

BELHAVEN UNIVERSITY

VIDEO AUDITION COMPULSORY EXERCISES

*Ladies –

- *Hair should be in a tidy bun.
- *Pink tights and a solid leotard are preferred.
- *No skirts, T-shirts, leg warmers, warm-ups, etc.

*Men –

- *Black tights and a tightly fitted T-shirt.

*Exercises should be filmed in a well-lit studio.

*Music is not required.

*It is only necessary to see most of the barre exercises on **one side**. Only do the barre exercises on both sides when requested.

*The additional pointe and men's exercises are only applicable when the dancer's technique warrants.

BARRE EXERCISES		CENTER EXERCISES	
<p>1. PLIE *3/4 Slow waltz *Each position should take eight (8) measures *Left hand (<i>only</i>) on the barre</p> <p><u>In 1st, 2nd, 4th, and 5th positions</u></p> <ul style="list-style-type: none"> ➤ One (1) demi-plié – straighten ➤ One (1) relevé– lower heels ➤ One (1) grand plié – straighten ➤ Tendu – change position <p>2. TENDU *4/4 Moderate tempo *Right hand (<i>only</i>) on the barre</p> <p><u>From 5th position – four (4) times in each direction (<i>en Croix</i>)</u></p> <ul style="list-style-type: none"> ➤ One (1) tendu – closing w/ a plié ➤ One (1) tendu – closing w/ straight legs ➤ Finish w/ balance in 5th position sou-sus <p>3. DEGAGE *4/4 Faster tempo *Left hand (<i>only</i>) on the barre</p> <p><u>From 5th position – four (4) times in each direction (<i>en Croix</i>)</u></p> <ul style="list-style-type: none"> ➤ Same exercise as above w/ dégagé ➤ Finish w/ balance front foot in cou-de-pied front <p>4. ROND DE JAMBE À TERRE *3/4 *Right hand (<i>only</i>) on the barre</p> <p><u>Preparation tendu front – rond side</u></p> <ul style="list-style-type: none"> ➤ Four (4) rond de jambe dehors ➤ Battement front 90° or higher ➤ Passé to arabesque in plié ➤ Brush through 1st position to battement tendu front ➤ Repeat exercise en dedans ➤ Repeat battement back passé to à la quatrieme devant in plié ➤ Finish w/ balance in retiré 	<p>5. FONDU *Left hand (<i>only</i>) on the barre</p> <p><u>Preparation tendu side</u></p> <ul style="list-style-type: none"> ➤ Fondu, extend to the front – plié, rond the leg side ➤ Fondu, extend to the side – plié, rond the leg back ➤ Fondu, extend to the back – plié, brush through 1st position to relevé ➤ Quatrieme devant – brush through 1st position plié, extending to relevé arabesque ➤ Finish w/ balance in 2nd arabesque <p>6. ADAGIO *Right hand (<i>first</i>) on the barre</p> <p><u>Preparation plié to 5th position sous-sus</u></p> <ul style="list-style-type: none"> ➤ Développé front ➤ Développé side ➤ Développé back ➤ Plié in arabesque, while making a 1/2 turn toward the barre to relevé arabesque on the other side ➤ Close to 5th position ➤ Repeat entire exercise on the other leg <p>7. GRANDE BATTEMENT *4/4 *Right hand (<i>first</i>) on the barre</p> <p><u>From 5th position</u></p> <ul style="list-style-type: none"> ➤ Two (2) grand battement in each direction (<i>en Croix</i>) ➤ Repeat entire exercise on the other leg 	<p>1. ADAGIO *To be done on both sides – begin w/ right leg</p> <p><u>Preparation 5th position croisé devant</u></p> <ul style="list-style-type: none"> ➤ Développé croisé devant – hold position for two (2) counts ➤ Grand rond de jambe en l'air to écarté devant – hold position for two (2) counts ➤ Grand rond de jambe en l'air to first arabesque ➤ Promenade en dedans to 4th arabesque – lower to tendu ➤ Double pirouette dehors – finish in 4th position ➤ Repeat entire exercise to left side <p>2. TENDU *To be done on both sides – begin w/ right leg</p> <p><u>Preparation 5th position en face</u></p> <ul style="list-style-type: none"> ➤ Two (2) tendu devant ('a la quatrieme devant) ➤ Two (2) tendu derriere ('a la quatrieme derriere) ➤ Two (2) tendu side – closing <u>over</u> into 5th position ➤ Pirouette dehors from 5th position – closing to the back ➤ Repeat entire exercise to the left side 	<p>3. TURN *To be done on both sides – begin w/ right leg *From upstage corners – traveling on a diagonal</p> <p><u>Preparation left foot front in 5th position croisé</u></p> <ul style="list-style-type: none"> ➤ Balancé right (upstage) – balancé left (downstage) ➤ Tombé effacé w/ the right leg ➤ Pas de bourree to 4th position croisé ➤ Double pirouette dehors – finish in 4th position croisé ➤ Repeat pirouette dehors – finish tendu croisé derriere ➤ Repeat entire combination until diagonal completed ➤ Repeat entire exercise from the other diagonal w/ other leg <p>4. PETITE ALLEGRO *To be done on both sides – begin w/ right leg</p> <p><u>Preparation 5th position en face right foot front</u></p> <ul style="list-style-type: none"> ➤ Two (2) changement de pied ➤ One (1) sauté échappé – changing feet ➤ Glissade to the right – w/ no change ➤ Jeté over – step coupé under ➤ Brush assemblé under ➤ Repeat entire exercise on the other leg <p>5. GRAND ALLEGRO *To be done on both sides – begin facing upstage w/ right leg *From upstage corners – traveling on a diagonal</p> <p><u>Preparation 5th position w/ right leg front</u></p> <ul style="list-style-type: none"> ➤ Piqué 1st arabesque ➤ Chassé back ➤ Step Grand jeté entrelacé – finish w/ right leg in arabesque ➤ Fouetté toward extended leg ➤ Sauté 1st arabesque ➤ Tombé, glissade – grand jeté en avant ➤ Repeat entire exercise from the other diagonal w/ other leg

CONTINUED ON BACKSIDE

BELHAVEN UNIVERSITY

VIDEO AUDITION – COMPULSORY EXERCISES (CONT...)

ADDITIONAL COMBINATIONS FOR MEN	ADDITIONAL POINTE WORK FOR WOMEN	
	BARRE EXERCISES	CENTER EXERCISES
<p>1. PETITE ALLEGRO <i>*To be done on both sides two (2) times (right, left, right, left)</i> <i>*Begin w/ right leg</i></p> <p><u>Preparation 5th position right foot front</u></p> <ul style="list-style-type: none"> ➤ Two (2) changement ➤ Sous-sus ➤ Entrechat six ➤ Repeat combination w/ on other side ➤ Repeat entire exercise (<u>both sides</u>) <p>2. MEDIUM ALLEGRO <i>*To be done on both sides – begin w/ right leg</i></p> <p><u>Preparation 5th position w/ right foot back</u></p> <ul style="list-style-type: none"> ➤ Tombé pas de bourree – traveling right ➤ Glissade under ➤ Assemble over ➤ Tendu w/ front leg in 2nd position ➤ Rond de jambe tendu 4th position back ➤ Multiple pirouettes dehors ➤ Repeat entire exercise on the other leg <p>3. TOUR EN L’AIR <i>*To be done on both sides – begin w/ left foot</i></p> <p><u>Preparation 5th position w/ left foot front</u></p> <ul style="list-style-type: none"> ➤ Two (2) chassé en avant ➤ Assemble back ➤ Double tour en l’air en dehors <p style="text-align: center;">OR</p> <p><u>Preparation 5th position w/ right foot front</u></p> <ul style="list-style-type: none"> ➤ Sous-sus ➤ Double tour ➤ Repeat entire exercise on the other leg 	<p>1. RELEVÉ <i>*Facing the barre – both hands on the barre</i> <i>*To be done in 1st, 2nd, 4th, and 5th positions</i></p> <p><u>Preparation in 1st position</u></p> <ul style="list-style-type: none"> ➤ Two (2) slow counts to rise on pointe ➤ Two (2) slow counts back down ➤ Repeat this set two (2) times ➤ Tendu change positions ➤ Repeat entire combination in 2nd, 4th, and 5th positions ➤ Repeat 4th and 5th positions w/ other foot in front <p>2. SOUS-SUS – ÉCHAPPÉ <i>*Facing the barre – both hands on the barre</i> <i>*To be done on both sides - begin w/ right side</i></p> <p><u>Preparation in 5th position w/ right foot front</u></p> <ul style="list-style-type: none"> ➤ Tendu front – close w/ a plié ➤ Sous-sus – lower ➤ Tendu side – close w/ a plié ➤ Sous-sus – lower ➤ Tendu back – close w/ a plié ➤ Two (2) echappe changé ➤ Repeat entire exercise to the other side 	<p>1. ÉCHAPPE <i>*To be done on both sides – begin w/ right side</i></p> <p><u>Preparation 5th position right foot front</u></p> <ul style="list-style-type: none"> ➤ Échappé 4th position croisé – closing into 5th position ➤ Échappé 2nd position – closing into 5th position back ➤ Two (2) retiré passé - closing back ➤ Repeat entire exercise on the other leg <p>2. TURN <i>*To be done on one side (<u>only</u>)</i></p> <p><u>Preparation B+ w/ right leg back</u></p> <ul style="list-style-type: none"> ➤ Piqué 1st arabesque ➤ Brush back leg forward to 4th position croisé ➤ Pirouette en dehors – finish in 4th position ➤ Swivel to tendu croisé devant ➤ Tombé forward – coupé back foot ➤ Bourréé