***Grade 1 Ballet Exam***

***Barre***

Pliés

Battements tendus en croix

Retirés

Grand battements en croix

***Centre***

Port de bras

A free adage enchainement set by the examiner which could include:

* walks
* dégagés (devant, derriere and to 2nd)
* chassés (en avant and to 2nd)

Chassés set exercise

Posés (taken on the diagonal)

***Allegro***

Warm up – a free enchainement set by the examiner

Polka set enchainement

A free allegro enchainement set by the examiner which could include:

* skips
* gallops
* runs
* spring points
* polka
* petits jetés
* retirés sautés
* changements
* posé temps levés
* sautés

***Music***

Clap recognise and count:

Polka – 2/4 time signature – count it ***a 1 & 2***

Waltz – 3/4 time signature – count it **1 2 3**

March – 4/4 time signature – count it **1 2 3 4**

**Variation/Dance**

“Picking Blackberries”

**Curtsey**