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NATIONAL PERFORMING
ARTS ALLIANCE

LEVEL 2 BALLET
GRADES 4 & 5

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CONTENTS

	GRADE 4 BALLET
4	PLIE
5	BATTEMENT TENDU & BATTEMENT GLISSE
6	PREPARATION FOR BATTEMENT FRAPPE
7	BATTEMENT FONDU & ROND DE JAMBE A TERRE
8	PREPARATION FOR ROND DE JAMBE EN L’AIR
9	ADAGE
10	GRAND BATTEMENT
11	RELEVE
12/13	PORT DE BRAS
14	CENTRE PRACTICE
15	ADAGE 1
16/17	ADAGE 2 ‘A’
	ADAGE 2 ‘B’
18	ALLEGRO 1
19	ALLEGRO 2
20	ALLEGRO 3
21	ALLEGRO 4
22	STUDY
22	THANK YOU
	GRADE 5 BALLET
24	PLIE
25	BATTEMENT TENDU
26	BATTEMENT GLISSE & BATTEMENT JETE
27	BATTEMENT FONDU & ROND DE JAMBE A TERRE
28	BATTMENT FRAPPE & PREPARATION FOR PETIT BATTEMENT
29	ROND DE JAMBE EN L’AIR
30	ADAGE
31	GRAND BATTEMENT & RELEVE
32	PORT DE BRAS
33	CENTRE PRACTICE
34	ADAGE 1
35	ADAGE 2
36	ADAGE 3
37	ALLEGRO 1
38	ALLEGRO 2
39	ALLEGRO 3
40	ALLEGRO 4
41	STUDY
41	THANK YOU

GRADE 4 BALLET

EXERCISE	FORMAT	EXERCISE	FORMAT
PLIES	ALL TOGETHER	CENTRE PRACTICE	ALL TOGETHER
BATTEMENT TENDU & GLISSE	ALL TOGETHER	ADAGE 1	IN PAIRS
PREPARATION FOR BATTMENT FRAPPE	ALL TOGETHER	ADAGE 2	IN PAIRS
BATTEMENT FONDU & ROND DE JAMBE A TERRE	ALL TOGETHER	ALLEGRO 1	IN PAIRS
PREPARATION FOR ROND DE JAMBE EN L'AIR	ALL TOGETHER	ALLEGRO 2	IN PAIRS
ADAGE	ALL TOGETHER	ALLEGRO 3	IN PAIRS
GRAND BATTEMENT	ALL TOGETHER	ALLEGRO 4	SOLO CONSECUTIVELY
RELEVE	ALL TOGETHER	STUDY	SOLO
PORT DE BRAS	IN PAIRS	THANK YOU	ALL TOGETHER

EXAM TIMINGS

NUMBER OF CANDIDATES	EXAM LENGTH
1 - 2	30 minutes
3 - 4	35 minutes

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PLIES

Commence facing barre. Feet 5th RF devant.

BAR	COUNT		
INTRO	1 2 3	Hold position	Bras bas
	4 5 6	Hold position	Hands to barre
1 - 2	1 - 6	Demi plie 5 th	
3 - 6	1 - 12	Full plie 5 th	
7 - 8	1 2 3 4 5 6	Degage RF 2 nd & close derriere	
9 - 14		Repeat bars 1 - 6	
15	1 2 3	Degage RF 2 nd	RA 2 nd
16	4 5 6	Rotation to end side to barre, RF degage devant, lower in 4 th	
17 - 20	1 - 12	Demi plie 4 th x 2	
21 - 22	1 - 6	Rise & lower	
23 - 24	1 - 6	Degage RF devant & close 3 rd	
25 - 28	1- 12	Full plie 3 rd	Basic port de bras
29	1 2 3	Degage RF devant	
30	4 5 6	Pose RF en avant to demi pointe closing LF behind in 5 th	RA 1 st
31	a1 a2 a3	Small steps on demi pointe to face barre	RH to barre
32	4 5 6	Lower LF 5 th devant	
33 - 64		Repeat bars 1 – 32 on other side	

BATTEMENT TENDU & BATTEMENT GLISSE

Commence side to barre. Feet 3rd, RF devant. Arms bras bas.

BAR	COUNT		
INTRO	1 2 3 4	Hold position	Hold position
	5 6	Hold position	1 st
	7 8	Hold position	2 nd
1 - 2	1 2 3 4 5 6	Battement tendu RF en croix ending derriere	
	7 8	Hold position	5 th
3	a1a2a3 (4)	Battement glisse en derriere, 2 nd , devant	
4	a5a6a7 (8)	Battement glisse en devant, 2 nd , derriere	
5	1 2 3 4	Chasse en avant with inside leg closing RF 3 rd derriere	2 nd
6	5 6 7 8	Battement tendu RF 2 nd closing devant & derriere	
7	1 2 3 4	Chasse en arriere with outside leg closing LF 3 rd devant	
8	5 6 7 8	Battement tendu RF 2 nd closing devant & derriere	
9 - 15		Repeat bars 1 – 7 in reverse placing LF low retire derriere	1 st
16	a5a6	Couru to face other side	2 nd
	7 8	Lower LF 3 rd devant	
17 - 32		Repeat all on other side	

PREPARATION FOR BATTEMENT FRAPPE

Commence side to barre. Feet 3rd, RF devant. Arms bras bas.

BAR	COUNT		
INTRO	1 2 3 4	Hold position	Hold position
	5 6	Degage RF 2 nd	Arms 1 st
	7 8	Place RF cou de pied devant	LH barre, RA 2 nd
1	1 2	Extend RL leg to degage devant	
2	3 4	Hold position	
3	5 6	Place cou de pied devant	
4	7 8	Hold position	
5	1 2	Extend RL to degage 2 nd	
6	3 4	Hold position	
7	5 6	Place cou de pied derriere	
8	7 8	Hold position	
9	1 2	Extend RL leg to degage derriere	
10	3 4	Hold position	
11	5 6	Place cou de pied derriere	
12	7 8	Hold position	
13	1 2	Extend RL to degage 2 nd	
14	3 4	Place cou de pied devant	
15	5 6	Extend RL to degage 2 nd	
16	7 8	Place cou de pied derriere	
17 - 28		Repeat bars 1 – 12 in reverse	
29	1 2	Degage RF 2 nd	
30	3 4	Close to LF on demi pointe	1 st
31	5 6	Demi detourne	2 nd
32	7 8	Lower placing LF to cou de pied devant	
33 - 64		Repeat all on other side lowering to 3 rd RF devant on final count	Bras bas

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BATTEMENT FONDU & ROND DE JAMBE A TERRE

Commence side to barre. Feet 3rd, RF devant. Arms bras bas.

BAR	COUNT		
INTRO	1 2 3 4 5 6	Hold position	Hold position
	1 2 3		1 st
	4 5 6		LH barre, RA 2 nd
1 - 2	1 2 3 4 5 6	Battement fondu devant en l'air	2 nd
3 - 4	1 2 3 4 5 6	Battement fondu 2 nd en l'air	2 nd
5	1 2 3	Lower RL to degage 2 nd	Hold 2 nd
6 - 8	4 5 6 1 2 3 4	Hold position	Sideways port de bras to barre & recover 5 th
	5 6	Rond de jambe en dedans end RL degage devant	Open to 2 nd
9 - 12	1 - 12	Ronds de jambe en dedans x 2 end degage devant	Hold position
13 - 14	1 2 3 4 5 6	Pass RF through demi plie 1 st to degage derriere	
15	1 2 3	Hold position	Show breath through arms
16	4 5 6	Close RF 3 rd derriere	Bras bas
17 - 30		Repeat bars 1 – 14 in reverse	
31	1	Close RF to LF on demi pointe	1 st
	2 3	Demi detourne	5 th
32	4 5 6	Lower LF 3 rd devant	2 nd
33 - 64		Repeat bars 1 - 31 on other side	
		On final bar 64 hold demi pointe	5 th

Lower after music. Arms bras bas.

PREPARATION FOR ROND DE JAMBE EN L'AIR

Facing barre. Feet 1st

BAR	COUNT		
INTRO	1 2 3 4 5 6	Hold position	Hold position
	1 2 3 4 5 6		Hands barre
1	1 2 3	Degage RF 2 nd	
2	4 5 6	Raise 2 nd en l'air	
3	1 2 3	Place RF to L calf	
4	4 5 6	Extend to 2 nd en l'air	
5	1 2 3	Lower to degage 2 nd	
6	4 5 6	Close 1 st	
7 - 8	1 2 3 4 5 6	Demi plie & recover	
9 - 16		Repeat bars 1 – 8 on L	
17	1 2 3	Degage RF 2 nd	
18	4 5 6	Raise 2 nd en l'air	
19	1 2 3	Place RF to L calf	
20	4 5 6	Extend to 2 nd en l'air	
21	1 2 3	Place RF to L calf	
22	4 5 6	Extend to 2 nd en l'air	
23	1 2 3	Lower to degage 2 nd	
24	4 5 6	Close 1 st	
25 - 32		Repeat bars 17 – 24 on L	

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ADAGE

Commence side to barre. Feet 3rd, RF devant. Arms bras bas.

BAR	COUNT		
INTRO	1 - 6	Hold position	Hold position
	1 - 6		Demi 2 nd to bras bas OR hold position
1 - 4	1 - 12	Developpe devant closing 3 rd	Basic port de bras
5 - 7	1 - 9	Developpe 2 nd lower to degage 2 nd	1 st to 2 nd
8	10 - 12	Hold position	Show breath in arms
9 - 10	a1-6	Pivot to face barre RL degage derriere	RH to barre
11 -12	1 - 6	Raise leg arabesque	Hold position
13 - 14	1 - 6	Hold position	
15 - 16	1 - 6	Lower to degage derriere	
17	1 2 3	Close RF to L on demi pointe	
18	4 5 6	¼ detourne to face LS	LA 1 st to 2 nd
19	1 2 3	Lower 3 rd LF devant	Hold position
20 - 24	4 5 6 1 - 12	Hold position	Forward port de bras opening through 5 th to 2 nd
25 - 32	1 - 24	Battement lent to 2 nd x 2 LL closing derriere, devant	2 nd lower to bras bas on final bar
33 - 64		Repeat bars 1 – 32 on other side	

GRAND BATTEMENT

Commence side to barre. Feet 3rd, RF devant. Arms bras bas.

BAR	COUNT		
INTRO	1 - 4	Hold position	Hold position
	5 - 8		Basic port de bras 2 nd
1 - 3	1 - 12	Grand battement en croix ending RF derriere	Hold position
4	5 6 7 8	Hold position	5 th
5	1 2 3 4	Petit retire passe devant, derriere	
6	5 6 7 8	Full retire passe devant	
7 - 8	1 - 8	Grand battement 2 nd x 2 closing devant, derriere	2 nd
9 - 14		Repeat bars 1 - 6 in reverse	
15	1 2	Degage RF 2 nd	2 nd
	3 4	Draw RF across LF to 5 th en demi pointe	1 st
16	5 6	Demi detourne	5 th
	7 8	Lower on straight legs	2 nd
17 - 32		Repeat bars 1 - 16 on other side	

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RELEVE

Commence facing barre. Feet 5th, RF devant. Arms bras bas.

BAR	COUNT		
		Demi plie	Both hands to barre
1 - 2	1 2 3 4 5 6	Releve in 5 th x 3	
	7 8	Releve passe derriere on demi plie	
3 - 4	1 2 3 4 5 6 7 8	Repeat in reverse closing devant on demi plie	
5	a1	Echappe releve to 2 nd	
	2	Hold position	
	3 4	Close to LF 5 th devant on demi plie	
6 - 7	5 6 7 8 1 2 3 4	Repeat closing R & L devant	
8	5 6	Recover	
	7 8	Demi plie	
9 - 16		Repeat bars 1 – 8 on other side	

Recover after music. Arms bras bas.

PORT DE BRAS

Feet 3rd, en face, RF devant. Arms bras bas.

BAR	COUNT		
Intro	1 2 3 4 5 6	Hold position	Open arms to demi 2 nd OR demi bras and lower to bras bas
1	1 2 3		Raise both arms to 1 st
2	4 5 6		2 nd
3 -4	1 2 3 4 5 6	Slight inclination of the body to R OR remain erect	4 th crossed, RA 1 st , LA 5 th
5	1 2 3	Recover	Both arms 1 st
6	4 5 6	Hold position	Open both arms to 2 nd
7 - 10	1 2 3 4 5 6 1 2 3 4 5 6	Repeat bar 3 - 6 to L	Repeat bar 3 - 6 to other side
11	a1 2 3	Rise count 1 to demi pointe	Lower both arms to bras bas raising to 5 th with impulse
12	4 5 6	Hold position	Wide 5 th OR arms remain 5 th
13 - 14	1 2 3 4 5 6 (free timing)	Swift steps turn L, on the spot on demi pointe to end en face LF devant	Hold position
15 - 16	1 2 3 4 5 6	Lower to 3 rd LF devant	Cross lower arms in front of chest OR open demi bras
17	1 2 3	Demi plie	Release both arms out to demi 2 nd OR arms remain in demi bras
18	4 5 6	Recover	Hold position
19	1 2 3	Step to LF 2 nd	Both arms 1 st to 2 nd
20	4 5 6	Degage RF devant facing croise	Hold position
21 - 22	1 2 3 4 5 6	Forward port de bras en fondu	Forward port de bras
23	1 2 3	Recover	5 th

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24	4 5 6	Hold position	Open arms 2 nd
25	1 2 3	Rond de jambe RL en dehors to end degage derriere	1 st
26	4 5 6	Hold position	1 st arabesque
27	1 2 3	Transfer weight through 4 th to end LF degage devant	3 rd arabesque
	4 5 6	Rise	Hold position
28 - 32	1 - 12	Free run / walk to L to end en face LF 3 rd devant	Free
33 - 64		Repeat bars 1 - 32 on other side with free ending	Free ending



CENTRE PRACTICE

Facing en face, RF 3rd devant.

BAR	COUNT		
1 - 3	1 - 12	Battement tendu en croix ending RF 4 th derriere en demi plie	3 rd 2 nd 3 rd
4	5 6 7 8	Single pirouette en dehors OR ½ pirouette en dehors ending en demi plie facing the back	1 st
5 - 8		Repeat bars 1 – 4 on LF to end facing en face	
9 - 11	1 - 12	Grand battement RL devant x 3 ending on demi plie	2 nd to 1 st on demi plie
12	5 6 7 8	Retire passe RF derriere ending en demi plie	5 th
13 - 16		Repeat bars 9 - 12 on LF recover from demi plie into grand battement on count 1	
17 - 32		Repeat all	

Lower arms to bras bas

ADAGE 1

RF 3rd or 5th croise derriere

BAR	COUNT		
1 - 4	1 - 12	Balance de cote x 4 RLRL	3 rd to 3 rd
5	1 2 3	Step RF 2 nd	2 nd
6	4 5 6	Petit developpe passe LF to degage devant	3 rd
7	a	Transfer weight en avant to 4 th en fondu	
	1 2	Releve passe devant RF with ¼ turn en dedans to face LDF	1 st
	3	Lower to demi plie	
8	4 5 6	Recover	2 nd
9 - 16		Repeat bars 1 - 8 on other side	
17 - 32		Repeat all making either ½ OR full turn en dedans on bars 23 & 31	

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ADAGE 2 'A'

Facing croise RF devant

BAR	COUNT		
1 - 2	1 2 3 4 5 6	Chasse passe LF en avant to degage derriere	Through bras bas 1 st to 1 st arabesque
3 - 4	1 2 3 4 5 6	Raise RL to arabesque en lair	Extend line
5 - 6	1 2 3 4 5 6	Lower to degage derriere	Hold position
7 - 8	1 2 3 4 5 6	Rond de jambe en dedans to end degage devant	2 nd
9 - 10	1 2 3 4 5 6	Transfer through demi plie in 4 th to end LF degage derriere	1 st to 4 th opposition
11 - 12	1 2 3 4 5 6	Raise LL to attitude derriere	Hold position
13	1 2 3	Extend and lower to degage derriere	2 nd
14	4 5 6	Fondu placing LF low retire derriere	3 rd LA
15 - 16	1 2 3 4 5 6	Couru or small balletic walks to L to end facing croise LF devant	Free
17 - 32		Repeat bars 1 – 16 on other side	

ADAGE 2 'B'

Facing croise RF devant

1 - 2	1 2 3 4 5 6	Chasse passe RF en arriere to degage devant	Through bras bas 1 st to low 2 nd arabesque
3 - 4	1 2 3 4 5 6	Raise LL low line devant	Raise line slightly
5 - 6	1 2 3 4 5 6	Lower LF to degage devant	Hold position
7 - 8	1 2 3 4 5 6	Rond de jambe LF en dehors to end degage derriere	2 nd
9 - 10	1 2 3 4 5 6	Transfer through demi plie in 4 th to end RF degage devant	1 st to 4 th opposition
11 - 12	1 2 3 4 5 6	Raise RL to low attitude devant	
13	1 2 3	Extend and lower to degage devant	2 nd
14	4 5 6	Coupe RF over placing LF low retire derriere	LA 3 rd
15 - 16	1 2 3 4 5 6	Couru or small balletic walks to L to end facing croise LF devant	Free
17 - 32		Repeat bars 1 - 16 on other side	Free ending

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ALLEGRO 1

En face LF 3rd devant

BAR	COUNT		
1	1 2 3	Echappe saute 4 th	3 rd
	4 5 6	Return LF devant	
2	1 2 3	Echappe saute 2 nd	2 nd
	4 5 6	Return RF devant	
3 - 4	1 - 12	Repeat bars 1&2 on other side	
5 - 6	1 - 12	Changement x 4 making 1 full turn to R	Bras bas
7	1 2 3	Echappe saute 2 nd	
	4 5 6	Battu ferme ending RF devant	Bras bas on landing
8	1 2 3	Recover	
	4 5 6	Demi plie	
9 - 16		Repeat bars 1 - 8 on other side	

Recover after music. Arms bras bas.

ALLEGRO 2

Commence en face. Feet 3rd devant. In partners working in opposition.

BAR	COUNT		
1 – 2	1 - 9	Glissade derriere x 3	Free throughout
	10 - 12	Changement	
3 - 4	1 - 12	Repeat to L	
5	a1 2 3	Assemble over	
	4 5 6	Soubresaut	
6	a1 2 3	Assemble over	
	4 5 6	Soubresaut	
7	a1 2 3 4 5 6	Assemble over x 2	
8	a1 2 3	Changement	
	4 5 6	Soubresaut	
9 - 10	1 - 9	Glissade devant x 3	
	10 - 12	Changement	
11 - 12	1 - 12	Repeat to L	
13	a1 2 3	Assemble under	
	4 5 6	Soubresaut	
14	a1 2 3	Assemble under	
	4 5 6	Soubresaut	
15	a1 2 3 4 5 6	Assemble under x 2	
16	a1 2 3	Recover	
	4 5 6	Demi plie	
17 - 32		Repeat bars 1 - 16 on other side	

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ALLEGRO 3

Commence en face. Feet RF 3rd derriere.

BAR	COUNT		
1	&1	Jete ordinaire derriere to R	Free throughout
	&2	Temp leve	
2	&3-&6	Repeat to L & R	
	7&8	Pas de bouree under	
3	&1	Sissonne ordinaire derriere	
	&2	Petit assemble derriere	
	&3	Sissonne ordinaire devant	
	&4	Petit assemble devant	
4	&5	Sissonne ordinaire derriere	
	6&7	Pas de bouree under	
	&8	Soubresaut	
5	1&2 3&4	Pose temp leve in attitude devant x 2 RL	
6	5	Petit jete derriere	
	&6	Temps leve	
	7	Petit jete derriere	
	&8	Temps leve	
7	1&2 3&4	Pose temp leve in attitude devant x 2 RL	
8	5 6	Step RF 2 nd	
	7 8	Close LF derriere demi plie	
9 - 16		Repeat bars 1 - 8 on other side	

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ALLEGRO 4

Commence croise. Classical, RF derriere.

BAR	COUNT		
1 - 2	1 - 12	Pose temp leve in retire derriere x 4 travelling to RDF	Free
3	1 - 6	Pose temp leve in arabesque	
4	1 2 3	Pose into pas de chat ending LF degage devant en fondu	
	4 5 6	Coupe over	
	a	Coupe under turning to face LDF to repeat on other side	
5 - 8		Repeat bars 1 - 4 on other side	

DANCE STUDY

Each candidate should present a solo in ONE of the following styles:

- CHARACTER
- CLASSICAL
- HINTS OF GREEK/FREE MOVEMENT

Where appropriate props/silks may be used.
1.5 minutes minimum; 2 minutes maximum

THANK YOU

Commence en face. RF classical OR degage derriere,
arms demi 2nd OR bras bas.

BAR	COUNT		
1 - 2	1 - 6	Balance de cote R & L	3 rd to 3 rd
3 - 4	1 - 6	Pose RF 2 nd degage LF devant en fondu	2 nd
5 - 6	1 - 6	Recover	1 st to 5 th
7 - 8	1 - 6	Classical walk en avant L & R	2 nd
9	1 2 3	Step LF to 2 nd en face	Hold position
10	4 5 6	Place to classical derriere or 1 st position	
11	1 2 3	Curtesy or bow	Curtsey – demi 2 nd Bow – lower arms to sides
12	4 5 6	Recover	
14 - 16		Repeat bars 10 – 12 to R	Free ending

GRADE 5 BALLET

EXERCISE	FORMAT	EXERCISE	FORMAT
PLIES	ALL TOGETHER	ADAGE 1	IN PAIRS
BATTEMENT TENDU	ALL TOGETHER	ADAGE 2	IN PAIRS
BATTEMENT GLISSE & JETE		ADAGE 3	IN PAIRS
BATTEMENT FONDU & ROND DE JAMBE A TERRE	ALL TOGETHER	ALLEGRO 1	IN PAIRS
BATTEMENT FRAPPE & PETIT BATTEMENT	ALL TOGETHER	ALLEGRO 2	IN PAIRS
ROND DE JAMBE EN L'AIR	ALL TOGETHER	ALLEGRO 3	SOLO CONSECUTIVELY
ADAGE	ALL TOGETHER	ALLEGRO 4	SOLO CONSECUTIVELY
GRAND BATTEMENT & RELEVÉ	ALL TOGETHER	UNSET STUDY	SOLO
PORT DE BRAS	IN PAIRS	THANK YOU	ALL TOGETHER
CENTRE PRACTICE	IN PAIRS		

EXAM TIMINGS

NUMBER OF CANDIDATES	EXAM LENGTH
1 - 2	35 minutes
3 - 4	40 minutes

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PLIES

Commence side to barre. Feet 3rd. Arms bras bas.

BAR	COUNT		
INTRO	1 2 3 4	Hold position	Hold position
	5 6	Hold position	Arms 1 st
	7 8	Hold position	LH barre, RA 2 nd
1 - 4	1 - 12	Full plie 3 rd	
5	1 2 3	Rise to demi pointe	
6	4 5 6	Lower	
7	1 2 3	Degage RF 4 th	
8	4 5 6	Lower in 4 th	
9 - 12	1 - 12	Full plie 4 th	
13	1 2 3	Rise to demi pointe	
14	4 5 6	Lower	
15	1 2 3	Degage RF 4 th	
16	4 5 6	Close 5 th	
17 - 20	1 - 12	Full plie 5 th	
21	1 2 3	Rise to demi pointe	
22	4 5 6	Lower	
23	1 2 3	Degage RF 4 th	
24	4 5 6	Hold position	Show breath
25 - 28	1 - 12	Fondu LL & recover	Forward port de bras to end 5 th
29	a1 2 3	Temps lie en avant	LA 5 th
30	4 5 6	Demi detourne	LA 5 th RH barre
31 - 32	1 2 3	Hold position	Hold position
	4 5 6	Lower to 3 rd	2 nd
33 - 64		Repeat all on other side	

BATTEMENT TENDU

Commence side to barre. Feet 5th, RF devant. Arms bras bas.

BAR	COUNT		
Intro	1 2 3 4	Hold position	Hold position
Intro	5 6	Hold position	1 st
Intro	7 8	Hold position	2 nd
1	1 2 3 4	Battement tendu x 1 RF devant	
2	5 6 7 8	Battement tendu x 2 RF devant	
3 - 4	1 - 8	Transfer of weight en avant	
5 - 8		Repeat bars 1 – 4 in reverse	
9 - 10	1 - 8	Transfer of weight to 2 nd away from barre closing LF devant	
11 -12	1 - 8	Transfer of weight to 2 nd towards barre closing RF devant	
13	1 2 3 -	Battement tendu RF devant x 3 & hold in degage devant	
14	5 6 7 -	Battement tendu RF devant x 3 & hold in 5 th	
15	1 2 3 -	Battement tendu RF devant x 3 & hold in degage devant	
16	5	Draw RF over LF to demi pointe	
	6	Demi detourne	
16	7 8	Lower to 5 th	
17 - 32		Repeat all on other side	

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BATTEMENT GLISSE & BATTEMENT JETE

Commence side to barre. Feet 5th, RF devant. Arms bras bas.

BAR	COUNT		
Intro	1 2 3 4	Hold position	Hold position
Intro	5 6	Hold position	Arms 1 st
Intro	7 8	Hold position	LH barre, RA 2 nd
1 - 2	&1&2&3	Battement glisse devant x 3	
	&4	Battement glisse 2 nd ending 5 th derriere	
3 - 4	5 6 7 8	Battement jete 2 nd closing devant, derriere	
5 - 8		Repeat bars 1 – 4 in reverse	
9 - 10	&1&2&3	Battement glisse en croix ending 5 th derriere en demi plie	
11	4 5	Releve passe devant	
12	6 7	Releve passe derriere	
	8	Stretch legs	
13 - 14	&1&2&3	Repeat bars 9 – 10	
	a4	Releve 5 th	
15	5	Demi detourne	
	6	Hold position	
16	7	Lower to demi plie	
	8	Stretch legs	
17 - 32		Repeat all on other side	

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BATTEMENT FONDU & ROND DE JAMBE A TERRE

Commence side to barre. Feet 5th, RF devant. Arms bras bas.

BAR	COUNT		
Intro		Hold position	Hold position
Intro		Hold position	Arms 1 st
Intro		Draw RF over L to demi pointe	LH barre, RA 2 nd
1 – 2	1- 6	Lower to battement fondu devant en l'air	Basic port de bras
3 - 6	1 - 12	Battement fondu 2 nd , derriere en l'air	Basic port de bras
7	1 2 3	Draw RF under L to end demi pointe	1 st to 5 th
8	4 5 6	Hold position	2 nd
9 - 16		Repeat bars 1 – 8 ending demi pointe	Bras bas
17 - 18	1 - 6	Lower into assemble soutenu en dehors to end RF degage derriere	1 st 2 nd
19 - 22	1 - 12	Rond de jambe a terre en dehors x 2	2 nd
23	1 2 3	Close RF 5 th derriere demi pointe	
24	4 5 6	Hold position	Bras bas
25 - 30		Repeat bars 17 – 22 en dedans	
31 - 32	1 - 6	Draw RF over LF into demi detourne, hold position	1 st to 2 nd
33 - 64		Repeat all on other side Free ending	

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BATTEMENT FRAPPE & PREPARATION FOR PETIT BATTEMENT

Commence side to barre. Feet 5th, RF devant. RA bras bas, LH barre.

BAR	COUNT		
INTRO	1 2	Hold position	Hold position
INTRO	3	Degage RF 2 nd	1 st
	4	Raise 2 nd en l'air	2 nd
1 - 2	a1- a3	Battement frappe devant x 2	
3 - 4	a5 – a7	Battement frappe 2 nd x 2 placing devant, derriere	
5 - 6	a1 – a3	Battement frappe derriere x 2	
7	5 6	Simple coupe under & over	1 st
8	7	Degage RF to 2 nd stretch LL	
	8	Raise 2 nd en l'air	2 nd
9 - 16		Repeat bars 1 – 8 in reverse omitting raise en l'air	
	8	Place RF sur le cou de pied devant in petit battement position	2 nd
17 - 18	1 2 3	Pass foot to petit battement position derriere, devant ,derriere	
	4	Hold position	
19 - 20	5 6 7 -	Repeat devant, derriere, devant	
21 - 22	1 2 3 -	Repeat derriere, devant, derriere	
	5 6	Simple coupe under & over	1 st
	7	Degage RF to 2 nd stretch LL	
	8	Place RF sur le cou de pied derriere in petit battement position	2 nd
23 - 27		Repeat bars 17 – 22 in reverse omitting final hold	
28		Place RF over LF on demi pointe	1 st
29		Demi detourne	1 st
30		Lower to 5 th on straight legs	
31		Degage LF 2 nd	
32		Raise 2 nd en l'air	2 nd
33 - 62		Repeat all on other side up to bar 30	
63 - 64		Hold position	Both arms bras bas

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ROND DE JAMBE EN L'AIR

Commence side to barre. Feet 5th RF devant. Arms bras bas.

BAR	COUNT		
1	1 2 3	Degage RF 2 nd	2 nd
2	4 5 6	Raise 2 nd en l'air	
3 - 4	1 - 6	Single rond de jambe en dehors x 1	
5	1 2 3	Lower to degage 2 nd	
6	4 5 6	Close 5 th derriere	
7 - 8	1 - 6	Hold position	Basic port de bras to 2 nd
9 - 16		Repeat bars 1 – 8 en dedans	
17	1 2 3	Degage RF 2 nd	
18	4 5 6	Raise 2 nd en l'air	
19 - 20	1 - 6	Single rond de jambe en dehors x 2	
21	1 2 3	Lower to degage 2 nd	
22	4 5 6	Close 5 th derriere	
23 - 24	1 - 6	Hold position	Basic port de bars to 2 nd
25 - 28		Repeat bars 17 - 20 en dedans	
29	1 2 3	Cross RF over L on demi pointe	Free
30	4 5 6	Demi detourne	
31	1 2 3	Lower 5 th on straight legs	
32	4 5 6	Hold position	2 nd
33 - 64		Repeat all on other side	

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ADAGE

Commence side to barre. Feet 5th RF devant. Arms bras bas.

BAR	COUNT		
			Hold position
1 - 12	1 - 36	Developpe en croix ending RF 5 th derriere	Free End in 2 nd
13 - 16	1 - 12	Hold position	Forward port de bras
17 - 18	1 - 6	Chasse LF en avant to end RF degage derriere	Bras bas to 2 nd arabesque
19 - 20	1 - 6	Raise RL arabesque	Extend line
21	1 2 3	Lower to degage derriere	Hold position
22	4 5 6	Pass RF through 1 st to degage devant	Reverse through 1 st
23	1 2 3	Hold position	2 nd
24	4 5 6	Close RF 5 th devant	Hold position
25 - 28	1 - 12	Battement lent 2 nd closing 5 th derriere	
29 - 30	1 - 6	Battement lent 2 nd	
31	a	Either cross RF over LF to demi pointe or coupe over	5 th
	1 2 3	Either demi detourne or small steps to turn	1 st to 2 nd
32	4 5 6	Lower LF 5 th devant straight legs	Bras bas
33 - 64		Repeat all on other side	

GRAND BATTEMENT & RELEVÉ

Commence side to barre. Feet 3rd, RF devant. Arms bras bas.

BAR	COUNT		
1 - 2	1 - 12	Grand battement devant x 2 ending demi plie	2 nd end 1 st
3 - 4	1 - 12	Releve passe derriere, devant	5 th 2 nd
5 - 7	1 - 18	From demi plie grand battement 2 nd x 3 closing alternately derriere, devant, derriere ending demi plie	2 nd ending bras bas
8	1 - 6	Releve 5 th	5 th to 2 nd
9 - 15		From demi plie repeat bars 1 – 7 in reverse	
16	1 - 6	Demi detourne lower LF 5 th devant on straight legs	Bras bas, 5 th 2 nd
17 - 32		Repeat all on other side	

PORT DE BRAS

Facing croise, LF derriere in either classical position or degage.
Arms either demi 2nd or bras bas

BAR	COUNT		
1	1 2 3 4	Classical walk en avant L, R	Hold position
2	5 6 7 8	Chasse LF en avant to end RF degage derriere	Bras bas, 1 st to 1 st arabesque
3	1 2 3 4	Hold position	2 nd arabesque
4	5 6 7 8		Undersweep through 1 st to 3 rd arabesque
5	1 2 3 4	Transfer of weight en arriere to end LF degage devant	1 st to 4 th RA high
6	5 6	Hold position	Change arms overhead to 4 th
	7 8		Open to 2 nd
7 – 8	1 - 8	Fondu RL & recover	Forward port de bras ending wide 5 th
9	1 2	Step LF en avant	Reverse through 5 th to 1 st
	3 4	Petit developpe passe RF ending degage 2 nd to LDF facing LDB	Ecarte (RA 4 th)
10	5 6	Step RF en avant to LDF	1 st
	7 8	Petit developpe passe LF ending degage devant facing LDF	Efface (RA 4 th)
11	1 2 3 4	Passe LF through 1 st to degage derriere	RA reverse through 1 st to 2 nd
12	a	Fondu RL placing LF petit retire derriere	Hold position
	5 6 7 8	Pas de bouree under en tournant to end en face LF 5 th devant	Sideways to 5 th
13	1 2	Step RF 2 nd	Hold position
	3 4	Petit developpe passe LF derriere ending 4 th en fondu facing LDF	2 nd
14	5 6 7 8	Hold position	Forward port de bras
15	1 2	Recover to LF degage derriere	5 th
	3 4	Step LF 2 nd	2 nd
16	5 6 7 8	Rond de jambe RL to end RF either classical position or degage derriere	Demi seconde or bras bas
17 - 32		Repeat all on other side	Free ending

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CENTRE PRACTICE

Facing en ouverte, RF 5th devant.

BAR	COUNT		
1	1 2 3 4	Battement tendu RF devant	3 rd
2	5 6 7 8	Battement tendu RF 2 nd closing derriere	2 nd
3	1 2 3	Degage RF derriere	
	4	Demi plie 4 th	3 rd
4	5 6 7 8	Single pirouette en dehors	1 st
5 – 6	1 - 8	From demi plie battement tendu RF derriere x 2	Demi bras
7	1 2	Battement tendu LF 2 nd	2 nd
	3 4	Rotation to end LF degage devant	3 rd
8	5 6	Hold position	
	7 8	Close LF 5 th devant	
9 - 16		Repeat bars 1 – 8 on other side	
17 - 18	1 - 12	RF grand battement devant x 3	4 th
20	5 6 7 8	Battement tendu RF 2 nd closing derriere	2 nd
21	1 2 3	Degage RF derriere	
	4	Demi plie 4 th	3 rd
22	5 6 7 8	Single pirouette en dehors	1 st
23	1 2	From demi plie battement tendu LF 2 nd	2 nd
	3 4	Rotation to end LF degage devant	3 rd
24	5 6	Hold position	
	7 8	Close LF 5 th devant	4 th
25 - 32		Repeat bars 17 – 24 on other side	

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ADAGE 1

Facing croise RF classical or degage derriere

BAR	COUNT		
1	1 2 3	Balance en avant	Free
2	4 5 6	Balance en arriere	
3	1	Chasse passe 4 th	
4	2 3 4 5 6	Pas de bouree under to end LF degage devant	
	a	Lower to 4 th en fondu	
5 – 6	1 - 6	Single pirouette en dedans without fouette	
7 - 8	1 - 6	Recover to classical LF derriere	
9 - 16		Repeat bars 1 – 8 on other side	
17 - 18	1 - 6	Pose de cote with retire devant x 2 travelling to RDB	
19 -20	1 - 6	Balance de cote x 2 to R&L	
21 - 22	1 - 6	Step RF 2 nd , LF degage devant	
	a	Lower to 4 th en fondu	
23 - 24	1 - 6	Single pirouette en dedans with fouette	
25 - 32		Repeat bars 17 - 24 on other side	Free ending

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ADAGE 2

Facing ouverte LF devant

BAR	COUNT		
1 - 2	1 2 3 4 5 6	Developpe devant L	4 th
	7 8	Close 5 th devant	2 nd to bras bas
3 - 4	1 2 3 4 5 6	Chasse passe en avant to attitude en l'air	4 th
	7 8	Extend to low arabesque	2 nd arabesque
5 - 6	1 2 3 4 5 6	Pose LF en arriere into attitude en l'air devant	1 st 4 th
	7 8	Extend to low line devant en fondu	2 nd arabesque front arm low
7	1 2 3 4	Pose RF en avant into rond de jambe en dedans to end LF degage devant facing RDF	LA 1 st 2 nd
8	5 6 7 8	2 x classical walk en avant end LF degage derriere	End 1 st
9	1 2 3 4	Raise LL arabesque	1 st arabesque
10	5 6 7 8	Hold position	
11	1 2	Lower to degage derriere	3 rd arabesque
12	a3 4 5 6 7 8	Fondu into either corru en arriere OR 3 walks back	Soft release of elbows turning palms upwards OR hold 3 rd arabesque
13	a	Tombe RF en avant, LF low retire derriere	Through 1 st
14	1 2 3 4 5 6	Soft pas de bouree under x 2	2 nd
	7 8	Step back LF into RF degage devant	Sideways to 5 th
15	1 2	Rise on LF raising RL devant	Wide 5 th OR 5 th
16	3 4 5 6 7 8	Free run/walk to end facing ouverte RF devant	Free
17 - 32		Repeat bars 1 – 16 on other side	

ADAGE 3

Ouverte, feet 5th RF devant. Arms bras bas.

BAR	COUNT		
INTRO		Degage RF devant	Free
1 - 2	1 - 6	RF pose demi pointe, LF retire derriere x 2	
3 - 4	1 - 6	Pose RF petit developpe passe to degage devant en fondu facing LDF	
5 - 8		Repeat bars 3 & 4 on L	
9 - 10	1 - 6	Assemble soutenu en tournant end facing front RF 5 th devant demi plie	
11 - 12	a1 - 6	Temps lie to 2 nd closing LF devant lower to demi plie	
13	a1 2 3	Temps lie en avant	
14	4 5 6	Lower en fondu RF low retire derriere	
15	1 2 3	Pas de bouree under ending relaxed 4th	
16	4 5 6	Petit developpe passe LF en avant to end degage devant	
17 - 32		Repeat bars 1 – 16 on other side	

ALLEGRO 1

Commence en face. Feet 5th LF devant.

BAR	COUNT		
1	a1a2	Changement x 2	Free
	&a3	Entrechat	
	a4	Saute	
2	a5-8	Repeat	
3 - 4	a1a2a3a4 a5a6	Echappe battu ferme x 3 with change of feet	
	&a7 &a8	Entrechat x 2	
5	a1	Echappe saute 4 th RF devant	
	a2	Saute 4 th	
	a3	Saute 5 th	
	a4	Changement	
6	a5a6a7a8	Repeat LF devant	
	a1	Echappe saute 2 nd	
	a2	Saute 2 nd	
	a3	Return with change of feet	
7	a4	Soubresaut	
8	a5a6a7a8	Repeat bars 13 & 14	
9 - 16		Repeat bars 1 – 8 on other side	

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ALLEGRO 2

Commence en face. Feet 5th RF derriere

BAR	COUNT		
1	a1	Glissade over	Free
	a2	Glissade under	
2	a3	Assemble over	
	a4	Changement	
3	a5	Glissade under	
	a6	Glissade over	
4	a7	Assemble under	
	a8	Changement	
5	&a1	Pas de chat R	
	a2	Assemble over	
6	&a3	Pas de chat L	
	a4	Assemble over	
7	a5	Changement	
	a6a7	Assemble under x 2	
8	a8	Soubresaut	
9 - 16		Repeat bars 1 – 8 on other side	

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ALLEGRO 3

Ouverte. LF degage devant

BAR	COUNT		
1	a1 2 3	Pas de bourree en avant ending LF degage devant en fondu	Free
	4 5 6	Coupe saute LF over to end RF degage derriere en fondu	
2	a1 - 6	Full contretemps	
3	1 2 3	Jete ordinaire L end facing RDF	
	4 5 6	Jete ordinaire R	
4	a1 2 3	Pas de bouree under	
	4 5 6	Changement	
5 - 6	1 – 9	Sissonne ferme over de cote x 3	
	4 5 6	Releve	
7 - 8	1 - 12	Free run to end facing ouverte RF degage devant	
9 - 16		Repeat bars 1 – 8 on other side	

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ALLEGRO 4

Upstage. Classical or degage derriere.

BAR	COUNT		
1 - 3	1 - 9	Pas de valse en avant x 3	Free
4	10 - 12	Pose temps leve LF low retire derriere RF turning to face RDF	
5 - 6	1 - 6	Chasse passe pas de bourree under to relaxed 4 th to R side	
7	a1	Passing glissade to RDF	
8	2 - 6	Grand jete	
9 - 10	a1 – 6	Pose de cote to LDB in assemble soutenu en dedans	
11	a1 – 3	Temps lie de cote en face ending demi pointe	
12 - 14	1 - 9	Prepare for then perform.. *EITHER single tour en l'air OR pirouette en dehors (single or double)	
15 - 16	10 - 12	Free ending	
Recover and walk/run upstage to repeat bars 1 - 16 on other side			

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DANCE STUDY

Each candidate should present a solo in ONE of the following styles:

- CHARACTER
- CLASSICAL
- HINTS OF GREEK/FREE MOVEMENT

Where appropriate props/silks may be used.
1.5 minutes minimum; 2 minutes maximum

THANK YOU

Commence croise. LF degage devant,
arms bras bas.

BAR	COUNT		
1	1 2	Pose LF en avant	1 st
	3	Step RF 2 nd en face	2 nd
2	4 5 6	Pose LF en arriere to degage RF devant facing croise	Hold position
3 - 4	1 - 6	Hold position	Forward port de bras recover to 5 th
5	1 2 3	Classical walk en avant RF	2 nd
6	4 5 6	Step LF to 2 nd	Hold position
7	1 2 3	Place to classical derriere or 1 st position	
8	4 5 6	Curtesy or bow	Curtesy – demi 2 nd Bow – lower arms to sides
9 - 16		Repeat bars 1 – 8 to other side	Free ending

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