

Grade 1

www.youtube.com/watch?v=sfYrn6M3Fak

As in video, with the addition of a half turn on the final preparation for pirouette-

Grade 3

Arm sequence as in this video: www.youtu.be/lqiwL53-MzI

Remainder as in this video: www.youtube.com/watch?v=jxgX5R6e440

WARM UP

Movement	Counts
Arm swing round, down, up & hold x 4	1234 5678 1234 5678
Grapevine x4 (left right left right)	1234 5678 1234 5678
Step turn step x4 (left right left right)	1234 5678 1234 5678
Arms open to high release into forward stretch	1234 5678
Hold forward stretch knees straight	1234 5678
Arms open to high release into forward stretch	1234 5678
Hold forward stretch knees straight	1234 5678
Roll up to finish	1

Limbering and Mobilising

Movement	Counts
Butterfly stretch	1234567
Sit up	8
Butterfly stretch	1234567
Sit up	8
Forward stretch legs straight	1234567
Reach up	8
Forward stretch legs straight	1234567
Reach up	8
Roll up to stand in parallel	1234567
Jump to second position	8
Plie and straighten in second position turned out x2	1234 5678
Forward stretch over left leg	1234
Forward stretch centre	5678

Movement	Counts
Forward stretch over right leg	1234
Forward stretch centre	5678
Stand to finish	1

Floor Strengthening

Movement	Counts
V sit up and down x4 (g2 4x bent knees g3 2x bent & 2x straight knees)	1234 5678 1234 5678 1234 5678 1234 5678
Right knee in to chest	1234
Extend right leg	5678
Hold right leg	1234
Lower right leg	5678
Left knee in to chest	1234
Extend left leg	5678
Hold left leg	1234
Lower left leg	5678
3x front kicks right leg	123
Roll onto left side	4
3x side kicks right leg	567
Roll onto back	8
3x front kicks left leg	123
Roll onto right side	4
3x side kicks left leg	567
Roll onto back to finish	8

Isolations

Movement	Counts
Ribs right, left, front, back, circle	1234 5678
Slide to left	12
Cross right leg in front	34
Turn	56

Movement	Counts
Jump to second position	78
Knee, shoulder head isolation x 4 left, right, left, right	1234 5678
Slide to right	12
Cross left leg in front	34
Turn	56
Jump to second position to finish	78

PIROUETTE

Movement	Counts
Extend right leg back and right arm forwards	12
Bend knees	34
Releve on to tip toes of left leg, bringing right toe to left knee	56
Lower to parallel	76
Extend right leg back and right arm forwards	12
Bend knees	34
Releve on to tip toes of left leg, bringing right toe to left knee, turning to the right	56
Lower to parallel	78
Extend right leg back and right arm forwards	12
Bend knees	34
Releve on to tip toes of left leg, bringing right toe to left knee, turning to the right	56
Lower to parallel	78
Turn around to face other direction	1234 5678
REPEAT WHOLE THING OTHER SIDE	1234 5678 1234 5678 1234 5678 1234 5678

PREPARATION FOR LEG TILT AT THE BARRE

Movement	Counts
Tendu right leg to the side	1
Lift and lower right leg x3	234567
Close to first position	8
Tendu left leg to the side	1

Movement	Counts
Lift and lower left leg x3	234567
Close to first position	8
Tendu right leg to the side	12
Bring right foot to knee retire position	34
Extend leg straight	56
Close to first position	78
Tendu left leg to the side	12
Bring left foot to knee retire position	34
Extend leg straight	56
Close to first position	78

ARM SEQUENCE

Movement	Counts
Right arm circles backwards	1234
Cross right arm over to left shoulder and bring feet to face left corner	5678
Scoop both arms up and release overhead	1234
Run in a circle anticlockwise	5678
Left arm circles backwards	1234
Cross left arm over to right shoulder and bring feet to face right corner	5678
Scoop both arms up and release overhead	1234
Run in a circle clockwise	5678
Step and reach, right then left	1234 5678
Step turn step with arm reach right then left	1234 5678
Run to right corner	1234 5678
Cross right arm over body then left arm	1234
Scoop both arms up and release overhead	5678

ELEVATION AND TRAVEL

Movement	Counts
Step left leap right x3	1234 56
Jump feet together	78
Drag runs back to corner x8 RLRLRLRL	1234 5678

Movement	Counts
Right leg side drag arms up, left leg cross arms cross x2	1234 5678
Prep right leg in front, left arm in front	1234
Pirouette to the left, lend feet together arms up in V shape	5678
REPEAT ALL ON OPPOSITE SIDE FROM OPPOSITE CORNER	

Grade 4

Limbering&mobilising, floor strengthening, isolations, leg tilt, arm sequence as in this videot:
www.youtu.be/Zn8Edn1w2kg

All others as in this video: www.youtube.com/watch?v=ZbEVjFsfnl0

WARM UP

Movement	Counts
Grapevine RLRL	1234 5678 1234 5678
Step turn step RLRL	1234 5678 1234 5678
Jump to second, pile and straighten x 2	1234 5678 1234 5678
Turn feet parallel, reach forwards stretching over	1234 5678
Hold forward stretch	1234
Roll up	5678
Jump to second, pile and straighten x 2	1234 5678 1234 5678
Turn feet parallel, reach forwards stretching over	1234 5678
Hold forward stretch	1234
Roll up	5678
Long lunge to R, R leg forward, hands rest on leg	1234 5678
Lift arms to 5th position	1234 5678
Long lunge to L, L leg forward, hands rest on leg Lift arms to 5th position	1234 5678 1234 5678

LIMBERING AND MOBILISING

Movement	Counts
Plie in 2nd x2, with arms going 2nd to 5th	1234 5678 1234 5678
Side bend right arms overhead R L R L	1234 5678
Flat back over L leg round to centre	1234
Plie roll up	5678
REPEAT WHOLE THING LEFT SIDE	1234 5678 1234 5678 1234 5678 1234 5678

FLOOR STRENGTHENING

Movement	Counts
Slow roll down and up to seated x2	1234 5678 1234 5678
Slow roll down and up to V sit x2	1234 5678 1234 5678
Roll down	1234
Kick right leg, left leg	5678
Kick R leg and hold	1234
Lower leg	5678
Roll onto right side and kick left leg	1234
Roll back onto back	5678
Kick left leg, right leg	1234
Kick left leg and hold	5678
Lower leg	1234
Roll onto L side and kick R leg	5678
Roll onto back and sit up	1234 5678
Forward fold	1234 5678
Roll onto knees into back bend end position	1234 5678

ISOLATIONS EDITED OPTION (different to video)

Movement	Counts
Roll shoulder and turn head right & left with knee bend between	1234
Heartbeat in out in	567
Join right foot to left	8
Step right leg forward and back with hip x2	1234
Body roll to right corner	5678
Jump feet parallel and second	12
Ribs right left	34
Rib circle clockwise	5678
Shoulder head knee right left	1234

Movement	Counts
Hips right left	56
Jump feet together, right arm up to finish	78

PIROUETTE

Movement	Counts
Behind side front (right left right), left arm forwards	1234
Releve onto right leg, left leg lifted, no turn	56
Close parallel	78
Behind side front (right left right), left arm forwards	1234
Single pirouette towards the left	56
Close parallel	78
Behind side front (right left right), left arm forwards	1234
Double pirouette towards the left	56
Close parallel	78
Plie and prepare	1234 5678
REPEAT WHOLE THING OTHER SIDE	1234 5678 1234 5678 1234 5678 1234 5678

LEG TILT AT THE BARRE

Movement	Counts
Tendu R leg side	12
Kick up down up	3 & 4
Lower leg	56
Close first position	78
Tendu L leg side	12
Kick up down up	3 & 4
Lower leg	56
Close first position	78
Tendu R leg side	1

Movement	Counts
Retire to knee	2
Tilt body	3
Extend leg	456
Close first position	78
Tendu L leg side	1
Retire to knee	2
Tilt body	3
Extend leg	456
Close first position	78

ARM SEQUENCE

Movement	Counts
R arm travels round head and across body	123
Snap back to straight	4
Reach R arm forwards	567
Snap back to straight	8
Reach both arms to L corner, bending R knee	1234
Step onto R leg lifting L leg to retire, arms circle right to left	56
Step turn step right	7&8
Run to R corner	1234
R arm swishes up left arm, across body and down to side	5678
L arm circles backwards opening body up	1234
Step back lifting arm to V, right then left	5678
Run back to centre to finish	1234 5678

ELEVATION AND TRAVEL ORIGINAL SYLLABUS (as in video)

Movement	Counts
From USR corner step hop, step leap x 2 on the closed line	1234 5678
Reach up R arm	1234
Reach down and up	5678
Circular spring L, step ball change L up side of space	1234
Step R, step L, Hop L to change direction in USL corner	1234 5678

Movement	Counts
Step ball change R, step side leap	1234
Pas de bourre turning RLR, pirouette L	5678
Land pirouette	12
Circular spring R, 4 springs to USR corner	345678
Open arms with lunge L, pas de bourre, side kick L, step out L	12345678
Pa de bourre RLR, springs up to USL corner	1234 5678
Prepare other side	1234 5678

ELEVATION AND TRAVEL EDITED OPTION (different to video)

Movement	Counts
Step ball change right leg, step left leap right x 3	1234 5678
Step turn step left	1234
Arms cross over chest and prepare second	5678
Step R side kick L, Step L side kick R	1234 5678
Drag runs back to corner x 8	1234 5678
PDB Behind side front (right left right), left arm forwards	1234
Single pirouette towards left	5678
Windmill arms right then left, pas de bourse turning LRL	1234 5678
Behind side front (right left right), left arm forwards	1234
Double pirouette towards left	5678
Windmill arms right then left	1234 5678
Stand up to finish	1

GRADE 5

Warm up as in this video: www.youtube.com/watch?v=Rw4bD3An238

All others as in this video: www.youtube.com/watch?v=rmLfmXJlrHg

WARM UP

Movement	Counts
Spring RLR hop, LRL hop in parallel	1234 5678
4 jumps parallel, 4 jumps 2nd	1234 5678
Spring RLR hop, LRL hop in turnout	1234 5678
4 jumps 1st, 4 jumps 2nd	1234 5678
Jump to second, pile and straighten x 2	1234 5678 1234 5678
Turn feet parallel, high release stretching over, hold, roll up	1234 5678 1234 5678
Repeat high release stretching over, hold, roll up	1234 5678 1234 5678
Feet parallel to finish	1234 5678

LIMBERING & MOBILISING

Movement	Counts
Twist L, Flat back over L leg, hold	1234 5678
Fold over, centre roll up	1234 5678
Repeat R side	1234 5678 1234 5678
Flat back centre	1234
Arms to 5th	5678
Plie	1234
Roll up	5678
Repeat	1234 5678 1234 5678

FLOOR STRENGTHENING

Movement	Counts
Slow roll down and up to seated	Down 1234 5678 up 1234 5678
Slow roll down and up to seated	Down 1234 Up 5678
Reach up and fold to forward stretch	Reach 1234 Fold 5678

Movement	Counts
Hold and release	Hold 1234 Release 5678
High release x 2	12345678
Roll forward to plank and lower down flat	12345678
Push up to downward dog	12345678
R leg threads through to turn the body into seated 2nd	12345678
Circle arms and body R C L C	12345678
Circle arms and body L C R C	12345678
Turn onto R side kick L leg	1234 kick 56 onto back 78
Turn onto L side kick R leg *different to video	1234 kick 56 onto back 78
Finish seated	

ISOLATIONS

Movement	Counts
Shoulder/head/knee R L	1234
Rib R C L C	5678
Pas de bourre LRL	1&2
R leg dig in lunge out with arms to 5th and pushing out over R leg	34
Hip roll to change weight to L	56
Hold hip hip	7&8
Step R, cross behind L, Step out to 2nd R with arms 5th	1&2
Arms 2nd, turn body to L with arms down and R knee bent	34
Step R leg behind, body front, R arm behind head, L arm splayed low	5
Turn to face back legs 2nd	67
Turn over R shoulder to twist, L arm up, R arm 2nd	8
Head roll R to L	1234
Shoulder rolls R L, jump feet together	567

PIROUETTE

Movement	Counts
Behind side front (right left right), left arm forwards	1234
Releve onto right leg, left leg lifted, no turn	56
Close parallel	78

Movement	Counts
Behind side front (right left right), left arm forwards	1234
Single pirouette towards the left	56
Close parallel	78
Behind side front (right left right), left arm forwards	1234
Double pirouette towards the left	56
Close parallel	78
Plie and prepare	1234 5678
REPEAT WHOLE THING OTHER SIDE	1234 5678 1234 5678 1234 5678 1234 5678
Step turn step turn chassé, lean R L RL	1234 5678 1234 5678 1234 5678 1234 5678

LEG TILT

Movement	Counts
Retire R leg and tilt body	1234
Develop R leg	5678
Hold	1234
Lower and close	5678
Repeat and turn to other side	12345678 12345678
Repeat left side	12345678 12345678 12345678 12345678

KICKS

Movement	Counts
Pas de bourre RLR kick L	1234
Pas de bourre LRL kick R	5678
Spring R, step ball change L to DLR corner	&1&2
Step turn R	34
Step R, round kick L	5678
8 springs to centre	12345678

Movement	Counts
Repeat other side	12345678 12345678 12345678

E&T

Movement	Counts
Fold over and open L leg over R	1234 5678
Open legs to 2nd and step R L	1234 5678
2 circular springs into roll tucking L leg	1234 5678
Spring R L, Step step relevé R lifted	12 & 3 4
Step ball change R step L side leap R	5&6 7 8
Pas de bourre pirouette	1&2 3 4
step R L out RL contract in RL out with arms pushing out in out	&5&6&7
Springs RLRLRLRL up to SR corner	1234 5678
Step turn R step ball ch R step ball ch L step L leap R	12, 3&4, 5&6 7 8
Feet together roll up	1234
Step ball change L R to SL corner	5&6 7&8
TBC as video...	

GRADE 6

As in this video: www.youtube.com/watch?v=2qjorbZwC7c