercise

3.4 Posés en demi-pointe - set exercise

4 Allegro

- 4.1 Assemblés devant and derrière
- 4.2 Simple coupés over and under
- 4.3 Sissonne ouverte en avant
- 4.4 Pas de basques glissés en avant
- 4.5 Pas de basque sautés en avant
- 4.6 Pas de bourrées devant and derrière with either foot, and under with the back foot (one to a bar)
- 4.7 Petit assemblé
- 4.8 Echappés sautés en croix
- 4.9 Allegro Enchaînement no 1 – set exercise- Glissades
- 4.10 Allegro Enchaînement no 2 – set exercise- Pas de Basques
- 4.11 Balancés - set exercise

5 Set Variations

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

C) Waltz

6 Révérence

Body directions/ Lines

Ouverte - open leg line to
audience

En Face - central to
audience

Croise - crossed leg line
to audience



Pas de bourree

- A running step taken sideways at this level, lifted and quick
- 5 in grade 3 - as examiner requests
- Devant with front or back foot (front side front)
- Derriere with front or back foot (behind side behind)
- Under with the 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

VARIATION

THE WALTZ

Start feet in 3rd left in front. Step to the right, bob curtsey, feet 3rd with right in front.

Sissone, pas de bouree. Glissade, assemble, skip 1 and a 2 and a step hop and through.

Step hop and step hop run run arabesque,, glissade (derriere) demi detourne, left right.

Bal-lan-say walk walk, bal-lan-say step spring toe, down up up down up up down up up down

Glissade jete assemble relève

And sissone pas de bouree, step point your left, brush the crumbs off your leg, step through, PING!