

Gifted and Talented Dance program

Dance USB Submission Instructions for Ballet Applicants

- Camera position – directly in front for Plies and Port de Bras – to show full height and breadth.
- Please position the camera halfway between front and side for all other sections of the barre to show full range of movements.

Recommended attire for Ballet USB

Girls – sleeveless leotard and usual ballet shoes.

Boys – ballet shorts or footless tights, fitted white shirt, vest or leotard and their usual ballet shoes.

Barre work

Left and right sides of all exercises must be shown. The music provided is a guide only, you are not expected to use the whole track.

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| Track 1 | Plies (demi and full) and 1 st , 2 nd and 5 th position with a balance at the end. |
| Track 2 | Tendus (4 front, 4 back and 4 side) in 1 st and 5 th positions. |
| Track 3 | Battement tendu jeté (glissés) (4 front, 4 side, 4 back and 4 side) in 5 th position only. |
| Track 4 | Cambrés (bends) – sideways, forwards and backwards. |
| Track 5 | Grand battements en croix (in 4 counts for each movement). |
| Track 6 | Develop to arabesque and hold in position – facing the barre. |

Centre work

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| Track 7 | Battement tendu (4 front, 4 side, 4 back and 4 side) in 5 th position. |
| Track 8 | Simple ports de bras. |
| Track 9 | Pirouette endhors enface from 5th Position. |
| Track 10 | Sautés in 1st and 2nd positions, en face. |
| Track 11 | Travelling Jump from corner – Pose Temp leve with Pas de chat. |