

Modern Theory

GRADE THREE

Q. What is an isolation

A. When we use only one part of the body.

Q. In the general conditioning exercise at the barre, what position do we place the feet on the lunge and foot pushes?

A. The feet are straight to maximize the stretch.

Q. When lifting the head and shoulder blades in the abdominal and contraction exercise, where do we hold the head?

A. Chin tucked into the chest so we don't strain the neck.

Q. What does contraction mean?

A. To shorten

Q. Is the leg turned out in 2nd in the side extension and side kick exercise?

A. Yes, to maximize the movement in the hip socket.

GRADE FOUR

Q. Define the word rhythm?

A. The regular occurrence of an accented beat or beats in a bar of music.

Q. Why do we use a variety of arm lines whilst dancing?

A. To develop style and presentation and to aid balance.

Q. Describe the position of the body as you bend the knees in the body roll exercise?

A. The back is held upright with the knee parallel over the toes

Q. In the exercise for turns where do we place the chasse?

A. Sideways to keep us travelling in a straight line to the corner

An awareness of all stage direction should be shown. Questions may be asked on all alignments;

US – Upstage

DS – Downstage

SR – Stage right

SL – Stage left