



POINTE SYLLABUS INTERMEDIATE FOUNDATION, INTERMEDIATE, ADVANCED FOUNDATION

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INTERMEDIATE FOUNDATION

Maximum 2 candidates per set

EXERCISE	FORMAT FOR 2 CANDIDATES
PARALLEL FOOT PRESS & RISE	TOGETHER
PLIÉ AND RISE IN 1 ST & 2 ND	TOGETHER
DÉGAGÉ PRESS	TOGETHER
PIROUETTE PREPARATION	TOGETHER
RELEVÉS	TOGETHER
CLASSICAL WALKS WITH PORT DE BRAS	SOLO
TRANSFER OF WEIGHT & RELEVÉ 2 ND	SOLO
SAUTÉ AND RELEVÉ	SOLO
VARIATION	SOLO
RÉVERENCE	TOGETHER

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BARRE

PARALLEL FOOT PRESS & RISE

Commence facing barre, feet together/parallel.

Prepare hands to barre on music introduction.

MUSIC: Tootsie Slide – Andrew Holdsworth

BAR	COUNT		
1 - 4	1 – 8 1 – 6	Foot press to full pointe with flexed working leg x 7 commencing RF	
	7 8	Lower R heel in parallel	
5	1 2	Demi pli� in parallel	
	3 4	Rise to full pointe on flexed legs	
6	5 6	Stretch legs on full pointe	
	7 8	Lower heels	
7 - 8	1 – 8	Repeat bars 5 & 6	
9 - 32		Repeat all X 4 in total	

PLIÉ & RISE IN 1st & 2nd

Commence facing barre, feet 1st

Prepare hands to barre on music introduction.

MUSIC: Easy On Me – Andrew Holdsworth

BAR	COUNT		
1	1 2	Demi plié 1 st	
	3 4	Rise to full pointe on straight legs	
2	5 6	Hold position	
	7 8	Lower heels	
3 - 4	1 - 8	Repeat	
5	1 2	Rise to full pointe on straight legs	
6	3 4 5 6	Hold position	
	7 8	Lower heels	
7	1 2	Dégagé RF 2 nd	
	3 4	Lower in 2 nd	
8	5 6	Hold position	5 th
	7 8		Lower to barre
9 - 14		Repeat bars 1 – 6 in 2 nd	
15	1 2	Dégagé RF in 2 nd	
	3 4	Close 1st	
16	5 6	Hold position	5 th
	7 8		Lower to barre
17 - 32		Repeat all on other side	

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DÉGAGÉ PRESS

Commence facing barre, feet 1st

Prepare hands to barre on music introduction.

MUSIC: Monster – Andrew Holdsworth

BAR	COUNT		
1	1 2	Dégagé RF devant	
	3 4	Press RF to full pointe flexing leg	
2	5 6	Return to dégagé stretching leg	
	7 8	Close 1 st	
3-4	1 - 8	Repeat LF	
5	1 2	Dégagé RF 2 nd	
	3 4	Press RF to full pointe flexing leg	
6	5 6	Return to dégagé stretching leg	
	7 8	Close 1 st	
7-8		Repeat LF	
9-16		Repeat all x 1	

PIROUETTE PREPARATION

Commence facing barre, feet 5th RF devant.

Prepare hands to barre on music introduction.

MUSIC: Before You Go – Andrew Holdsworth

BAR	COUNT		
1	1 2 3	Dégagé RF devant	
2	4 5 6	Lower to 4 th demi plié	
3	1 2 3	RF full retiré devant on straight supporting L leg – no rise/relevé – LF flat	
4	4 5 6	Lower RF derrière 5 th en demi plié	
5	1 2 3	Dégagé RF 2 nd	
6	4 5 6	Lower to 2 nd demi plié	
7	1 2 3	RF full retiré devant on straight supporting L leg- no rise/relevé – LF flat	
8	4 5 6	Lower 5 th derriere en demi plié	
9	1 2 3	Dégagé RF derrière	
10	4 5 6	Lower to 4 th en demi plié	
11	1 2 3	RF full retire devant on straight supporting L leg – no rise /relevé – LF flat	
12	4 5 6	Lower to 5 th devant en demi plié	
13	1 2 3	Dégagé LF 2 nd	
14	4 5 6	Close LF 5 th devant en demi plié	
15	1 2 3	Relevé in 5 th full pointe	
16	4 5 6	Lower heels	
17 - 32		Repeat all on L	

RELEVÉS

Commence facing barre, RF 5th devant.

Prepare hands to barre on music introduction.

MUSIC: Savage Love – Andrew Holdsworth

BAR	COUNT		
INTRO	5 6 7 8	Demi plié	
1	1	Relevé 5 th	
	2 3	Hold position	
	4	Lower to demi plié	
2	5	Relevé 5 th	
	6	Lower to demi plié	
	7	Relevé 5 th	
	8	Lower to demi plié	
3	1	Dégagé RF 2 nd	
	2	Lower in 2 nd en demi plié	
	3	Relevé in 2 nd	
	4	Lower to demi plié	
4	5	Relevé in 2 nd	
	6	Lower to demi plié	
	7	Dégagé LF 2 nd	
	8	Close LF 5 th devant en demi plié	
5 - 8		Repeat all on L side	
9 - 16		Repeat all	

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CENTRE

CLASSICAL WALKS WITH PORT DE BRAS

Commence centre back, classical pose, LF derriere en croisé. Arms demi 2nd.

MUSIC: Stuck With U – Andrew Holdsworth

BAR	COUNT		
1 - 3	1 2 3 4 5 6 1 2 3	3 extended classical walks en avant to LDF LRL to end RF dégagé derrière	Basic port de bras ending 2 nd
4	4 5 6	Hold position	Hold position
5 - 6	1 2 3 4 5 6		RA through bras bas to 5th
7	1 2 3		Change arms overhead to end LA high
8	4 5 6		Open LA 2 nd
9 - 10	1 2 3 4 5 6	2 extended walks en arrière to end RF dégagé devant	Arms to 1 st and open to 2 nd
11	1 2 3	Flex supporting leg	Forward port de bras
12	4 5 6	Recover	Recover to 5 th
13	1 2 3	Extended posé RF en avant on fondu into skimming rond de jambe en dedans – end facing RDF, LF dégagé devant en fondu	Open both arms 2 nd
14	4 5 6	Step LF en avant into classical pose RF derriere	Reverse to 1st
15 - 16	1 2 3 4 5 6		Demi 2 nd
17 - 32		Repeat bars 1 – 16 on other side	

TRANSFER OF WEIGHT & RELEVÉ 2ND

Commence centre, en face, RF 5th devant.

Prepare arms to 3rd LA forward on music introduction.

MUSIC: Coppelia: Haven't Met You Yet – Andrew Holdsworth

BAR	COUNT		
1	1 2 3	Dégagé RF devant	3 rd LA forward
2	4 5 6	Lower to 4 th en demi plié	Hold position
3	1 2 3	RF full retiré devant on straight supporting L leg – no rise/relevé – LF flat	1 st
4	4 5 6	Close RF 5 th derrière en demi plié	Hold position
5	1 2 3	Dégagé LF 2 nd	2 nd
6	4 5 6	Lower to demi plié	Hold position
7	1	Relevé 2 nd	
	2	Hold position	
	3	Lower to demi plié	
8	a4	Relevé 2 nd	
	5	Hold position	
	6	Lower to demi plié	
9	1 2 3	Dégagé RF 2 nd	
10	4 5 6	Close RF 5 th devant	1 st
11	1 2 3	Dégagé LF derrière	3 rd LA forward
12	4 5 6	Lower to 4 th en demi plié	Hold position
13	1 2 3	LF full retiré devant on straight supporting R leg – no rise/relevé – RF flat	1 st
14	4 5 6	Close LF 5 th devant en demi plié	Hold position
15	1 2 3	Stretch legs	5 th
16	4 5 6	Hold position	2 nd to 3 rd RA forward
		Repeat bars 1 – 16 on other side	

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SAUTE & RELEVÉ

Commence centre, en face, RF 5th devant

Arms bras bas.

MUSIC: Love Story – Andrew Holdsworth

BAR	COUNT		
1	a1	Echappé sauté 4 th	1 st to 2 nd
	a2	Sauté 5 th	Hold position
	a3a4	Repeat	Lower to bras bas on count 8
2	5 6 7 8	Relevé in 5 th & lower to demi plié x 2	1 st
3	a1	Echappé sauté 2 nd	2 nd
	a2	Sauté 5 th closing RF devant	Hold position
	a3a4	Repeat closing LF devant	Lower to bras bas on count 8
4	5	Relevé in 5 th	5 th
	6 7	Hold relevé	Hold position
	8	Lower to demi plié LF 5 th devant	Bras bas
5 - 8		Repeat bars 1 – 4 on other side	
9 - 16		Repeat all	

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VARIATION

Each candidate should present a

SOLO

Minimum 45 seconds - MAXIMUM 1 minute

Choreographed by the teacher; free choice of music.

The work should include technical content from the grade.

Technical content from higher grades must not be included.

RÉVÉRENCE

To be choreographed by the teacher; free choice of music. 8 bars.

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INTERMEDIATE

Maximum 2 candidates per set

EXERCISE	FORMAT FOR 2 CANDIDATES
PLIÉ, RISE & TEMPS LIÉ	TOGETHER
PIROUETTE DEVELOPMENT	TOGETHER
RELEVÉ, ECHAPPÉ & RETIRÉ PASSÉ DERRIÈRE	TOGETHER
RELEVÉ, ECHAPPÉ & RETIRÉ PASSÉ DEVANT	TOGETHER
POSÉ, PAS DE BOURREE & COURUS	TOGETHER
PORT DE BRAS	SOLO
CENTRE PIROUETTE DEVELOPMENT	SOLO
RELEVÉ & ECHAPPÉ	SOLO
VARIATION	SOLO
RÉVERENCE	TOGETHER

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BARRE

PLIÉ, RISE & TEMPS LIÉ

Commence sideways to barre, feet 5th RF devant.

Prepare arms to 2nd on music introduction.

MUSIC: Don't Know Why – Andrew Holdsworth

BAR	COUNT		
1	1 2 3	Demi plié 5th	2 nd
2	4 5 6	Rise to full pointe on straight legs	
3	1 2 3	Hold position	
4	4 5 6	Lower heels	
5 - 8	1 - 12	Repeat	
9	1 2 3	Demi plié	Bras bas
10	4 5 6	Dégagé RF devant en fondu	1 st
11	a	Posé RF en avant en pointe	5 th
	1	Close LF en pointe	
	2 3	Hold position	
12	4 5 6	Lower to 5 th	2 nd
13 - 15	1 2 3 4 5 6 a1	Repeat bars 9 – 11 up to count a1	
15 - 16	Free timing over 5 counts	Courus en pointe turning to face other side	RH barre, LA 2 nd
17 - 32		Repeat bars 1 – 16 on other side lowering from courus into demi plie on bar 17	
32		Hold position 5 th en pointe	Both arms 5th
		Lower on straight legs	2 nd to bras bas

PIROUETTE DEVELOPMENT

Commence facing barre, feet 5th RF devant.

Prepare hands to barre on music introduction.

MUSIC: From Hungary With Love – Andrew Holdsworth

BAR	COUNT		
1	1	Dégagé RF devant	
	2	Lower to 4 th demi plié	
	3	Relevé LF, RF full retiré devant	
	4	Lower RF derrière 5 th en demi plié	
2	5	Dégagé LF 2 nd	
	6	Lower to 2 nd demi plié	
	7	Relevé RF, LF full retiré devant	
	8	Lower 5 th derrière en demi plié	
3	1	Dégagé LF derrière	
	2	Lower to 4 th en demi plié	
	3	Relevé RF, LF full retiré devant	
	4	Lower to 5 th devant en demi plié	
4	5	Relevé 5 th	
	6	Lower to 5 th devant en demi plié	
	7 8	Repeat relevé and lower	
9 - 16		Repeat bars 1 – 8 on L	

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RELEVÉ, ECHAPPÉ & RETIRÉ PASSÉ DERRIÈRE

Commence facing barre, RF 5th devant.

Prepare hands to barre on music introduction.

MUSIC: Clara's On The Razzle – Andrew Holdsworth

BAR	COUNT		
INTRO	5 6 7 8	Demi plié	
1	1	Relevé 5 th	
	2 3	Hold position	
	4	Lower to demi plié	
2 – 3	5 6 7 8 1 2 3 4	Repeat x 3 in total	
4	5	Echappé relevé 2 nd	
	6 7	Hold position	
	8	Lower to 5 th en demi plié RF devant	
5	1	Relevé LF, RF full retiré devant	
	2 3	Hold position	
	4	Lower to demi plié	
6	5 6 7 8	Repeat bar 5	
7	1	Relevé LF, RF retiré devant	
8	2 3 4 5 6	Hold position	
	7 8	Passé RF derrière to demi plié 5 th derrière	
9 - 16		Repeat bars 1 – 8 on other side	

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RELEVÉ, ECHAPPÉ & RETIRÉ PASSÉ DEVANT

Commence facing barre, RF 5th devant.

Prepare hands to barre on music introduction.

MUSIC: Clara's On The Razzle – Andrew Holdsworth

BAR	COUNT		
INTRO	5 6 7 8	Demi plié	
1	1	Relevé 5 th	
	2 3	Hold position	
	4	Lower to demi plié	
2 – 3	5 6 7 8 1 2 3 4	Repeat x 3 in total	
4	5	Echappé relevé 2 nd	
	6 7	Hold position	
	8	Lower to 5 th en demi plié RF devant	
5	1	Relevé RF, LF full retiré derrière	
	2 3	Hold position	
	4	Lower to demi plié	
6	a5 6 7 8	Repeat	
7	1	Relevé RF, LF retiré passé devant	
8	2 3 4 5 6	Hold position	
	7 8	Lower to demi plié 5 th LF devant	
9 - 16		Repeat bars 1 – 8 on other side	

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PAS DE BOURÉE, POSÉ DE CÔTÉ & COURUS

Commence facing barre, RF 5th devant.

Prepare hands to barre on music introduction.

MUSIC: Coppelia Reimagined – Andrew Holdsworth

BAR	COUNT		
INTRO	a	Fondu RL releasing LF to low retiré derrière	
1 - 2	1 2 3 hold 4 5 6 7 hold 8	Pas de bourrée piqué under x 2 en pointe	
3	1 2 3 hold 4	Pas de bourrée piqué en pointe ending 5 th demi plié, LF devant	
4	5 6 7 8	Relevé 5 th x 2	
9 - 12	1 2 3 hold 4	Pose de côté to R en pointe, LF to full retiré devant x 1 lower to fondu LF on count 3 RF to low retiré derrière	
	5 6 7 8	Repeat x 2 (double time)	
13 - 16	1 - 7	Courus en pointe ending LL en fondu releasing RF to low retiré derrière on count 7	
	8	Hold position	
17 - 32		Repeat bars 1 – 16 on other side	

CENTRE

PORT DE BRAS

Commence centre back, LF 5th devant en croisé. Arms demi 2nd

MUSIC: Automates Chillout – Andrew Holdsworth

BAR	COUNT		
1	1 2	Dégagé LF devant en fondu	1 st
	3 4	Demi soutenu to 2 nd en fondu	2 nd
2	5 6 7 8	Recover ending LF dégagé 2 nd	Ecarte LA high
3	1 2 3	Pas de bourrée under demi pointe	2 nd
	4	Extended posé RF en avant en fondu	3 rd RA forward
4	5	Maintain fondu skimming rond de jambe RL en dedans end facing LDF en LF dégagé devant	Swing RA out to 2nd
	6	Recover to straight supporting leg, LF degage devant	Wide 5 th
	7	Extended classical walk LF en avant	2 nd
	8	Hold position RF degage derriere	
5	a1	Temps lié en avant en pointe	1 st
	2	Hold position	
	3 4	Lower to demi plié 5 th RF devant	
6	a5	Temps lie to 2 nd closing LF devant en pointe	2 nd
	6	Hold position	
	7 8	Lower to demi plié 5 th LF devant	Demi bras
7	a	Release RF to low retiré derriere en fondu	Turn wrists to palms down in demi bras
8	Free timing over counts 1 - 6	Courus turning to back foot to end facing LDF	Soft lift into 2 nd
	7 8	Lower to 5 th RF devant	Lower to demi 2nd
9 - 16		Repeat bars 1 – 8 on other side	
17 - 32		Repeat all	

PORT DE BRAS PAGE 19 COPYRIGHT

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PIROUETTE DEVELOPMENT

Commence centre, en face, RF 5th devant.

Prepare arms to 3rd LA forward on music introduction

MUSIC: The Chopin Hop – Andrew Holdsworth

BAR	COUNT		
1	1	Dégagé RF devant	3 rd LA forward
	2	Lower to 4 th en demi plié	Hold position
	3	Relevé LF, RF full retiré devant	1 st
	4	Close RF 5 th derrière en demi plié	Hold position
2	5 6	Recover	5 th
	7 8	Hold position or demi plié	2 nd
3	1	Dégagé RF derrière	3 rd RA forward
	2	Lower to 4 th en demi plié	Hold position
	3	Relevé LF, RF full retiré devant	1 st
	4	Close RF 5 th devant en demi plié	Hold position
4	5 6	Recover to battement tendu RF 2 nd closing derrière	2 nd
	7 8	Hold position or demi plié	3 rd RA forward
5 - 8		Repeat bars 1 – 4 on other side	
9 - 16		Repeat all	

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RELEVÉ & ECHAPPÉ

Commence centre, en face, RF 5th devant

Arms bras bas.

MUSIC: Fan Variation Hoedown – Andrew Holdsworth

BAR	COUNT		
1	1 2 3 4	Relevé 5 th & lower to demi plie x 2	Bras bas
2	5 6	Echappé changé 2 nd lowering to 5 th en demi plié LF devant	
	7 8	Changement x 2	
3 - 4	1 - 8	Repeat bars 1 – 2 commencing LF devant	
5	1	Echappé 2 nd	1 st to 2 nd
	2	Demi plié 2 nd	
	3	Relevé 2 nd	
	4	Return LF 5 th devant	Bras bas
6 - 7	5 6 7 8 1 2 3 4	Repeat bar 5 x 2 returning RF then LF devant	
8	5	Relevé 5 th	Bras bas to 5 th
	6 7	Hold position	
	8	Demi plié 5 th	Bras bas
9 - 16		Repeat all on other side	

VARIATION

Each candidate should present a

SOLO

MINIMUM 45 seconds - MAXIMUM 1 minute

Choreographed by the teacher; free choice of music.

The work should include technical content from the grade.

Technical content from higher grades must not be included.

REVERENCE

To be choreographed by the teacher; free choice of music. 8 bars.

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ADVANCED FOUNDATION

Maximum 2 candidates per set.

EXERCISE	FORMAT FOR 2 CANDIDATES	FORMAT FOR 1 CANDIDATE
PLIÉ & RISE	SOLO CONSECUTIVELY	SOLO BARS 1 – 32
POSÉ, PAS DE BOURRÉE & COUPÉ FOUETTÉ RACOURCI	SOLO CONSECUTIVELY	SOLO BARS 1 – 16
POSÉ EN AVANT & TEMPS LIÉ	SOLO CONSECUTIVELY	SOLO BARS 1 – 16
PIROUETTE ADVANCEMENT	SOLO CONSECUTIVELY	SOLO BARS 1 – 32
EMBÔITÉ, DEBÔITÉ	SOLO CONSECUTIVELY	SOLO BARS 1 – 16
PORT DE BRAS	SOLO	SOLO
CENTRE 1	SOLO CONSECUTIVELY	SOLO BARS 1 – 32
CENTRE 2	SOLO CONSECUTIVELY	SOLO BARS 1 – 16
ALLEGRO 1	SOLO CONSECUTIVELY	SOLO BARS 1 – 16
ALLEGRO 2	SOLO CONSECUTIVELY	SOLO BARS 1 - 16
VARIATION	SOLO	SOLO
RÉVÉRENCE	TOGETHER	SOLO

Details of how to present exercises

SOLO CONSECUTIVELY

**are listed for each exercise underneath
the title and music.**

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BARRE

PLIÉ & RISE

Commence sideways to barre, feet 1st. Prepare arms on music introduction.

MUSIC : Plie - Ayumi Hirusaki

Candidate 1	Perform	Bars 1 - 32
Candidate 1	Hold position	Bars 33 - 64
Candidate 2	Hold position	Bars 1 - 30
Candidate 2	Prepare	Bars 31 - 32
Candidate 2	Perform	Bars 33 - 64

BAR	COUNT		
Intro	1 - 6	Hold position	Hold position
Intro	1 - 6	Hold position	Basic port de bras
1	1 2 3	Rise to full pointe on straight legs	Hold position
2	4 5 6	Hold position	
3	1 2 3	Lower to $\frac{3}{4}$ pointe	
4	4 5 6	Recover to full pointe	Slight lift upwards
5 - 6	1 - 6	Repeat bars 3 - 4	Bar 5 – 2nd Bar 6 – wide 5th
7	1 2 3	Lower on straight legs	2nd
8	a	Dégagé RF 2nd	
	4 5 6	Lower in 2nd	
9 - 15		Repeat bars 1 – 7 in 2nd	Repeat bars 1 - 8
16	a	Dégagé RF 2nd	
	4 5	Rond de jambe RL to dégagé devant	
	6	Lower in 4th	
17 - 23		Repeat bars 1 – 7 in 4th	Repeat bars 1 - 8
24	a	Dégagé RF 4th	
	4 5 6	Close 5th devant	
25 - 31		Repeat bars 1 – 7 in 5th	Repeat bars 1 - 8
32		Dégagé RF 2nd	
		Close 1st	Lower to bras bas

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POSÉ, PAS DE BOURÉE, COUPÉ FOUETTÉ RACOURCI

Commence facing barre, feet 5th RF devant.

Prepare hands to barre on music introduction.

MUSIC: Elite Syncopations: Cascades Rag – Andrew Holdsworth

Candidate 1	Perform	Bars 1 - 16
Candidate 1	Hold position	Bars 17 - 32
Candidate 2	Hold position	Bars 1 - 14
Candidate 2	Prepare	Bars 15 - 16
Candidate 2	Perform	Bars 17 - 32
REPEAT X 1		

BAR	COUNT		
Intro		Hold position	Hands to barre
1 - 3	1 - 12	Pose RF de côté x 3 LF retiré devant lowering en fondu to RF low retiré derrière	
4	5 6 7	Petit pas de bourrée piqué under to end en fondu LF low retiré derrière	
	8	Hold position	
5 - 6	1 - 8	Coupé fouetté racourci derrière x 2	
7	1 - 4	Petit pas de bourrée under to end LF 5th devant en demi plié	
8	5	Relevé 5th	
	6 7	Hold position	
	8	Lower to 5th on demi plié	
9 - 16		Repeat bars 1 – 8 on other side	

POSÉ EN AVANT & TEMPS LIÉ

Commence sideways to barre, feet 5th RF devant.

Prepare arms on music introduction.

MUSIC: Don Quixote's Dream – Andrew Holdsworth

Candidate 1	Perform	Bars 1 - 16
Candidate 1	Hold position	Bars 17 - 32
Candidate 2	Hold position	Bars 1 - 14
Candidate 2	Prepare	Bars 15 - 16
Candidate 2	Perform	Bars 17 - 32
NO REPEAT		

1	1 2	RF posé coupé en avant, LF full retire derrière)	2nd
	3 4	RF posé passé LF en avant	
2	5 6 7 8	Repeat on LL	
3	a1	Temps lié en avant RL	1st to 5th
	2	Hold position	
	3 - 4	Courus turning to face other side	LA 5th
4	5 6	Hold position on pointe	
	7 8	Lower to 5th on straight legs	2nd
5 - 8		Repeat bars 1 - 4 on other side	
		Hold position on pointe	
Lower to 5th on straight legs either as Candidate 2 begins or after music			

Fade out music after Candidate 2 has performed.

PIROUETTE ADVANCEMENT

Commence facing barre, RF 5th devant.

Prepare hands to barre on music introduction.

MUSIC : Sleeping Beauty: Cendrillon and Fortune – Andrew Holdsworth

Candidate 1		Perform	Bars 1 - 16
Candidate 1		Hold position	Bars 17 - 32
Candidate 2		Hold position	Bars 1 - 14
Candidate 2		Prepare	Bars 15 - 16
Candidate 2		Perform	Bars 17 - 32
REPEAT X 1			
BAR	COUNT		
Intro		Hold position	Hands to barre
1	1 2 3	Dégagé LF derrière	
2	4 5 6	Lower to demi plié in 4 th	
3	1	Relevé passé LF devant making ¼ turn to face LS	2 nd
4	2 3 4 5 6	Hold position on pointe	Hold position
5	1 2 3	Lower to 5 th derrière en demi plié	
6	4	Relevé 5 th	1 st
7	5 6 1 2 3	Hold position	Hold position
8	4 5 6	Lower to demi plié	Hold position
9	1 2 3	From demi plié dégagé LF derrière, stretching RL	2 nd
10	4 5 6	Lower in 4 th en fondu	Hold position
11	a1	Relevé passé LF devant making ¼ turn to face barre.	Hand to barre
12	2 3 4 5 6	Hold position on pointe	Hold position
13	1 2 3	Lower to 5 th devant en demi plié	
14	a4	Relevé 5 th	Both hands 5 th
15	5 6 1 2 3	Hold position	
16	4 5 6	Lower to demi plié	Hands to barre
17 - 32		Repeat bars 1 – 16 on other side	

EMBÔITÉ, DEBÔITÉ

Commence facing barre, RF 5th devant.

Prepare hands to barre on music introduction.

MUSIC: Coppelia: Mechanical Dolls – Andrew Holdsworth

Candidate 1	Perform	Bars 1 - 16
Candidate 1	Hold position	Bars 17 - 32
Candidate 2	Hold position	Bars 1 - 14
Candidate 2	Prepare	Bars 15 - 16
Candidate 2	Perform	Bars 17 - 32
REPEAT X 1		

BAR	COUNT		
INTRO	5 6 7 8	Demi plié	Barre
1	1	Releve 5th	
	2	Hold position	
	3	Embôité LF over	
	4	Debôité LF under	
2	5	Embôité LF over	
	6	Lower to demi plié LF 5th devant	
	7	Releve 5th LF devant	
	8	Lower to demi plié LF 5th devant	
3 - 4	1 - 7	Repeat bars 1 & 2 on other side	
	8	Hold position on pointe	
5	Free timing	Courus turning L to end side to barre	Free
6	Free timing	Courus turning R to end facing R side	Free
7	Free timing	Courus turning L to end facing barre	Free
8	5 6	Hold position on pointe	Free
	7 8	Lower to demi plié 5th LF devant	
9 - 16		Repeat bars 1 – 16 on other side	

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PORT DE BRAS

Commence centre back, LF 5th devant en croisé. Arms demi 2nd.

MUSIC: Camping – Jóhann Jóhannsson

BAR	COUNT		
Intro 1	1 2 3	Hold position	Demi 2 nd
	4 5 6		1 st
	1 2 3		RA demi bras
	4 5 6		LA demi bras
	1 2 3		1 st
	4 5 6		4 th LA high
	1 2 3		Change arms overhead to 4 th RA high
	4 5 6		Open to 2 nd
1	1 2 3	Classical walk en avant RF	Hold position
2	4 5 6	Chassé passé LF to end RF dégagé derrière	1 st to 4 th LA high
3 4	1 2 3 4 5 6	Slow rond de jambe RL en dedans to end dégagé devant	Raise RA slowly to end 5 th
5	1 2 3	Fondu LL	Forward port de bras in 5 th to RF
6	4 5 6	Recover with slight back bend	Carry arms back and out through 2 nd palms down
7	1 2 3	Recover to standing	Wide 5 th
8	4 5 6	Epaulément R shoulder forward	Lower RA forward and across body to end extended palm down
9	1 2 3	Epaulément L shoulder forward	Lower LA forward and across body to end wrists crossed R over R
10	4 5 6	Breathe in	Slight lift in the wrists
11	a	Posé en avant into 4 th en fondu	2 nd

	1	Turning to L place LF to low retiré devant en fondu facing LDF	1st
11 - 12	2 3 4 5 6	Low developpé devant en fondu	Demi bras
13 - 14	1 2 3 4 5	Classical walk LF & RF en avant	2nd with slight lift in wrists
	6	Fondu RL raising LF to low retiré derrière	3rd RA forward
15	1 2 3	Petit pas de bourrée piqué under to end on fondu RF in low retiré derrière	2nd to 3rd LA forward
16	4 5 6	Repeat to R	2nd to 3rd RA forward
17 - 18	1 - 6	Courus en arrière	Open 4th LA high
19	1 2 3	Courus turning towards back foot to face RDF	5th
20 - 21	Free	Lower to classical position RF derrière	Reverse port de bras to demi 2nd
22	1 2 3	Hold position	1st
23	4 5 6		4th LA high
24	1 2 3		Change arms overhead to 4th RA high
25	4 5 6		Open to 2nd
26	1 2 3	Classical walk en avant RF	Hold position
27	4 5 6	Chasse passé LF to end RF dégagé derrière	1st to 4th LA high
28 - 29	1 2 3 4 5 6	Slow rond de jambe RL en dedans to end dégagé devant	Raise RA slowly to end 5th
30	1 2 3	Fondu LL	Forward port de bras in 5th to RF
31	4 5 6	Recover with slight back bend	Carry arms back and out through 2nd palms down
32	1 2 3	Recover to standing	Wide 5th

33	4 5 6	Epaulément R shoulder forward	Lower RA forward and across body to end extended palm down
34	1 2 3	Epaulément L shoulder forward	Lower LA forward and across body to end wrists crossed R over R
35	4 5 6	Breathe in	Slight lift in the wrists
36	1	Turning to L place LF to low retiré devant en fondu facing LDF	1st
	a	Posé en avant into 4th en fondu	2nd
37	2 3 4 5 6	Low developpé devant en fondu	Demi bras
38 - 39	1 2 3 4 5	Classical walk LF & RF en avant	Free
40	Free	Free ending	Free

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CENTRE 1

Commence centre, en croisé, LF classical pose or dégagé derrière.

Arms demi 2nd or Bras Bas

MUSIC: Valse de Margaux – Andrew Holdsworth

Candidate 1	Perform	Bars 1 - 32
Candidate 2	Hold position	Bars 1 - 32
Candidate 2	Prepare	Bars 31 - 32
Candidate 2	Perform	Bars 33 - 64
NO REPEAT		

BAR	COUNT		
1	a1	Temps lié en avant to croisé closing RF devant	1st to 2nd
	2 3	Hold position en pointe	
2	4 5 6	Lower to demi plié en face RF devant	Bras bas
3	a1	Temps lié 2nd en face closing LF devant	1st to 2nd
	2 3	Hold position en pointe	
4	4 5 6	Lower to demi plié en croisé LF devant	Bras bas
5	a	Fondu releasing RF to petit retire derriere	
	1 - 3	Courus en arriere	1st to 3rd arabesque
6 - 7	4 – 6 1 - 3	Courus turning towards back foot to end en face	1st to 2nd
8	4 5 6	Lower to demi plié RF devant	Hold position
9 - 10	1 - 6	Posé de cote to left, lowering to fondu R, petit retiré LF derrière, x 2	3rd LA forward on counts 1-5 RA 3rd on count 6

11	1 2 3	Courus turning ¼ to face RDF (RF stays devant)	RA 5th
12	4 5 6	Small step forward to lower into classical pose LF derrière	2nd
13 - 14	1 - 6	Classical walk en avant to RDF x 2 L & R	1st, 2nd
15 - 16	1 - 6	Chassé passé to end RF dégagé derrière	Demi 2nd
17 - 32		Repeat bars 1 – 16 on other side	

CENTRE 2

Commence centre, croisé, RF 5th devant

Arms bras bas.

MUSIC: Coppelia: Pas de Trois – Andrew Holdsworth

Candidate 1	Perform	Bars 1 - 16
Candidate 2	Hold position	Bars 1 - 14
Candidate 2	Prepare	Bars 15 - 16
Candidate 2	Perform	Bars 17 - 32
NO REPEAT		

BAR	COUNT		
Intro		Hold position	Prepare to 3rd RA forward
1	1 2	Battement tendu devant	Hold position
	3	Dégagé devant	
	4	Hold position	
	a	Lower to 4th en fondu – straight back leg	1st
2	5 6	¼ pirouette to end facing RDF en demi plié	Hold position
	7	Recover	3rd LA forward
	8	Hold position	Hold position
3 - 4	1 - 8	Repeat bars 1 & 2 to other side	
5	1 2	Battement tendu derrière	3rd LA forward
	3	Dégagé derrière	Hold position
	4	Hold position	
	a	Lower to 4th demi plié	

6	5 6	Single pirouette en dehors	1st
	7	Recover	5th
	8	Hold position	Hold position
7	1	Dégagé RF 2nd	2nd
	2	Rotation to RF to end facing RDF RF dégagé devant	4th LA high
	3	Close RF 5th devant	Hold position
8	4 5	Battement tendu RF 2nd closing 5th derrière	2nd
	6	Demi plié	Bras bas
	7 8	Recover	Prepare to 3rd LA forward
9 - 16		Repeat bars 1 – 8 to other side	

ALLEGRO 1

Commence centre, en face, RF 5th devant

Arms bras bas.

MUSIC: Coppelia: Grape Pickers March – Andrew Holdsworth

Candidate 1	Perform	Bars 1 - 16
Candidate 2	Hold position	Bars 1 - 14
Candidate 2	Prepare	Bars 15 - 16
Candidate 2	Perform	Bars 17 - 32
NO REPEAT		

BAR	COUNT		
1	1 2 3 4	Relevé 5th x 2	Free throughout
2	a5a6	Echappé relevé changé to 2nd x 2	
	7 8	Echappé relevé changé to 2nd	
3 - 4	1 - 8	Repeat from LF devant	
5	a1	Echappé sauté 2nd	
	a2	Saute 5th LF devant	
	3 4	Relevé 5th	
6	a5-8	Repeat bar 5 closing RF devant on count 6	
7	a1	Relevé 5th (no lower)	
	a2a3a4	Embôité L, R, L	
	5	Hold position	
8	6	Lower to 5th on straight legs	
	7 8	Demi plié	
9 - 16		Repeat bars 1 – 8 on other side	

ALLEGRO 2

Commence centre, en face, RF 5th derrieré.

Arms bras bas.

MUSIC: Coppelia: Down By The Riverside – Andrew Holdsworth

Candidate 1	Perform	Bars 1 - 8
Candidate 2	Hold position	Bars 1 - 7
Candidate 2	Prepare	Bars 8
Candidate 2	Perform	Bars 9 - 16
REPEAT X 1 PER CANDIDATE		

BAR	COUNT		
1	a1	Glissade derrière	Free throughout
	a2	Assemblé over	
	a3 4	Relevé 5th	
2	a5 - 8	Repeat to other side	
	a	Lower to fondu releasing RF to petit retiré derrière	
3	1 2 3 4	Coupé fouetté racourci under x 2 R & L	
4	5a6	Pas de bourree piqué x 1 to L	
	a7 a8	Changement x 2	
		Repeat bars 1 – 4 on other side	

VARIATION

Each candidate should present a **SOLO**

Minimum 1 minute - maximum 1.5 minutes

choreographed by the teacher; free choice of music.

The work should include technical content from the grade and below.

Technical content from higher grades must not be included.

CLASSICAL NEO - CLASSICAL CONTEMPORARY

REVERENCE

To be choreographed by the teacher; free choice of music. 8 bars.

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