



ROYAL  
BALLET  
SCHOOL

## AUDITION CLASS GUIDE FOR UPPER SCHOOL APPLICANTS

Applicants aged between 16-18 years on 31 August 2023

The following enchaînements may be performed exactly as written or used as a basis for your own exercise. We are happy for you to adapt the enchaînement as needed, particularly the use of the arms and the head. You may also choose other music.

### BARRE

All exercises are taken with one hand on the barre

1. PLIÉ - right side only

Prepare with the feet in 1st position and port de bras to 2nd position on the introduction

Counts	Movements
1-4	2 demi-pliés in 1st position in 2 counts with simple port de bras through bras bas, 1st position to 2nd position
5-8	1 grand plié in 1st position in 4 counts with simple port de bras through bras bas, 1st position to second position
1-4	Cambré (port de bras) forward and recover
5-6	Rise and lower in 1st position
7	Tendu to 2 <sup>nd</sup> position
8	Lower in 2 <sup>nd</sup> position
1-16	Repeat pliés in 2nd position with a cambré sideways towards the barre and tendu closing in 5th position front
1-16	Repeat pliés in 5th position with cambré backwards and holding the rise in 5th position. Balance and lower in 5th position

Suggested Spotify track: <https://open.spotify.com/track/0hjtjXDHRBNu466k4rSx8d> (music can be faded or stopped at the appropriate time).

## 2. BATTEMENT TENDU - left side only

Prepare with the feet in 5th position and port de bras to 2nd position on the introduction

Counts	Movements
1-3	3 battement tendu devant in 1 count with the last one finishing on demi-plié
4	Stretch legs
5-8	Repeat with battement tendu in 2nd position closing back, front, back
1-4	Repeat with battement tendu derrière
5	Battement tendu in 2nd position in 1 count closing in 1st position
6	Battement tendu in 2nd position in 1 count closing in 5th position front
7	Battement tendu in 2nd position in 1 count closing in 1st position
8	Battement tendu in 2nd position in 1 count closing in 5th position back
1-16	Repeat everything starting from derrière
1-16, 1-16	Repeat whole exercise again

Suggested Spotify track: <https://open.spotify.com/track/2DwV3j7psl3i0jwPnm5JL5>

## 3. ADAGE Right and left sides

Prepare with the feet in 5th position and port de bras to 2nd position on the introduction

Counts	Movements
1-4	Développé devant with port de bras through bras bas, 1st position to 5th position
5-6	Hold
7	Lower to pointe tendu devant
8	Close 5th position front port de bras to 2nd position
1-4	Développé 2nd with port de bras through bras bas, 1st position to 5th position
5-6	Hold
7	Lower to pointe tendu 2nd
8	Close 5th position back port de bras to 2nd position
1-4	Développé derrière with port de bras through bras bas, 1st position to arabesque
5-6	Hold
7	Lower to pointe tendu derrière
8	Close 5th position back port de bras to 2nd position
1-4	Développé 2nd with port de bras through bras bas, 1st position to 5th position
5-6	Hold
7	Lower to pointe tendu 2nd
8	Soutenu to the other side
1-16, 1-16	Repeat everything on the left side

Suggested Spotify track: <https://open.spotify.com/track/04M658aeXGS1lScspFor0a>

#### 4. GRAND BATTEMENT - both sides

Prepare with the feet in 5th position and port de bras to 5th position on the introduction

Counts	Movements
1-3	3 grands battements devant in 1 count
4	Hold feet in 5th position and port de bras to 2nd position
5-7	Repeat 3 grands battements in 2nd position in 1 count closing back, front, back
8	Hold feet in 5th position with port de bras through bras bas, 1 <sup>st</sup> position to arabesque
1-3	Repeat derrière
4	Hold feet in 5th position with port de bras to 2nd position
5-7	Repeat 3 grands battements in 2nd position in 1 count closing front, back, front
8	Détourné or soutenu to the other side
1-16	Repeat to left side

Suggested Spotify track: <https://open.spotify.com/track/70F5DiXkUaoyV4mKWzQ0a6>

## CENTRE

#### 1. ADAGE

Prepare with the feet in 5th position croisé with right foot front, arms in bras bas

Counts	Movements
1-3	Développé right leg devant croisé with port de bras through bras bas, 1st position to 4th position
4	Close 5th position front port de bras to 2nd position
5-6	Développé left leg 2nd en face with port de bras through bras bas, 1st position to 2nd position
7-8	Fouetté (turn) to the right into 1st arabesque facing side wall
1-4	Tour lent (promenade) to the right in 1st arabesque with one full turn
5-6	Hold 1st arabesque facing side wall
7-8	Fondu in arabesque and pas de bourrée finishing with left leg in 5th croisé and arms in 2nd position
1-16	Repeat everything on the left side

Suggested Spotify track: <https://open.spotify.com/track/33KxUPBcmbqBXAgzpB7cC0>

## 2. PIROUETTES

Prepare with the feet in 5th position en face with right foot front, arms in bras bas

Counts	Movements
1	Tendu right leg 2nd with port de bras through 1st position to 2nd position
2	Plié in 4th position with left foot in front, port de bras right arm to 3rd position
3	Double or multiple pirouette en dehors arms in 1st position
4	Finish pirouette closing right foot back in 5th position
5-8	Repeat to the left
1	Tendu right leg croisé devant with port de bras through 1st position to 4th position
2	Lunge with right leg front port de bras to right arm in 3rd position
3	Double or multiple pirouette en dedans arms in 1st position
4	Finish pirouette closing left foot front in 5th position
5-8	Repeat to the left

Suggested Spotify track: <https://open.spotify.com/track/7fyciG5gLhalwF1VI5lsvs>

Note: if you have room, for this enchaînement you may choose to do a travelling pas de bourrée preparation for each pirouette.

## ALLEGRO

### 1. SAUTÉS

Prepare with the feet in 1st position en face, arms in bras bas

Counts	Movements
1-4	4 sautés in 1st position
5-8	4 sautés in 2nd position with the arms in 2nd position
1-4	4 changement in 5th position closing right foot front on count 1 arms in bras bas
5-8	2 échappé sauté to 2nd position closing right foot front on first échappé and left foot front on second échappé with port de bras to 2nd position
1-16	Repeat on the other side

Suggested Spotify track: <https://open.spotify.com/track/4cqkDdEJSMAJUXSgIDqfui>

## 2. PETIT ALLEGRO

Prepare in 5th position en face with left foot front, arms in bras bas

Counts	Movements
1	Glissade towards the right
2-4	3 assemblé over
5-8	Repeat to the left
1	Glissade towards the right
2	Jeté over right arm 3rd position
3	Temps levé
4	Petit assemblé closing left foot back
5-6	Repeat to the left
1-16	Repeat all again

Suggested Spotify Track: <https://open.spotify.com/track/0H8wrY1akVjYHdUTDoW6cW> (music can be faded or stopped at the appropriate time).

## 3. GRAND ALLEGRO

**Female applicants** - if you have the appropriate space please execute a series of step, step, grand jeté en avant on the diagonal using alternate legs

Suggested Spotify track: <https://open.spotify.com/track/3vKTE6y83zbKCcjT6q07w>

If you have limited space you can execute the following enchaînement:

Prepare with the feet in 5th position croisé with right foot front, arms in bras bas

Counts	Movements
1-2	2 sissonne en avant to the right in 1 <sup>st</sup> arabesque effacé
3	1 sissonne over in 2nd position
4	Stretch/plié
5-8	Repeat to the left

Suggested Spotify track: <https://open.spotify.com/track/5fvRKEK2Y6YpquFVqo3eEp> (music can be faded or stopped at the appropriate time).

## Male applicants

Prepare with the feet in 5th position croisé with right foot front, arms in bras bas

Counts	Movements
1-3	3 sissonne en avant to the right in 1st arabesque effacé
4	Stretch/plié
5	Relevé 5th en face right arm 3rd position
6	Hold on demi-pointe
7	Plié
8	Double tour en l'air
5-8	Repeat to the left

Suggested Spotify track: <https://open.spotify.com/track/5fvRKEK2Y6YpquFVqo3eEp> (music can be faded or stopped at the appropriate time).

## STRETCHING

Please hold each position for 8 counts

1. Achilles (standing in parallel sideways to camera and bend knees with heels remaining on the floor)
2. Hamstrings (sitting on floor sideways to camera, legs stretched forward in parallel, reach forward to touch toes). Be mindful to keep your knees fully stretched
3. Back (lying face down sideways to camera, place hands on floor next to your shoulders and slowly stretch arms so back is arched)
4. Splits (facing on diagonal splits with both right and left leg, box splits in second position).

## POINTE

Female applicants only

1. RELEVÉ/ÉCHAPPÉ

Prepare with the feet in 5th position croisé with right foot front, arms in bras bas

Counts	Movements
1-4	Échappé relevé en croix (4th, 2nd, 4th, 2nd) with appropriate port de bras
5-7	3 relevé passé under in retiré with appropriate port de bras
8	Relevé in 5th position with left foot front port de bras to 5th position
5-8	Repeat to the left
1-8	Repeat right and left with relevé passé over

Suggested Spotify track: <https://open.spotify.com/track/5xKMJpYxk2hLMdIEMuhi4Z>

## 2. PIROUETTE

The same pirouette enchaînement as for centre can be executed

## 3. PIQUÉ TURNS

If you have the appropriate space please execute a series of pique turns en dedans on the diagonal

Suggested Spotify track: <https://open.spotify.com/track/1jYqIB5L9pGTyHjQ2e74yP>