

4-5 Grades Four-Five Track Listing

GRADE 4

Barre

- 1 D01: Pliés
- 2 D02: Battements tendus
- 3 D03: Battements glissés
- 4 D04: Ronds de jambe à terre
- 5 D05: Battements fondus à terre
- 6 D06: Développés devant
- 7 D07: Développés à la seconde and exercise for arabesque en l'air
- 8 D08: Grands battements
- 9-10 D09a/b: Rélevés passes devant and derrière (solo /continuous version)
- 11 D10: P Echappés relevés

Centre

- 12 D11: Port de bras – Female exercise
- 13 D12: Port de bras – Male exercise
- 14 D13: Battements tendus in alignment
- 15-16 D14a/b: Exercise for pirouettes en dehors – Female exercise (solo/continuous version)
- 17-18 D15a/b: Exercise for pirouettes en dehors – Male Exercise (solo/continuous version)
- 19 D16: Pas de bourrées
- 20 D17: Glissades
- 21 D18: Sautés and changements
- 22 D19: Balancés en avant and en arrière
- 23 D20: Assemblés

24-25 D21a/b: Posé temps levé in arabesque (solo/continuous version)

26 D22: Allegro – Male exercise

Studies

27 D23: Female

28 D24: Male

FREE MOVEMENT

29 D25: Exercise for relaxation

30 D26: Running with change of direction

31 D27: Flying hop and run

32 D28: Study - Female

33 D29: Study - Male

RHYTHM & CHARACTER STEPS (RUSSIAN)

34 D30: Rhythm in 2/4 time

35 D31: Pivot step

36-37 D32a/b: Quick promenade (solo/continuous version)

38 D33: Dance

CHARACTER ENCHAÎNEMENTS

39 D34: P A

40 D35: P B

41 D36: P C

42 D37: P D

43 D38: Révérence

4-5 Grades Four-Five Track Listing

GRADE 5

Barre

- 1 E01: Pliés
- 2 E02: Battements tendus with transfer of weight
- 3 E03: Battements glissés and petits retirés
- 4 E04: Battements fondus and ronds de jambe à terre
- 5 E05: **P** Assemblés soutenus à terre
- 6 E06: Développés with fouetté of adage
- 7 E07: Grands battements
- 8 E08: Ports de bras
- 9 E09: **P** Echappés relevés to 2nd with relevés to 5th

Centre

- 10 E10: Port de bras
- 11 E11: Battements tendus with transfer of weight
- 12 E12: Adage study
- 13-14 E13a/b: Pirouette en dehors – Female exercise (solo/continuous version)
- 15-16 E14a/b: Pirouette en dehors – Male exercise (solo/continuous version)
- 17 E15: Glissades
- 18 E16: Sautés and échappés sautés
- 19 E17: 1st Allegro
- 20 E18: 2nd Allegro
- 21 E19: Balancés – Female exercise
- 22 E20: Exercise for tour en l'air – Male exercise
- 23 E21: Grand allegro

Dance Studies (examination only)

- 24 E22a: Tarantella – Female

- 25 E22b: Tarantella – Male (slower)

- 26 E23: Classical – Female

- 27 E24: Classical – Male

CLASSICAL ENCHAÎNEMENTS

- 28 E25: **P** A

- 29 E26: **P** B

- 30 E27: **P** C

- 31 E28: **P** D

- 32 E29: **P** E

FREE MOVEMENT

- 33 E30: Exercise for relaxation

- 34 E31: Triple runs and spin

- 35 E32: Flying hop with change of direction

- 36 E33: Step and hop with body turn (Male)

- 37 E34: Free Movement study

RHYTHM & CHARACTER STEPS

- 38 E35: Hop heel hop toe and galops

- 39 E36: Pivot and half break

- 40 E37: Holubetz in 3/4 time

- 41 E38: Stamp and clap with galops

- 42 E39: Dance

- 43 E40: **P** A

- 44 E41: **P** B

- 45 E42: **P** C

- 46 E43: **P** D

- 47 E44: Révérence