

A1 DANCE

NATD Classical Ballet Russian Method



Candidates should have a thorough knowledge of the Class Exam Pre-Primary Syllabus

Theory

1. The five positions of the Feet (say with music & show as separate positions)
2. Positions & movements of the Head (with music & show as separate positions)

À La Barre – At the Barre

1. Knee bend & rise in parallel 1st
2. Demi-plié en premier et à la seconde (in 1st & 2nd position)
3. Battement tendu à la seconde
4. Battement tendu en avant & en arrière
5. Sautés en premier (in 1st position)
6. Échappé sauté à la seconde (from 1st to 2nd position)

Au Milieu – Centre

Rhythmical Appreciation

1. Battement tendu en avant from en premier (while counting first 8 bars of 3/4)
2. Step to the side & dégagé (while counting first 4 bars of 4/4)

Allegro – Lively

1. Preparation for Polka to the side
2. Jig Step

En Manège – In a Circle

3. Pas marché (sur les demi-pointes)
4. Running step (pas courus)
5. Skipping steps
6. Gallops forward

Dance

Révérence

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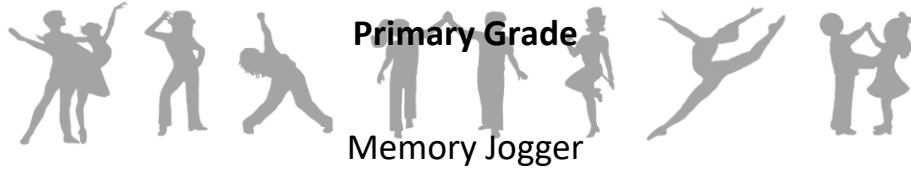
Additional French Terms used in Primary Grade

Words in Italic or brackets are useful to know but not usually required.

French	Pronunciation Guide	English
<i>Positions des pieds</i>	<i>paw-zee-syawns day pyay</i>	Positions of the feet
À la seconde	a la suh-cawnd	Second position
En Troisième	ahn twas-ee-em	Third position
En Quatrième	ahn catr-ee-em	Fourth position
En Cinquième	ahn sank-ee-yem	Fifth position
<i>Positions des bras</i>	<i>paw-zee-syawns day brah</i>	Positions of the arms
Demi-bras	duh-mee brah	Half way between 1 st and 2 nd
Échappé	ay-shap-ay	Escape
Relevé	ruh-le-vay	Rise (from instep pressure)
Pointe tendue	pwan tahn-dew	Pointed stretch
En arrière	ahn aryehr	Backwards
En face	ahn fahss	Facing front (aligned with the centre of the body)
Dégagé	day-gaaj-ay	disengaged (unfolded point)
Pas marché	pah ma-shay	Walking step
Sur les demi-pointes	sewr lay duh-me pwan	On half point (the balls of the feet)
Pas courus	pah coo-rew	Running steps

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Please see Class Exam Pre-Primary to revise previous French Terms.