

Grade 4

Barre:

Plie lift heels then rise- maintain heel height
Port de bras- forward, back, circular (full extension)
Rond de jambe jete- above 90 degrees
Rond de en l'air doubles 45 degrees
Fondus on rise - maintain demi pointe and leg at 90 degrees
Double frappe en croix
Double frappe (fully pointed foot) on rise to finish tendus en fondus
Battement frappe fouettée 90 degrees
Serre on rise (fully pointed foot)
Penchee - above 90 degrees
Grand rond de jambe - 90+ degrees
Closh rise devant (90+ degrees)
Grand battements with developpe 90+ degrees
Grand battement cloche 90+ degrees

Center:

Single Pirouette en dedan from ouverte
Pirouette 5th to 5th
Chaine
single lame ducks
Pique turns (pose pirouette en dedan)
Double Pirouette en dehors to finish 4th position
Developpe- devant, 2nd, derriere 90 degrees
Promenade/pivot attitude
Port de bras forward back and circular
Entrechats
Trois
cinq
Coupe Assemble en avant
Faille
Brise
Sissone doublee
assemble en avant and en arriere
Tour jete
Coupe fouette racorisa
Grands Jete