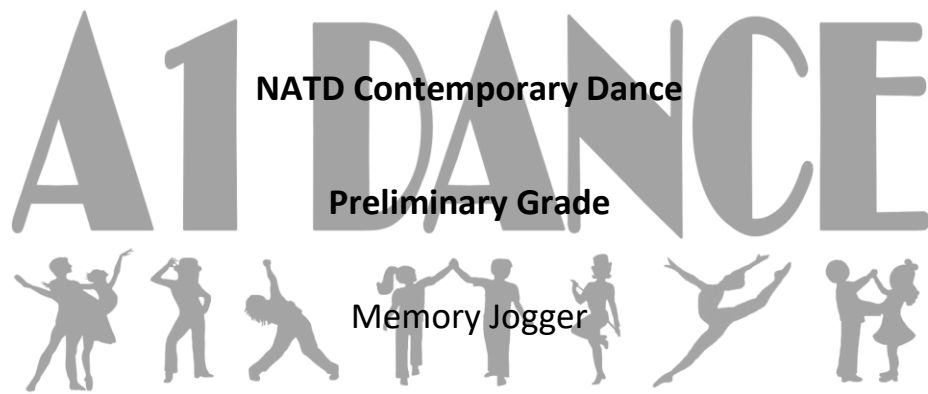




In addition to all work from previous grades

Section One - Warm Up Exercises

- a) Roll Down (standing)
- b) Bends and Rises
- c) Foot Warm Up (parallel)
- d) Shoulder and Arm Warm Up
- e) Point, Flex, Point, Close (parallel)

Section Two – Floor Exercises

- a) Preparation for Contraction
- b) Frog – Curve Spine, Stretch Spine, Side Leans
- c) Preparation for Spiral

Section Three – Technical Sequences

- a) Runs and Jumps in Parallel
- b) Jumps and Rises (parallel)
- c) Gallops and Sways

Section Four

Musical Interpretation

Section Five

Dance

Bow to finish