



Elementary Syllabus Additions October, 2013

BARRE

- Battements Frappés (Additional)** *5th position, right foot front, arms en bas*
 2 counts Preparation: Tendu to 2nd and place foot sur le cou-de-pied devant, with épaulement.
- 1 – 7 Seven single battements frappés to 2nd, rising to ¾ pointe on the seventh.
 8 Hold.
 1 – 8 Eight double frappés to 2nd. Hold the final extension, and balance with arms en avant.

- Petits Battements (Additional)** *5th position, right foot front, arms en bas*
 4 counts Preparation: Tendu to 2nd and place foot sur le cou-de-pied devant, with épaulement.
- and a 1 Beat back, front, hold.
 2 – 3 Repeat twice.
 and a 4 Beat front, back, hold.
 5 – 8 Repeat all reversing.
 9 – 16 Rise to the ¾ pointe – 8 full petits battements on the cou-de-pied.
 (Begin petits battements back, front on count & 9)
 Ending:
 and 1 Retiré passé into attitude, arm 5th en haut.
 2 – 4 Turn away from the barre.
 5 – 6 Lower supporting heel and extend into 2nd arabesque en fondu.
 7 Rélevé.
 8 Hold.

- Préparation for Sautés (Additional)** *Face barre, 1st position*
 4 count Preparation: Hold 2 counts, tendu right foot to 2nd and place sur le cou-de-pied derrière.
- 1 – 2 Demi-plié and press up firmly onto ¾ pointe (left foot).
 3 – 4 Demi-plié and straighten knee.
 5 – 12 Repeat all twice
 13 – 14 Point right foot to 2nd and close in 1st position.
 15 – 16 Point left foot to 2nd and place sur le cou-de-pied derrière and hold.
 1 – 12 Repeat the exercise with the rises on the right leg.
 13 – 14 Point the left foot to 2nd and close in 1st position.
 15 – 16 Point the right foot to 2nd and place sur le cou-de-pied devant and hold.
 1 – 12 Repeat the exercise with rises on the left foot.
 13 – 14 Point the right foot to 2nd and close in 1st position.

- 15 – 16 Point the left foot to 2nd and place sur le cou-de-lied devant and hold.
 1 – 12 Repeat the exercise with rises on the right foot.
 13 – 14 Point the left foot to 2nd and close in 1st position.
 15 – 16 Arms to 5th en bas and hold.

EXERCICES AU MILIEU

Port De Bras (Additional)

5th Port de bras *Face corner 2, 5th R. right devant, arms en bas, head inclined to 3.*

Arpeggio Preparation: Chassé R. à la 4th devant, arms 5th en avant, head erect. Straighten both knees as L. stretches en pointe tendue à la 4th derrière, arms en attitude croisée L. en haut.

M.1 Plié en 4th. Straighten legs into pointe tendue R. à la 4th devant, arms remain en attitude croisée. Move arms through 2nd to 2nd Arabesque R. arm en avant as L. arm moves downward and backwards into a straight line with the front arm, head inclines to 1.

M.2 Plié in 4th, arms 5th en avant (L. arm moves through 1st), head erect. Straighten both knees as L. stretches en pointe tendue à la 4th derrière, arms en attitude croisée L. en haut.

M.3-8 Repeat M.1 and M.2 three times.

6th Port de bras

M.1 Plié en 4th, L. arm lowers down front as R arm passes through 1st to meet en 5th en avant, head erect.
 Straighten legs as R. stretches en pointe tendue à la 4th devant, R. arm lifts en haut into attitude croisée as L. arm moves downward and backward en 4th derrière, head and body inclined to 1.

M.2 Plié en 4th, arms en avant (L. arm passes through 1re), head erect. Straighten legs as L. stretches en pointe tendue à la 4th derrière, arms en attitude croisée L. en haut.

M. 3-8 Repeat M.1 and M.2 three times.

ALLEGRO SET ENCHAINEMENTS

(Assemblé, Sissonne, and Terre à terre batterie are listed in regards to how many sets to be demonstrated)

Assemblé, Temps Levé *4 counts Musical Introduction – R. 5th derrière*

- and 1 Assemblé dessus.
 and 2 Temps levé sur le cou-de-pied derrière (arms 5th en bas).
 and 3-4 Assemblé coupé derrière, taken soutenu: arms move towards demi-2nd and close to 5th en bas.

N.B Emphasize the demi-plié into the swish as you start the repeat of this sequence.

PERFORM FOUR TIMES DESSUS AND FOUR TIMES DESSOUS, CONSECUTIVELY.

Jeté, temps levé (twice), jeté, single rond de jambe sauté (twice) (Additional)

Using Jeté, temps levé music 5th position, R. devant, arms en bas, head erect

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| and 1 & 2 | Jeté devant R., temps levé (head inclines towards support, arms en bas) |
| and 3 & 4 | Jeté devant L., temps levé (head inclined towards support, arms en bas) |
| and 5 & 6 | Jeté devant R., single rond de jambe en dedans L. (with épaulement) |
| and 7 & 8 | Jeté devant L., single rond de jambe en dedans R. (with épaulement) |
| and 1 – 8 | Repeat all |
| and 1 – 8 | Invert R. (head inclines towards support throughout, arms en bas) |
| and 1 – 8 | Repeat all |

Jeté, rond de jambe sauté (Additional)

Music - Jeté, temps levé music or Intermediate Jeté rond de jambe sauté

5th position, R. devant, arms en bas, head erect

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| and 1 | Jeté devant R. with épaulement. |
| and 2 | Extend L. à la 2de demi-en l'air; temps levé R. with a single rond de jambe en dedans L. en l'air; arms en bas. |
| and 3-16 | Continue 7 times alternating L. and R. |
| and 1 | Jeté derrière R. with head inclined to supporting side. |
| and 2 | Extend L. à la 2de demi-en l'air; temps levé R. with a single rond de jambe en dehors L. en l'air; arms en bas. |
| and 3 - 14 | Continue 6 times alternating L. and R. |
| 15 and 16 | Finish: jeté derrière L., assemblé dessous R. |

Sissonnes

Face effacée, feet in 5th, arms en bas

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| 4 count | Musical introduction. |
| 1 | Sissonne fermée en avant. Arms 5 th en avant. |
| 2 | Sissonne ouverte en avant. Arms either open to 5th en avant or to 3rd arabesque (candidate's choice) |
| and a 3 | Pas de bourrée en avant, arms 5th en bas. |
| 4 | Changement to face 5. |
| 5 – 7 | Three sissonnes dessus (usual arms). |
| 8 | Changement to face effacée. |
| 9 – 16 | Repeat all on other side |
| 1 – 16 | Invert all (en arrièrè and dessous) |
| | Sissonne ouverte en arrièrè, use either open 5 th en avant or full effacée line of arms and head (candidate's choice). |
| | PERFORM TWO TIMES EN AVANT AND TWO TIMES EN ARRIERE, CONSECUTIVELY. |

Terre à terre batterie *Face en face, feet in 5th, arms en bas*

4 count Musical introduction.

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| and 1 – 2 | Entrechat quatre, entrechat royale. |
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- and 3 – 4 Repeat.
and 5 Entrechat trois derrière. Arms in 3rd, in opposition to the raised foot, head inclined towards supporting foot.
- 6 Assemblé coupé derrière.
and 7 – 8 Repeat entrechat trois and assemblé coupé on the other side.
9 – 16 Repeat all.
- 1 – 16 Consecutively, perform pattern two times with entrechat trois devant and assemblé coupé devant.