



NATIONAL PERFORMING  
ARTS ALLIANCE

ENTRY LEVEL BALLET

FIRST STEPS

FOUNDATION LEVEL 1

FOUNDATION LEVEL 2

**UPDATED 31/7/2023**

# CONTENTS

PAGE	
3	<b>FIRST STEPS BALLET</b>
4	Walk, Move, Freeze
5	Show the Stretch
6	Arms & Hands
7	Plie, Point, Turn
8	Let's Jump
9	At the Seaside
10	Thank You
11	<b>FOUNDATION LEVEL 1 BALLET</b>
12	Walk, Move, Freeze
13	Arms & Hands
14	Plie, Point, Turn
15	Point, Walk, Run
16	Let's Jump
17	Galops, Skips & Sways
18/19	The Post Is Late!
19	Thank You
20	<b>FOUNDATION LEVEL 2 BALLET</b>
21	Walk, Move, Balance
22	Arms & Hands
23	Plie, Point, Turn
24	Point, Walk, Run
25	Point & Raise
26	Jumps & Spring Points
27	Galops, Skips & Sways
28/29	Where Are You?
30	Thank You

© Copyright 2022 National Performing Arts Alliance Ltd.  
 All Rights Reserved.  
 Protected with [www.protectmywork.com](http://www.protectmywork.com),  
 Reference Number: 17653250522S048



# FIRST STEPS BALLET

EXERCISE	FORMAT	TEACHER ASSISTANCE?
Walk, Move, Freeze	ALL TOGETHER THROUGHOUT	Teachers are expected to help and assist candidates throughout. Counting, calling out of steps and demonstration all permitted.
Show The Stretch		
Arms & Hands		
Plie, Point & Turn		
Jumps		
At the Seaside		
Thank You		

## EXAM TIMINGS – INCLUSIVE OF EXAMINER ‘WRITING UP’ TIME

NUMBER OF CANDIDATES	EXAM LENGTH
1 - 2	8 minutes
3 - 4	10 minutes

# WALK, MOVE, FREEZE

Teachers' choice of pattern, direction and optional hand - held prop/s.

Feet parallel 1st. Free position.

<b>BAR</b>	<b>COUNT</b>	<b>Commence either RF or LF</b>	
1 - 2	1 2 3 4 5 6 7 8	Walk forward x 8 at any level - (low, medium or high)	Free
3	&1&2&3&4	Free run forward	
4	5	Freeze in any position	
	6 7 8	Hold position	
5 - 6	1 2 3 4 5 6 7 8	Walk forward x 8 at any level - (low, medium or high)	
7	&1&2&3&4	Free run forward	
8	5 6	Jump feet together bending knees	
	7	Stretch	
	8	Hold position	
9 - 32		Repeat all x 4 in total	

© Copyright 2022 National Performing Arts Alliance Ltd.  
All Rights Reserved.

Protected with [www.protectmywork.com](http://www.protectmywork.com),  
Reference Number: 17653250522S048

## SHOW THE STRETCH

Commence sitting on floor, en face.  
 Legs parallel. Legs and feet extended.  
 Arms extended to sides, fingertips towards floor.

BAR	COUNT		
1	1 2	Flex both feet	Hold position
	3 4	Stretch both feet	
2	5 6 7 8	Repeat bar 1	
3	1 2	Flex RF	
	3 4	Flex LF	
4	5 6	Stretch RF	
	7 8	Stretch LF	
5 - 6	1 - 8	Repeat bars 1 & 2	
7	1 2 3 4	Bending the knees, draw the feet flat along the floor towards body	Arms and hands towards 1 <sup>st</sup> . Relax head and shoulders slightly forward
8	5 6 7 8	Recover to start position	Extend arms and hands to sides, fingertips towards floor
9 - 16		Repeat all	

## ARMS & HANDS

Commence en face, feet natural 1<sup>st</sup>, arms bras bas.  
Optional hand - held props.

BAR	COUNT		
1	1 2 3		Open both arms to demi 2 <sup>nd</sup>
2	4 5 6		Lower both arms to bras bas
3	1 2 3		Raise both arms sideways to 2 <sup>nd</sup> , palms down
4	4 5 6		Lower both arms to bras bas
5 - 6	1 2 3 4 5 6		Raise both arms sideways to open 5th
7 - 8	1 2 3 4 5 6		Lower both arms to bras bas
		Repeat all x 4 in total	On final bar 32 end wrists crossed, held in front of chest.

© Copyright 2022 National Performing Arts Alliance Ltd.

All Rights Reserved.

Protected with [www.protectmywork.com](http://www.protectmywork.com),

Reference Number: 17653250522S048

## PLIÉ, POINT, TURN

Commence en face, feet natural 1<sup>st</sup>, hands on waist or arms demi 2<sup>nd</sup>.

BAR	COUNT		
1 - 4	1 2 3 4 5 6 7 8 1 2 3 4 5 6 7 8	Demi plié in natural 1 <sup>st</sup> and recover x 4	Hands on waist or arms demi 2 <sup>nd</sup>
5	1 2 3 4	Battement tendu RF to 2nd, close 1 <sup>st</sup> (2 counts out, 2 counts in)	Hold position
6	5 6 7 8	Repeat bar 5 on LF	
7 - 8	&1&2&3&4&5&6	Rise, small steps on toes, making 1 full turn on the spot to R or L	Free
8	7 8	Lower to natural 1st	Hands on waist or arms demi 2 <sup>nd</sup>
9 - 16		Repeat all	

© Copyright 2022 National Performing Arts Alliance Ltd.

All Rights Reserved.

Protected with [www.protectmywork.com](http://www.protectmywork.com),

Reference Number: 17653250522S048

# LET'S JUMP

Teacher's choice of pattern and direction.  
Feet parallel 1<sup>st</sup>, hands on waist.

BAR	COUNT		
INTRO	1 2	Hold position	Hands on waist
	3 4	Bend knees	Hold position
1	a1 a2 a3 a4	Jump feet together x 4	
2	a5	Jump feet apart	
	a6	Jump feet together	
	a7	Jump feet apart	
	a8	Jump feet together	
3	a1 a2 a3 a4	Repeat bar 1	
4	&5&6	Free run forward	Free
	a7	Jump feet together	Clap hands in front of body at chest level
	(8)	Hold position	
5 - 16		Repeat all x 4 in total. Free ending on final count of bar 16	

© Copyright 2022 National Performing Arts Alliance Ltd.  
All Rights Reserved.

Protected with [www.protectmywork.com](http://www.protectmywork.com),

Reference Number: 17653250522S048



## AT THE SEASIDE

Commence centre back, feet parallel 1<sup>st</sup>, en face.  
Hands on waist or arms demi 2<sup>nd</sup>.

BAR	COUNT		
1	1 2 3 4	Bend and stretch x 2	Hands on waist or demi 2 <sup>nd</sup>
2	&5&6&7	Free run forward	Free mime and gesture
	8	Feet together bending knees	Slight lean forward – ‘looking into the sea’
3	1 2	‘Dip’ R toes into very cold water	‘Very cold’ mime and gesture
	3 (4)	Raise RF sharply, stretching L leg	‘Very cold’ mime and gesture
4	&5&6&7&8	Small runs on toes backward	‘Very cold’ mime and gesture
5	1 2	Natural 1 <sup>st</sup> position	Hold ice cream in RH. LH to skirt or on waist. Mime ‘happy’
	3 4	Demi pli� in natural 1 <sup>st</sup> & recover	Taste ice cream
6	5 6	Demi pli� in natural 1 <sup>st</sup> & recover	Taste ice cream
	7 8	Natural 1 <sup>st</sup> position	Rub LH on tummy, nodding head RH holding ice cream
7	1 2	Rise to demi pointe	Look to RH releasing hold of ice cream as seagull steals it. Mime ‘surprise!’
	&3&4	Free run forward to RDF	Hands reaching to RDF towards seagull
8	5 6 7 8	Free position	Free mime and gesture

# THANK YOU

Commence feet natural 1<sup>st</sup>, en face, hands on waist or arms demi 2<sup>nd</sup>.

BAR	COUNT		
1	1 2	Step RF to 2 <sup>nd</sup>	
	3 4	Curtesy or bow	Curtsey – demi 2 <sup>nd</sup> Bow – lower arms to sides
2	5 6 7 8	Repeat bar 1 to L	
3	1 2	Step RF to 2 <sup>nd</sup>	
	3 4	Close LF to natural 1st	
4	5 6 7 8	Hold position	Free ending

© Copyright 2022 National Performing Arts Alliance Ltd.  
All Rights Reserved.

Protected with [www.protectmywork.com](http://www.protectmywork.com),  
Reference Number: 17653250522S048

# FOUNDATION LEVEL 1 BALLET

EXERCISE	FORMAT	TEACHER ASSISTANCE?
Walk, Move, Freeze	ALL TOGETHER THROUGHOUT	YES
Arms & Hands		NO
Plie, Point, Turn		NO
Point, Walk, Run		NO
Let's Jump		YES
Galop, Skip, Sway		YES
The Post Is Late!		YES
Thank You		NO

## EXAM TIMINGS – INCLUSIVE OF EXAMINER 'WRITING UP' TIME

NUMBER OF CANDIDATES	EXAM LENGTH
1 - 2	10 minutes
3 - 4	12 minutes

## WALK, MOVE, FREEZE

Teachers' choice of pattern, direction. Feet together. Optional prop/s

BAR	COUNT		
INTRO	1 2 3 4 5 6	Hold position	Free
	7 8	Rise to demi pointe	
1 - 2	1 2 3 4 5 6 7 8	Commencing RF walk forward on demi pointe x 8	
3	&1&2&3&4	Free run forward	
4	5	Step forward R or LF demi pointe	
	6	Close RF or LF together on demi pointe in parallel	
	(7 8)	Hold position	
5	&1&2&3&4	Small steps on toes, making 1 full turn on the spot to R or L	
6	5 6	Lower on straight legs, feet parallel	
	(7 8)	Hold position	
7	1	Walk forward RF	
	2	Place LF to low parallel retiré	
	3	Walk forward LF	
	4	Place RF to low parallel retiré	
8	5 6 7 8	Repeat bar 7	
9 - 32		Repeat all x 4 in total	

## ARMS & HANDS

Commence en face, feet 1<sup>st</sup>, arms bras bas.  
Optional hand - held prop(s).

BAR	COUNT		
1	1 2 3	Hold position	R arm demi 2 <sup>nd</sup>
2	4 5 6		R arm bras bas
3 - 4	1 2 3 4 5 6		Repeat bars 1 & 2 with L arm
5	1 2 3		Raise both arms to 1 <sup>st</sup> position
6	4 5 6		Open both arms to 2 <sup>nd</sup> position
7 - 8	1 2 3 4 5 6		Lower both arms slowly to bras bas
9 - 10	1 2 3 4 5 6		Raise R arm through 2 <sup>nd</sup> position to open 5 <sup>th</sup>
11 - 12	1 2 3 4 5 6		Raise L arm through 2 <sup>nd</sup> position to open 5 <sup>th</sup>
13	1 2 3		Place both arms to 5 <sup>th</sup> position
14 - 16	4 5 6 1 2 3 4 5 6		Lower both arms slowly through 2 <sup>nd</sup> to bras bas.
17 - 32			Repeat all. Free ending on bar 32

© Copyright 2022 National Performing Arts Alliance Ltd.

All Rights Reserved.

Protected with [www.protectmywork.com](http://www.protectmywork.com),

Reference Number: 17653250522S048

# PLIÉ, POINT, TURN

Commence en face. Feet 1<sup>st</sup>, hands on waist or arms bras bas.

BAR	COUNT		
1	1 2 3 4	Battement tendu RF 2 <sup>nd</sup> , close 1 <sup>st</sup>	Hands on waist or bras bas
2	5 6 7 8	Repeat bar 1 on LF	
3	1 2	Demi plié in 1 <sup>st</sup>	
	3 4	Recover	
4	5 6 7 8	Repeat bar 3	
5	1 2	Dégagé RF 2 <sup>nd</sup>	Demi 2 <sup>nd</sup>
	3 4	Lower RF in 2 <sup>nd</sup>	
6	5 6	Dégagé LF 2 <sup>nd</sup>	
	7 8	Close LF to RF in 1 <sup>st</sup>	
7	&1&2&3&4	Rise, small steps on toes, making 1 full turn on the spot to R	Free
8	5 6	Lower to 1 <sup>st</sup>	Hands on waist or bras bas
	7 8	Hold position	
9 - 16		Repeat all on other side	

© Copyright 2022 National Performing Arts Alliance Ltd.  
All Rights Reserved.  
Protected with [www.protectmywork.com](http://www.protectmywork.com),  
Reference Number: 17653250522S048

# POINT, WALK, RUN

Commence en face. Feet 1<sup>st</sup>, arms hands on waist or arms demi 2<sup>nd</sup>.

BAR	COUNT		
1	1	Step RF 2 <sup>nd</sup>	Hands on waist or arms demi 2 <sup>nd</sup>
	2	Dégagé LF devant	
	3 4	Repeat counts 1 & 2 on LF	
2	5	Step RF 2 <sup>nd</sup>	
	6	Close LF to RF in 1 <sup>st</sup>	
	7	Step RF 2 <sup>nd</sup>	
	8	Dégagé LF devant	
3 - 4	1 2 3 4 5 6 7 8	Repeat bars 1 & 2 to L	
5	1 2 3	Walk forward R,L,R	
	4	Dégagé LF devant	
6	5 6 7 8	Repeat bar 5 on LF	
7	&	Step forward RF to demi pointe	Lower both arms through bras to 1st
	1	Close LF to RF in 1 <sup>st</sup> position on demi pointe	Both arms to 5th
	(2)	Hold position	
7 - 8	&3&4&5&6	Small runs back on demi pointe	Open & lower both arms through demi bras
	7 8	Lower to 1 <sup>st</sup> position	Hands on waist or arms demi 2 <sup>nd</sup>
9 - 16		Repeat all	

© Copyright 2022 National Performing Arts Alliance Ltd.  
All Rights Reserved.

Protected with [www.protectmywork.com](http://www.protectmywork.com),  
Reference Number: 17653250522S048

## LET'S JUMP

Commence en face. Feet 1<sup>st</sup>, arms bras bas

BARS	COUNT		
INTRO	1 2	Hold position	
	3 4	Demi pli� in 1 <sup>st</sup>	
1	a1 a2 a3 a4	Saut� in 1 <sup>st</sup> x 4	Both arms bras bas
2	a5 a6 a7	�chapp� saut� 2 <sup>nd</sup> , saut� 1 <sup>st</sup> , �chapp� saut� to 2 <sup>nd</sup>	Both arms demi 2 <sup>nd</sup> or bras bas
	(8)	Hold en demi pli� in 2nd	
3	a1 a2 a3 a4	Saut� in 2 <sup>nd</sup> x 4	
4	a5 a6 a7	Saut� 1 <sup>st</sup> , �chapp� saut� to 2 <sup>nd</sup> , saut� in 1 <sup>st</sup>	Both arms bras bas on count 7
	(8)	Hold en demi pli� in 1 <sup>st</sup>	
5 - 8		Repeat all	

  Copyright 2022 National Performing Arts Alliance Ltd.

All Rights Reserved.

Protected with [www.protectmywork.com](http://www.protectmywork.com),

Reference Number: 17653250522S048



## **GALOP, SKIP & SWAY**

Commence LDB. Feet 1<sup>st</sup>, facing partner, holding hands.

<b>BAR</b>	<b>COUNT</b>		
INTRO	1 2 3 4 5 6	Hold position	
	1 2 3 4 5 6	Dégagé R or LF in 2 <sup>nd</sup> to RDF	
1 - 2	a1 2 3 4 5 6 1 2 3 4 5 6	Travelling to RDF galop to the side x 4	Holding hands with partner
3 - 4	1 2 3 4 5 6 1 2 3 4 5 6	Turning to face RDF to end side by side natural skip forward x 4	Inside hands holding, outside arm to demi 2 <sup>nd</sup> , skirt or waist
5 - 6	1 2 3 4 5 6 1 2 3	Turn inwards to face partner, small steps on toes	Re-join hands
6	4 5 6	Lower to 1 <sup>st</sup>	
7	1 2 3 4 5 6	Step to 2 <sup>nd</sup> into natural sway to RDF	
8	1 2 3 4 5 6	Repeat sway to LDB to end in dégagé to 2 <sup>nd</sup> to RDF	
9 - 16		Repeat all	
17 - 32		Repeat all on other side	

## THE POST IS LATE!

Commence en face, feet 2<sup>nd</sup>, hands on waist.

BAR	COUNT		
1	a1 a2 a3 a4	Tap toes of RF up and down x 4	Hands on waist mime 'impatience'
2	5 6	Feet remain 2 <sup>nd</sup>	'Look' at 'watch' on L wrist
	7 8	Hold position	LH to waist. Mime 'cross'
3	1 2 3 4	Demi plié in 2 <sup>nd</sup> & recover x 2	Hands to waist
4	5	Dégagé LF in 2 <sup>nd</sup>	
	6	Close LF to RF in 1 <sup>st</sup>	
	7	Demi plié	
	(8)	Hold en demi plié	
5	a1 a2 a3	Sauté x 3 in 1 <sup>st</sup>	On 3 <sup>rd</sup> saute landing, RH to R ear, upper body lean slightly to R, LH to waist
	(4)	Hold en demi plié	
6	5 6	Stretch legs	Body upright, both hands raised, mime 'happiness'
	7 (8)	Hold position	Clap hands & hold position
7	&1&2&3&4	Free run forward to end feet 1 <sup>st</sup> position	Mime 'excited', free arms
8	5 6	Lean forward from hips	Mime turning door handle with RH, LH extended low to L
	7 8	Body upright	Mime 'opening door' with RH, LH extended low to L
9	1 2 3 4		Wave with RH, mime 'happy' LH extended low to L
10	5 (6)		Clap hands together x 1, mime 'happy'
	7 8	Lean forward from hips	Collect parcel with both hands
11 - 12	&1&2&3&4 &5&6&7&8	Turning to R, free run to end centre facing front to end feet 1 <sup>st</sup>	Holding parcel in front of body
13	&1&2&3&4	Small steps on toes, making 1 or 2 full turns on the spot to R or L	

14	5 6	Lean forward from hips	Place parcel on 'table'
	7 8	Hold position	Turn head to 'look' R & L
15	1 2 3 4		Mime opening parcel with 'excitement'
16	5 6 7 8	Take parcel out of box. Free expressive ending to mime 'joy' or 'disappointment' – candidate/teachers' choice	Free expressive ending to mime 'joy' or 'disappointment' – candidate/teachers' choice

## THANK YOU

Commence en face, feet 1<sup>st</sup>, hands on waist or arms demi 2<sup>nd</sup>.

BAR	COUNT		
1	1 2	Step RF 2 <sup>nd</sup>	
1	3 4	Curtesy or bow	Curtesy – demi 2 <sup>nd</sup> Bow – lower arms to sides
2	5 6 7 8	Repeat bar 1 to L	
3 - 4		Walk forward R,L,R	Free
4		Close LF to RF in 1 <sup>st</sup>	Free

# FOUNDATION LEVEL 2 BALLET

EXERCISE	FORMAT	TEACHER ASSISTANCE?
Walk, Move, Balance	ALL TOGETHER THROUGHOUT	NO. CANDIDATES ARE EXPECTED TO PERFORM WITHOUT ASSISTANCE.
Arms & Hands		
Plie, Point, Turn		
Point, Walk & Run		
Point, Raise, Balance		
Jump & Spring Point		
Galop, Skip, Sway		
Where Are You?		
Thank You		

## EXAM TIMINGS – INCLUSIVE OF EXAMINER ‘WRITING UP’ TIME

NUMBER OF CANDIDATES	EXAM LENGTH
1 - 2	12 minutes
3 - 4	14 minutes

# WALK, MOVE, BALANCE

Teachers' choice of pattern and direction. Feet 1<sup>st</sup>, arms held at sides.

BAR	COUNT		
INTRO	1 2	Hold position	
	3 4	RF dégagé devant	Free t/o
1	1 2 3	Walk forward RLR on demi pointe x 3 ending in natural 4 <sup>th</sup> on demi pointe	
	(4)	Hold position	
2	5 6 7 (8)	Repeat Bar 1 on L,R,L	
3	&1&2&3&4	Small steps on toes making 1 full turn on the spot to R	
4	5 6	Balance feet together on demi pointe	
	7 8	Lower heels to parallel 1 <sup>st</sup>	
5	1	Walk forward RF	
	a2	Hop on RF place LF to full parallel retiré	
	3	Walk forward LF	
	a4	Hop on LF place RF to full parallel retiré	
6	5 6 7 8	Repeat bar 5	
7	&1&2&3&4	Free run forward	
8	5 6	Walk forward RF	
	7	Dégagé LF devant,	
	(8)	Hold position	
		Repeat all x 4 in total	Free ending

## ARMS & HANDS

Commence en face. Feet 1<sup>st</sup>, arms bras bas.

BAR	COUNT		
INTRO	1 2 3 4 5 6	Hold position	Hold position
	1 2 3		Open to demi 2 <sup>nd</sup>
	4 5 6		Lower to bras bas
1 - 2	1 2 3 4 5 6		Raise through 1 <sup>st</sup> to 5 <sup>th</sup>
3 - 4	1 2 3 4 5 6		Lower through 2 <sup>nd</sup> to bras bas
5	1 2 3		Raise RA 1 <sup>st</sup>
6	4 5 6		Open 2 <sup>nd</sup>
7 - 8	1 2 3 4 5 6		Repeat bars 5 & 6 LA
9	1 2 3	Step RF to 2 <sup>nd</sup>	
10	4 5 6	LF dégagé devant	RA to 3 <sup>rd</sup>
11	1 2 3	Step LF to 2 <sup>nd</sup>	Open RA 2 <sup>nd</sup>
12	4 5 6	RF dégagé devant	LA 3 <sup>rd</sup>
13	1 2 3		Open LA 2 <sup>nd</sup>
14	4 5 6	Close RF to 1 <sup>st</sup>	Lower both to bras bas
15	1 2 3	Hold position	Open both to demi 2 <sup>nd</sup>
16	4 5 6	Hold position	Lower both to bras bas
17 - 32		Repeat all on other side	Demi 2 <sup>nd</sup> bras bas

## PLIÉ, POINT, TURN

Commence en face. Feet 1<sup>st</sup>, arms demi 2<sup>nd</sup> or bras bas.

BAR	COUNT		
1	1 2	Dégagé RF 2 <sup>nd</sup>	Both arms demi 2 <sup>nd</sup> or bras bas.
	3 4	Lower RF to 2 <sup>nd</sup>	
2	5 6	Dégagé LF 2 <sup>nd</sup>	
	7 8	Close LF to RF in 1 <sup>st</sup>	
3 - 4	1 2 3 4 5 6 7 8	Demi plié in 1 <sup>st</sup> and recover x 2	
5 - 8	1 - 16	Repeat bars 1 - 4 to L	
9	1 2	Dégagé RF to 2 <sup>nd</sup>	
	3 4	Lower RF into 2 <sup>nd</sup>	
10 - 11	5 6 7 8 1 2 3 4	Demi plié in 2 <sup>nd</sup> and recover x 2	
12	5 6	Dégagé LF 2 <sup>nd</sup>	
	7 8	Close LF to RF in 1 <sup>st</sup>	
13	&1&2&3&4	Rise and small steps on toes making 1 full turn on the spot to R	Free
14	5 6	Lower to 1 <sup>st</sup> position, straight legs	
	(7 8)	Hold in 1 <sup>st</sup>	
15 - 16	&1&2&3&4 5 6 7 8	Repeat bars 13 & 14 to L	
17 - 32		Repeat all on other side	

## POINT, WALK, RUN

Commence en face. Feet 1<sup>st</sup>, arms bras bas.

BAR	COUNT		
INTRO	1 2 3 4 5 6	Hold position	
	1 2 3 4 5 6		Demi 2 <sup>nd</sup> or bras bas
1	1 2 3	Step RF to 2 <sup>nd</sup>	
2	4 5 6	Dégagé LF devant en fondu	
3	1 2 3	Step LF to 2 <sup>nd</sup>	
4	4 5 6	Dégagé RF devant en fondu	
5 - 7	1 2 3 4 5 6 1 2 3	Commencing RF walk forward x 3 R,L,R to RDF	Both arms 1 <sup>st</sup>
8	4 5 6	Close LF behind RF in 3 <sup>rd</sup> position	Open to 2 <sup>nd</sup> position
9 - 10	1 2 3 4 5 6	Feet remain 3 <sup>rd</sup>	LA up to 4 <sup>th</sup>
11	1 2 3	Hold position	Open LA to 2 <sup>nd</sup>
12	4 5 6	Rise	RA 3 <sup>rd</sup>
13 - 15	&1&2&3&4&5&6 &1&2&3	Free run clockwise to end facing front	Free
16	4 5 6	Lower 1 <sup>st</sup> position	Both 2 <sup>nd</sup>
17 - 32		Repeat all on other side. Free ending bar 32	



## POINT, RAISE, BALANCE

Commence en face. Feet 1<sup>st</sup>, hands on waist or arms demi 2<sup>nd</sup>.

BAR	COUNT		
1 - 2	1 2 3 4 5 6 7 8	Battement tendu RF devant x 2, close 1 <sup>st</sup>	Hold position
3 - 4	1 2 3 4 5 6 7 8	Repeat bars 1 & 2 on LF	
5 - 8	1 - 16	Battement tendu 2 <sup>nd</sup> , close 1 <sup>st</sup> alternate feet, R,L,R,L	
9	1 2	Dégagé RF devant	
	3 4	Raise RF 45° en l'air	
10	5 6	Lower RF to dégagé devant	
	7 8	Close RF to LF in 1 <sup>st</sup>	
11 - 12	1 2 3 4 5 6 7 8	Repeat bars 9 & 10 on LF	
13 - 14	1 2 3 4 5 6 7 8	Repeat bars 9 & 10 on RF	
15	1 2 3 4	Demi plié 1 <sup>st</sup> and recover	Lower both arms through bras bas to demi bras
16	5 6 7 8	Demi plié 1 <sup>st</sup> and recover	Reverse both arms through 1 <sup>st</sup> to end demi 2 <sup>nd</sup> or hands on waist
17 - 32		Repeat all on other side	

© Copyright 2022 National Performing Arts Alliance Ltd.  
All Rights Reserved.

Protected with [www.protectmywork.com](http://www.protectmywork.com),  
Reference Number: 17653250522S048

## JUMPS & SPRING POINTS

Commence en face. Feet 1<sup>st</sup>, arms bras bas.

BAR	COUNT		
INTRO	1 2	Hold position	Hold position
	3 4	Demi plié 1 <sup>st</sup>	
1	a1 a2	Sauté 1 <sup>st</sup> x 2	
	a3	Échappé sauté 2 <sup>nd</sup> x 1	Both arms demi 2 <sup>nd</sup> or bras bas
	a4	Saute 1 <sup>st</sup>	Both arms bras bas
2	a5 a6 a7 a8	Repeat bar 1	
3	1	Step RF 2nd	Both arms demi 2 <sup>nd</sup> or demi bras
	2	Dégagé LF devant en fondu	
3 - 4	a3 a4 a5 a6	Spring point travelling slightly back x 4	
4	a7	Petit assemblé 1 <sup>st</sup>	Both arms bras bas
	(8)	Hold en demi plié 1 <sup>st</sup>	
5 - 8		Repeat bars 1 - 4 to other side. On final count bar 8 stretch legs	Repeat bars 1 - 4 to other side On final count bar 8 demi bras

## **GALOPS, SKIPS & SWAYS**

Commence LDB. Side by side with partner, holding inside hand.  
Outside arm in demi 2<sup>nd</sup>, holding skirt or hand to waist.

<b>BAR</b>	<b>COUNT</b>		
INTRO	1 2 3 4 5 6	Hold position	Hold position
	1 2 3 4 5 6	Dégagé devant with outside foot	
1 - 2	a1 2 3 4 5 6 1 2 3 4 5 6	Galop forward x 2 travelling to RDF	
3 - 4	1 2 3 4 5 6 1 2 3 4 5 6	Natural skip x 4 travelling in a small circle, turning toward partner to end facing partner	Release hold
5 - 6	a1 2 3 4 5 6 1 2 3 4 5 6	Galop to the side x 4 travelling to RDF	Join both hands
7	1 2 3 4 5 6	Hop and step into natural sway to RDF	
8	1 2 3	Step back onto R or LF en fondu turning to face RDF	Release hold with outside hand placing to demi 2 <sup>nd</sup> , holding skirt or hand to waist
	4 5 6	Dégagé R or LF devant stretching supporting leg	
9 - 16		Repeat bars 1 - 8	Repeat bars 1 - 8
17 - 32		Repeat all on other side	

End in dégagé devant with outside foot. Free hand to waist, head turned towards partner.

## WHERE ARE YOU?

Commence centre back, en face. Feet 1<sup>st</sup>, hands on waist.

BAR	COUNT		
INTRO	1 2 3 4	Hold position	Free
1	&1 - 4	Galop x 4 to R	
2	5 6 7 8	Sway to L & R	
3 – 4	&1 - 8	Repeat bars 1 & 2 to L	
5	1 2 3 4	Turn to R small steps on toes end facing front feet 1st	
6	5 6	Look to L	
	7 8	Look to R	
7 - 8		Repeat bars 5 & 6 to L	
1 - 2	1 2 3 4 5 6 7 8	Low walk forwards x 4 R,L,R,L	'Sshhhh' with RH, LH behind back
3	1 2 3 4	Natural sway to R	RH to eyes mime 'searching', LH behind lower back
4	5 6 7 8	Natural sway to L	LH to eyes mime 'searching', RH behind lower back
5	1	Close RF to LF 1 <sup>st</sup>	Arms out to side, elbows bent, palms up. Mime 'puzzled'
	2	Hold position	Maintain arm/hand position whilst shrugging shoulders
	3 (4)		Maintain arm/hand position, lower shoulders
6	5 (6)		L arm bent across chest, palm down, R elbow to LH, incline head & upper body to R, R forefinger to R temple. Mime 'thinking'
	7 (8)		Tap finger on temple. Mime 'thinking'

7	1 2		Recover body and head to erect. Point finger to ceiling. Mime 'a ha!'
	3 4		LH to waist. Incline body forwards towards RDF, extend R arm pointing finger to RDF. Nod head.
8	&5&6&7&8	Free run to RDF to end feet parallel on demi pointe	End LH behind back, RH to head to mime 'searching'
9	&1&2&3&4	Small steps on demi pointe turning to R to end en face	Slowly change hands to end RH behind back LH to head to mime 'searching'
10	5 6	Lower to 1 <sup>st</sup> position	Arms out, elbows bent, palms up
	7 8	Hold position	Hands to waist. Mime 'sigh'
11	1 a2	Travelling to L side, walk forward LF & hop, place RF to full parallel retiré	Free
11 -12	3 a4 5 a6 7 a8	Rpt R,L,R	
13 - 14	&1&2&3&4&5&6	Free run travelling upstage to end centre facing RDF	Free
	7 8	1 <sup>st</sup>	Mime 'found you!' Pointing RH to RDF, LH held behind back
15	1 2 3 4	Low walk forwards to RDF R&LF (2 counts per walk)	'Sshhhh' with RH, LH behind back
16	5 6	Sauté x 2 in 1st	Hands on waist
	&7	Spring point travelling slightly back onto LF	LH to waist, RH pointing to RDF, nod head to front. Mime 'very happy!'
	(8)	Hold position	Hold position

# THANK YOU

Commence en face. Feet 1st, arms bras bas.

BAR	COUNT		
1	1 2 3 4	Hold position	1 <sup>st</sup> to 5 <sup>th</sup>
2	5 6 7 8		Lower slowly to 2 <sup>nd</sup>
3	1 2	Step RF to 2 <sup>nd</sup>	Hold position
3	3 4	Curtesy or bow	Curtsey – demi 2 <sup>nd</sup> Bow – lower arms to sides
4	5 6 7 8	Close LF to RF in 1 <sup>st</sup>	Both arms bras bas
5 - 7	1 - 12	Repeat bars 1 – 3 to L	Repeat bars 1 – 3
8	5 6 7 8	Close RF to LF in 1 <sup>st</sup>	Both arms demi bas

© Copyright 2022 National Performing Arts Alliance Ltd.  
All Rights Reserved.

Protected with [www.protectmywork.com](http://www.protectmywork.com),

Reference Number: 17653250522S048