

# Gifted and Talented dance program

## Dance USB submission instruction sheet for parents

It is important that you read the information contained below to assist your child in preparation for their Dance audition.

- 1 Candidate to complete and film the three choreographed exercises as shown on dance video (due the file size, a link to this video for download will be imbedded in the email). Please check your audition video has been recorded properly and will play back on a PC. You may record the audition either in Windows Media Player; Quick Time; or iTunes. Please ensure you clearly label the different components of your audition.
- 2 **Alignment and Flexibility** – All exercises must be completed after an appropriate warm-up (10 – 15 minutes) and videoed on tape. See accompanying photos for more information.
  - **Candidate faces the camera** in a natural position – arms by the side and feet parallel (together). By quarters, turn to face the side, back and front again. Hold each position for 3 seconds (**front, side, back – Position 1**).
  - Repeat Position 1 with your arms lifted above your head. (**Position 2**)
  - **Face side-on to the camera** – Standing with your legs straight and feet parallel (hip width apart), bend forward and touch your hands on the floor. Hold for 3 seconds (**Position 3**).
  - **Face side-on to the camera** – From a standing position, roll slowly down through the spine and then return your body to a vertical position (**Position 4**).
  - **Face side-on to the camera** – Standing with your feet together and keeping your back vertical, bend the knees over the feet. Hold for 3 seconds (**Position 5**).
  - **Candidate faces the camera** – Standing in 1<sup>st</sup> position, bend your knees (demi plie – knees must be over feet). Hold for 3 seconds (**Position 6**).
  - **Face side-on to the camera** - Standing in 1<sup>st</sup> position, bend your knees (demi plie – knees must be over feet). Hold for 3 seconds (**Position 7**).

- **Face side-on to the camera –**  
Sitting position on the floor with the soles of your feet together and knees open (basic or frog position). Back straight and arms down. Hold for 3 seconds (**Position 8**).
- **Face side-on to the camera -**  
Sitting position on the floor with the soles of the feet together and knees open (basic or frog position). Bend forward over legs with arms stretched forwards. Hold for 3 seconds (**Position 9**).
- **Face side-on to the camera –**  
sitting position with legs together and extended forward. Back extended and bend forward over legs with feet flexed. Hold for 3 seconds (**Position 10**).
- **Face side-on to the camera –**  
Sitting position with legs together, back upright and toes pointed. Hold for 3 seconds (**Position 11**).
- **Face side-on to the camera -**  
Sitting position with legs extended to either side of the body, back upright with your arms down and hands in front. Hold for 3 seconds (**Position 12**).
- **Face side-on to the camera –**  
Legs extended to either side of the body, back extended and forward bend with your arms extended to the front. Hold for 3 seconds (**Position 13**).
- **Face side-on to the camera –**  
Laying on your stomach with your legs extended behind and hands under shoulder blades (**Position 14a**). Arch your body up then lift arms to the side to show balance, keeping both hips on the floor. Hold for 3 seconds (**Position 14b**).
- **Face side-on to the camera –** laying flat on your back, lift and pull your leg with your hands in a forward position (over your head with body in a lengthened position). Hold for 3 seconds (**Position 15a**).  
**Repeat this exercise with both legs (Position 15b).**

3 **Creative Task** - See Dance video for more information regarding this task.

- You can use music of your choice.
- Try to be as inventive as possible with your movement choices.
- Be as creative as you can and think about using different levels in the dance such as height, middle and floor.
- Use a lot of space and a variety of energy levels in your presentation, i.e. fast, slow, strong, soft, smooth and sharp.
- Use the WORD BANK of words supplied to inspire and create piece. See the examples on the dance video.