

## Royal Academy of Dance: Grade 2

*Ballet terms Grade 2 students should know:*

Positions of the arms - 1st position, 2nd position, 3rd position, 4th position, 5th position, open 5th, demi second, demi bras, open 4th

Positions of the feet – 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>

A la seconde -To the side

Adage - Slow, gracefull, coordinated movements of the arms, feet, body and head.

Attitude - Leg lifted off the floor at 45 degrees, with a bent knee

Battements Tendus - Stretch of the foot (with straight leg, foot stays on the floor) (to the front, to the side, to the back)

Changements - A jump changing feet

Cifra - Toe, heel, toe or Step, heel, step.

Crossing rida step - (grape vine step) step to side, step in front, step to side, step behind.

Cou de pied – a point just above the ankle bone devant or derriere

Curtsey or bow

Czardas - Step to side with 2 straight legs, as other leg joins in parallel on bend

Demi pli  – half bend

Demi pointe – toes on the floor, heels lifted

Derriere - To the back

Devant - To the front

Echapp s Saut s - A jump from 1st position landing in 2nd (Echapp s means to escape)

En face- Facing the front

Fondus- To melt, a bend of/on one leg

Forwards galops – always start with a hop

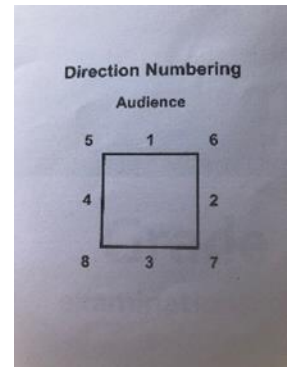
Glissade - Sliding/gliding step. Starts in demi plie in 3rd, leg extends to side, transfer weight onto it, stretching other foot before sliding it back into 3rd.

Grand Allegro - Big, lively jumps (e.g. leaps, step hops)

Grand Battement - (Preparation for Grands Battements) Big movement. Leg tendus then lifts (throwing movement) to highest point without bending underneath leg.

Parallel Assembl s - Swish jump in parallel

Petits jet s - A small jump from one foot to the other, working foot is pointed at ankle



Port de bras - Carriage of the arms

Basic port de bras – bras bas – 1st – 2nd – demi second – bras bas

Full port de bras – bras bas – 1st – 5th – open 5th – 2nd – demi second – bras bas

Relevé - Snatch. From demi plie, strong rise onto demi-pointe

Retire – one foot to pointe toes just below the knee

Rise

Running waltz step/triple runs - 1,2,3 OR Down, up, up OR Slow, quick, quick. Legs are slightly bent, steps are all the same size but emphasis is on the first step.

Sauté – jump in parallel, 1st, 2nd and 4th position

Sideways galops – always start with a hop

Soubresauts - A jump in 3rd

Spring points / heels

Springs

Step hop

Transfer of weight – moving weight from one foot to another, grade 1 goes side to side

**Ideally this document is to be used alongside the Royal Academy of  
Dance Grade 2 DVD or app**

## Barre

### Pliés

Starts sideways to the barre, feet in 1<sup>st</sup> position, both arms in bras bas. 8 count intro, 4 counts to basic port de bras, 4 counts to place hand on barre and free arm to bras bas.

4 counts to demi plié, arm breaths to demi-seconde and bras bas  
repeat

2 counts to rise, arm to 1<sup>st</sup>

2 counts to lower

point outside foot to 2<sup>nd</sup>, arm to 2<sup>nd</sup>

lower heel, arm to bras bas

4 counts to demi plié in 2<sup>nd</sup> position, arm breaths to demi-seconde and bras bas  
repeat

2 counts to rise, arm to 1<sup>st</sup>

2 counts to lower

point outside foot, arm to 2<sup>nd</sup>

close in 3<sup>rd</sup> position devant, arm to bras bas

4 counts to demi plié in 3<sup>rd</sup> position, arm breaths to demi-seconde and bras bas  
repeat

2 counts to rise, arm to 1<sup>st</sup>

2 counts to lower

arm goes through 2<sup>nd</sup> to bras bas

both arms lift sideways to open 5<sup>th</sup>, head lifted to centre

Arms to bras bas after the music

### Battement Tendus – music A

Starts sideways to the barre, feet in 3<sup>rd</sup> position (always outside leg in front), one hand on the barre, one in bras bas.

4 count intro, hold.

4 counts to battement tendu devant, and close  
repeat

4 counts to battement tendu to 2<sup>nd</sup> closing 3<sup>rd</sup> derrière

4 counts to rise and lower

4 counts to battement tendu derrière and close  
repeat

4 counts to battement tendu to 2<sup>nd</sup> closing 3<sup>rd</sup> devant

4 counts to rise and lower

Barre arm to bras bas after music

## Battement Tendus – Music B

Starts sideways to the barre, feet in 3<sup>rd</sup> position (always outside leg in front), one hand on the barre, one in bras bas.

2 count intro, hold.

2 counts to battement tendu devant, and close

repeat

2 counts to battement tendu to 2<sup>nd</sup> closing 3<sup>rd</sup> derrière

2 counts to rise and lower

2 counts to battement tendu derrière and close

repeat

2 counts to battement tendu to 2<sup>nd</sup> closing 3<sup>rd</sup> devant

2 counts to rise and lower

Barre arm to bras bas after music

## Preparation for grands battements

Starts sideways to the barre, feet in 3<sup>rd</sup> position, both arms bras bas. 4 count intro, hold for 2, then basic port de bras to 2<sup>nd</sup> placing one hand on the barre.

Point devant

Lift the leg (10cm) devant

Lower to point devant

Lift the leg (10cm) devant

Lower to point devant

Close 3<sup>rd</sup>

Rise and small steps on demi-pointe to face the barre, place hands on barre

Lower in 1<sup>st</sup> position

Using the same leg, point to side

Lift the leg to the side

Lower to point to the side

Lift the leg to the side

Lower to point to the side

Close 1<sup>st</sup>

Rise and small steps on demi-pointe to face the back of the room, free arm through 1<sup>st</sup> to 2<sup>nd</sup>

Lower 3<sup>rd</sup>

Repeat all with the other leg

Close both arms bras bas after the music

## Centre

### Port de bras

Starts in the centre facing the front, feet in 1<sup>st</sup>, arms bras bas. 4 count intro, hold.

2 counts to basic port de bras to 2<sup>nd</sup>

2 counts to bring right arm 3<sup>rd</sup> and open to 2<sup>nd</sup>

2 counts to bring left arm to 3<sup>rd</sup> and open to 2<sup>nd</sup>

'& 2' counts to full port de bras to 5<sup>th</sup> and open to 2<sup>nd</sup> position

Step forward onto right leg towards corner 6 closing in parallel en demi-plié, arms 3<sup>rd</sup> right arm forward  
straighten legs

repeat to left

repeat to right, arms lower to sides when straighten legs

slight knee bend and stretch, arms swing left arm forwards high right arm back low (palms down)

slight knee bend and stretch and rise, arms swing right arm forward high, left arm back low (palms down)

run backward

close 1<sup>st</sup> facing front, arms lower palms down to bras bas

Repeat all to other side

### Fondus – performed 2 at a time continuously

Starts in centre facing the front, feet in 3<sup>rd</sup> right foot front, arms bras bas. 2 counts intro, basic port de bras to 2<sup>nd</sup>.

Right foot cou de pied devant en fondu, left arm to 3<sup>rd</sup>

Close 3<sup>rd</sup> devant straightening legs, left arm to 2<sup>nd</sup>

Left foot cou de pied derrière en fondu, right arm to 3<sup>rd</sup>

Close 3<sup>rd</sup> derrière straightening legs, right arm to 2<sup>nd</sup>

Right foot cou de pied devant en fondu, left arm to 3<sup>rd</sup>

Step forward en demi-pointe and close 3<sup>rd</sup> derrière en demi-pointes

Small steps en demi-pointe making full turn to left changing feet, arms to 1<sup>st</sup>

3<sup>rd</sup> left foot devant en demi-pointes, arms 2<sup>nd</sup>

Lower

Repeat to other side

(2<sup>nd</sup> set of dancers prepare their arms to 2<sup>nd</sup> when first set of dancers are making their 2<sup>nd</sup> turn)

Arms bras bas after the music

### Transfer or weight (TOW) – set by teacher

Starts at edges of room, feet in 1<sup>st</sup> position, arms bras bas. 2 count intro, point right foot devant, arms to demi-seconde.

2 transfers of weight forwards and backwards, arms swing forwards and backwards with TOW

2 triple runs into the centre

1 transfer of weight forwards and backwards, arms swing forwards and backwards with TOW

Run en demi-points backwards to starting place and close 1<sup>st</sup> position facing in anticlockwise direction  
3 triple runs in anticlockwise circle, arms demi-seconde  
Close 1<sup>st</sup> then point right leg devant, arms demi-seconde  
Repeat all, after 3 triple runs in anticlockwise circle, close 1<sup>st</sup> facing out of the circle, arms to open 5<sup>th</sup>  
Arms to bras bas after the music

### Adage

Starts centre facing the front, 1<sup>st</sup> position, arms bras bas. 4 count intro, hold for 2, then basic port de bras to 2<sup>nd</sup>,  
extend right leg to side en fondu on count &

Step to right, close 1<sup>st</sup> on quarter-pointe  
Step to right, lifting leg to attitude devant en fondu, right arm to 3<sup>rd</sup>  
Step to left, close 1<sup>st</sup> on quarter pointe, arms 2<sup>nd</sup>  
Step to left, lifting leg to attitude devant en fondu, left arm to 3<sup>rd</sup>

3 walks forward toward corner 6 finishing left leg pointed derrière en fondu, right arm through bras bas to 1<sup>st</sup>  
left leg comes through cou de pied derrière en fondu to point devant with straight legs, right arm 3<sup>rd</sup>, head to front

4 walks backwards, arms open to 2<sup>nd</sup>  
'&' transfer weight forward onto left leg  
glissade movement to right, closing 3<sup>rd</sup> derrière, right arm 3<sup>rd</sup>, head over right arm  
glissade movement to left, closing 3<sup>rd</sup> derrière, left arm 3<sup>rd</sup>, head over left arm  
Step to right, arms to 1<sup>st</sup>  
Close 1<sup>st</sup>, arms to 2<sup>nd</sup>, head to front

Repeat to other side, palms turn up for ending position

Close arms bras bas after music

### Sautés and Soubresauts

Starts in centre facing the front, feet in parallel, arms relaxed by sides. 4 count intro, hold for 3, demi-plié on count 4.

2 counts to relevé and demi plié  
2 jumps in parallel  
2 counts to relevé and demi plié  
2 jumps in parallel by half turn to right

2 sautés into 1<sup>st</sup>, arms bras bas  
3 soubresauts into 3<sup>rd</sup> right foot devant  
jump into parallel, arms by sides  
straighten legs  
demi-plié

Repeat all to other side, straighten legs and hold at end

### Échappés sautés and petit jetés

Starts in the centre, facing the front, feet in 3<sup>rd</sup> left foot in front, arms bras bas. 6 count intro, hold for 5, plié on count 6.

Jump to 2<sup>nd</sup>

Sauté in 2<sup>nd</sup>

jump onto right, left foot in petit jeté position at back

3 petit jetés, front, back, front

step forward en demi-pointe closing 3<sup>rd</sup> derrière en demi pointes, arms through bras bas

hold for 2 counts

demi plié, arms bras bas

2 changements

Repeat to other side

### Galops – set by teacher

Starts in pairs at the back of the room in the centre, foot furthest from partner pointed devant, arms in 3<sup>rd</sup> (opposite arm to leg) 4 count into, hold

4 forward galops towards front (should travel up in the air more than along)

4 forwards galops towards the front with the other leg, arms change 3<sup>rd</sup>

2 sideways galops facing partner travelling towards back of room, hands clasped behind back

2 sideways galops facing outside of room travelling towards back of room

2 sideways galops facing partner travelling towards back of room

Step back, point foot closes to back of room to devant facing partner

Making curve around edges of room, crossing with partner (dancer closest to corner 8 crosses in front of partner)

4 forwards galops, arms 3<sup>rd</sup> (opposite arm to leg)

4 forwards galops with other leg, change arms 3<sup>rd</sup>

4 sideways galops facing the front to meet partner in middle of room, hands behind back

feet in 1<sup>st</sup>, arm go sideways to open 5<sup>th</sup>

Arms lower to bras bas after music

### Turns and parallel assemblés – performed 1 at a time, continuously

Starts in corner 8, facing the front, feet in parallel, hands on waist (fingers together, elbows sideways) 4 count intro, hold.

6 skips by half turn to right travelling toward corner 7

Step to right facing the front and close parallel, arms by sides

Run toward corner 5, arms low behind body (billowing cloak)

step forward with right foot on count 3

parallel assemble turning to face corner 6, arms to open 4<sup>th</sup> left arm raised, head to left hand

Run toward corner 6, arms low behind body (billowing cloak)

step forward with left foot on count 3

parallel assemble turning to face corner 5, arms to open 4<sup>th</sup> right arm raised, head to right hand  
Hold

Run to stand at side of room.

### Grand Allegro

Starts in corner 8, feet in 1<sup>st</sup>, arms in bras bas. 4 count intro, hold for 3, point right leg devant, arms to demi seconde on count 4.

Travelling towards corner 5

Step hop on right leg in parallel retiré, arms through bras bas to 1<sup>st</sup>

Repeat with left leg, arms through bras bas to 2<sup>nd</sup>

3 runs forward, arms through bras bas to 1<sup>st</sup>

Step hop on left leg in parallel retire, arms through bras bas to 2<sup>nd</sup>

Travelling towards corner 6

Step hop on right leg in parallel retiré, arms through bras bas to 1<sup>st</sup>

Repeat with left leg, arms through bras bas to 2<sup>nd</sup>

3 runs forward, arms through bras bas to 1<sup>st</sup>

Step hop on left leg in parallel retire, arms through bras bas to 2<sup>nd</sup>

Travelling towards corner 7

Step hop on right leg in parallel retiré, arms through bras bas to 1<sup>st</sup>

Repeat with left leg, arms through bras bas to 2<sup>nd</sup>

3 runs forward, arms through bras bas to 1<sup>st</sup>

Step hop on left leg in parallel retire, arms through bras bas to 2<sup>nd</sup>

Run towards corner 5, arms low behind body (billowing cloak)

step forward on right leg, parallel assemble, arms to open 4<sup>th</sup>, left arm raised

Run to stand at side of room (by barres)

### Ballet Dance

#### Dance B – hide and seek dance

Starts centre facing the front, sitting on heels, legs parallel, hands hiding eyes. 4 counts intro, hold

2 counts to extend right arm to side, body full bend forward, head turned to right

2 counts to extend left arm to side, head turned to left

roll to right in tucked up position, arms bent close to body

kneel upright, arms to 2<sup>nd</sup> palm down (jack-in-the-box)

sit on heel, hands cover eyes, body and head full bend forward

Keeping body low, turn upper body and head to right and look behind, hands to floor

Repeat to left

Roll to left in tucked up position

small jump to parallel, knees in full bend, hands to floor

jump up to 1<sup>st</sup>, hands clasped behind back

Jump to 2<sup>nd</sup>, straighten legs and demi-plié (jump, stretch bend)  
 Jump into parallel, straighten legs and demi-plié  
 Jump in parallel  
 2 jumps in parallel by half turn to right  
 Step towards corner 6 and join in parallel en demi-plié, arms to 1<sup>st</sup>  
 Relevé in parallel, arms through 2<sup>nd</sup> to wide position behind body, body leaning forward  
  
 Travelling to corner 7, 3 runs and hold (R L R) back knee bent foot close to body, hands clasped behind back  
 Repeat runs ( L R L)  
 Turn to face corner 5, 2 step hops in parallel retiré (R L)  
 Step forward and parallel assemble forwards, arms through 1<sup>st</sup> and 2<sup>nd</sup> to wide position behind body  
  
 3 walks towards corner 6 and hold (R L R) finishing in lunge with left foot stretched behind, right arm above eyes palm down 'miming looking for friends) head and eyeline lifted  
 3 spring points travelling backward (R L R) hands clasped behind back  
 Step back with right leg, to point left leg devant  
 shrug shoulders  
  
 3 walks towards corner 5 and hold ( L R L) finishing in lunge with right foot stretched behind, left arm above eyes palm down 'miming looking for friends) head and eyeline lifted  
 3 spring points travelling backward ( L R L) hands clasped behind back  
 Step back with left leg, to point right leg devant  
 shrug shoulders  
  
 Step forward with right leg, towards corner 5  
 swish left leg devant off the floor and spring to kneel on right knee, hands to the floor  
 roll to left through sitting facing 3, and kneel on left knee facing corner 6  
 Stand on right leg, left leg point derrière  
  
 Step forward with left leg, towards corner 6  
 swish right leg devant off the floor and spring to kneel on left knee  
 hands clap in front of left shoulder  
  
 Look to corner 6 and mime 'fright'  
 stand up onto right leg and 2 walks backwards (L R) , mime more fright  
 Turn to left and run forwards to corner 7  
 Free ending - hiding from friend

## Character Dances

### Dance C – garland dance

Starts corner 5, body facing corner 7, feet in parallel, arms in front just above waist height, hands holding garland in downward curving arc, head to examiner. 4 count intro, hold  
  
 4 heel toe walks (R L R L)  
 run forward in small clockwise curve to finish centre facing front, close 1<sup>st</sup>  
 Step back onto right leg to face corner 6, left heel digs devant, straight legs, arms across body to left  
 Run forward in small anticlockwise curve to finish centre facing the front, close parallel  
 bend knees to place garland on the floor in straight line, and recover  
 Step back with left foot and close parallel, hands on waist, fingers together and forwards  
 hold

Cifra springing onto right leg  
jump to parallel  
Hold demi-plié, clap  
repeat to left

Cifra onto right leg springing forward over garland, hands on waist  
jump to parallel  
jump in parallel with half turn to right  
repeat (springing back over garland)

4 counts to bend knees and pick up garland, and swing it overhead to behind neck, holding ends of garland out in front of body

Relevé in parallel and lower onto right leg, left leg lifts to attitude devant en fondu, right shoulder forward  
Relevé in parallel and lower onto left leg, right leg lifts to attitude devant en fondu, left shoulder forward  
single czardas step to right  
single czardas step to left  
repeat all

4 counts to turn to face corner 6, swing garland over head and forward to beginning position

4 heel toe walks (R L R L)  
run forward in small clockwise curve to finish centre facing front, close 1<sup>st</sup>  
Step back onto right leg to face corner 6, left heel digs devant, straight legs, arms across body to left  
Run forward facing front  
step to left and curtsey  
step to right en demi-pointes and close parallel and turn to right to face corner 5  
right heel digs devant en fondu and hold, arms sweep down and to right to finish left arm across body and right arm high to side, head to raised arm

### Dance D

Starts corner 8 facing corner 6, feet in 1<sup>st</sup>, holding skirt out to sides. No intro

3 counts, hold  
pick up right leg behind with knee bent

3 picked up runs forward (R L R)  
repeat (L R L)  
repeat twice making one full turn to right (R L R, hold, L R L)

step forward towards corner 5 and close parallel  
demi-plié  
pick up left leg behind with knee bent

3 picked up runs forward (L R L)  
repeat (R L R)  
repeat twice making one full turn to left (L R L, hold, R L R)

4 skips backwards facing corner 5  
3 skips backwards facing the front  
jump feet into parallel, hands on waist, fingers forwards  
  
2 single czardas steps to right, head over right shoulder  
repeat to left  
1 single czardas step to right  
repeat to left  
relevé in parallel  
2 jumps in parallel by half turn to right  
  
4 cifra by quarter turn to right, spring onto R (R L R L), arms to wide 2<sup>nd</sup> palms up

Step to right en demi-pointe and close in parallel, arms 2<sup>nd</sup>  
Step to right en demi-pointe and close in parallel en demi-plié facing corner 6, left hand to waist, right hand to nape of neck, left shoulder forward  
Repeat to other side

2 crossing rida steps starting with left leg (steps across), travelling to right toward side 2 and continuing in clockwise curve facing out, hold skirts out to side

Run forward continuing clockwise curve to corner 8 closing parallel facing corner 6, hands to waist

2 heel toe walks forward (R L )  
Pull back onto heel in parallel, hold, clap  
demi-plié  
(heel toe heel toe, up, clap, bend)  
repeat an additional 2 times

2 jumps in parallel by half turn to right  
jump onto right leg, left heel digs forward en fondu facing corner 6  
Right arm through 1<sup>st</sup> to demi-bras, left hand on waist

Révérance – set by teacher