

Modern theory – YOU MUST LEARN THE WORDS FROM YOUR GRADE AND REVISE WORDS FROM PREVIOUS GRADES

GRADE 1

Describe walking forward – a natural walk with a heel lead transferring the weight through the feet, arms swing in natural opposition whilst maintaining correct posture.

When lying on the floor on your back, what must you be careful to do? – think of pressing the spine into the floor

In the exercise for preparation for turns what must you be sure to use? – the head and eyes

Show parallel arms, opposition arms and coordinated arms

GRADE 2

Describe a parallel arm line – both arms make two straight lines which move in the same direction and are always an equal distance apart

When walking to slow waltz do the feet pass on each movement? – yes this helps the movement to travel well

What is the purpose of the preparation for circular kick exercise? – to loosen the leg in the hip socket

What is the meaning of

RDF – right diagonal front

LDF – left diagonal front

RDB – right diagonal back

LDB – left diagonal back

They are all directions in which you can travel

GRADE 3

Describe a co-ordinated arm line – both arms move in the same direction at the same time, the line may be taken low, medium or high

Does the body bend from the waist in the thigh exercise? – no the spine should be kept as straight as possible

What do you understand by the word contraction? – the squeezing or tightening of muscles

Is the leg turned out in 2nd in the side extension exercise? – yes, in order to maximise the movement in the hip socket

Which hip is displaced at the end of a slip walk? – the opposite one to the foot that performs the slip walk

GRADE 4

Define the word rhythm – the regular occurrence of an accented beat or beats in a bar of music

Describe the arm position used in the hop step ball change with a half a turn exercise - side horizontal, parallel and opposition

Describe the position of the body as you bend the knees in the body roll exercise – the back is held upright with the knees parallel over the toes

Which exercise at the barre prepares you for the recovery in the elevated movement exercise? – the exercise for front thigh muscles

GRADE 5

Give a definition of syncopation – the movement of an accent from a strong beat to a weak beat or accenting a beat which would not normally be accented or a misplaced accent

What does DS downstage mean? – moving towards the audience or to the front of the stage

US upstage? – moving away from the audience or to the back of the stage

What is a general conditioning exercise? – one that limbers more than one part of the body

Describe and demonstrate the position of the body in a forward body stretch exercise – the body bends from the hips showing a flat back (like a table) with the weight remaining over the legs

Describe and demonstrate the direction of an inward turn from a side extension or an outwards turn from a side extension – the inward turn turns towards the supporting leg/foot. The outward turn turns towards the working leg/foot

What is the purpose of a bow or curtsy at the end of the exam? – to show a finale to the performance and to thank the examiner.