



ROYAL BALLET SCHOOL

VIDEO AUDITION GUIDE FOR WHITE LODGE AND MID ASSOCIATE APPLICANTS

The following enchaînements may be performed exactly as written or as a basis for your 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 unless otherwise indicated.

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 2 counts each with port de bras through bras bas, 1st position to 2nd position
5-6	Rise in 1st position
7-8	Lower in 1st position
1-4	Grand plié in four counts arms remain in 2nd position
5	Battement tendu 2nd
6	Hold pointed position
7-8	Lower in 2 nd position
1-16	Repeat in 2nd position with the battement tendu closing to 3rd position
1-4	2 demi-pliés in two counts with port de bras through bras bas, 1st position to 2nd position
5-8	Rise with legs drawing to 5th position on the demi-pointe

[Listen to a suggested track for this exercise on Spotify.](#)

2. Battement tendu – left side only

Prepare with the feet in 3rd position and port de bras to 2nd position on the introduction.

Counts	Movements
1-16	4 battements tendus devant in 4 counts each (tendu on '1', hold on '2', close 3rd on '3', hold on '4')
1-16	4 battements tendus 2nd
1-16	4 battements tendus derrière
1-16	4 battements tendus 2nd

[Listen to a suggested track for this exercise on Spotify.](#)

3. Battement tendue jeté or battement glissé – right side only

Prepare with the feet in 3rd position and port de bras to 2nd position on the introduction.

Counts	Movements
1-16	4 battements tendus jeté or battement glissé devant in 4 counts each (brush open on '1', hold on '2', close 3rd on '3', hold on '4')
1-16	4 battements tendus jeté or battement glissé 2nd
1-16	4 battements tendus jeté or battement glissé derrière
1-16	4 battements tendus jeté or battement glissé 2nd

[Listen to a suggested track for this exercise on Spotify.](#)

4. Grand battement – both sides

Prepare with the feet in 3rd position and port de bras to 5th position on the introduction.

Counts	Movements
1-8	2 grands battements devant in 4 counts each (throw leg on '1', lower to pointe tendu devant on '2', close '3' and hold '4') On count '8' turn to face the barre
1-8	2 grand battements 2nd
1-8	2 grand battements derrière
1-8	2 grand battements 2nd

[Listen to a suggested track for this exercise on Spotify.](#)

5. Cambré (port de bras) – both sides

Prepare with the feet in 3rd position and port de bras to 2nd position on the introduction.

Counts	Movements
1-6	Cambré (port de bras) forward and recover with arm in 5th position
7-8	Arm opens to 2nd position
1-6	Cambré sideways towards the barre and recover
7-8	Turn to face the barre two hands hold the barre
1-2	Head turns to the right
3-6	Cambré backwards, both hands remain on the barre and recover
7-8	Turn back to 1st side, arm to 2nd position
1-8	Port de bras through bras bas, 1st position, 5th position and back to 2nd position 2 counts for each position

[Listen to a suggested track for this exercise on Spotify.](#)

CENTRE

1. Port de bras

Prepare with the feet in 3rd position croisé with right foot front, arms in bras bas.

Counts	Movements
1-2	Port de bras to 1st position
3-4	Continue to 5th position
5-6	Open to 2nd position
7-8	Lower to bras bas
1-8	Repeat
1-2	Port de bras to 1st position
3-4	Tendu right leg to 2nd position en face open arms to 2nd position
5-6	Lower in 2nd position with demi-plié hold arms in 2nd
7-8	Pointe left foot in 2nd position, hold arms in 2nd position
1-2	Close left foot front 3rd position croisé hold arms in 2nd position
3-4	Lower arms to bras bas
5-6	Rise in 5th position with port de bras to 5th position
7-8	Lower to 3rd position with port de bras to bras bas
1-16	Repeat to left side

[Listen to a suggested track for this exercise on Spotify.](#)

2. Pirouette (mazurka)

Prepare with the feet in 3rd position en face with right foot front, arms in bras bas, demi-plié on count 6 of introduction.

Counts	Movements
1	Relevé to 5th position, arms 1st position
2	Hold
3	Demi-plié
4	Relevé right leg retire devant, arms 3rd position
5	Hold
6	Demi-plié
1-2	Single pirouette en dehors, arms 1st position
3	Close right foot back in demi-plié
4-5	Recover, opening arms to 2nd position and then to bras bas
6	Demi-plié
1-12	Repeat left
1-12, 1-12	Repeat right and left

[Listen to a suggested track for this exercise on Spotify.](#)

ALLEGRO

1. Sautés

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

Counts	Movements
1-6	6 sautés in 1st position
7	Battement tendu right leg 2nd position
8	Lower in 2nd position
1-8	Repeat in 2nd position, closing to 1st position
1-16	Repeat all using the left leg for battements tendus

[Listen to a suggested track for this exercise on Spotify.](#)

2. Balancés

Prepare with the feet in 3rd position en face with left foot front, arms in bras bas.

Counts	Movements
1-4	4 balancés de côté (sideways) right, left, right, left
5	Step de côté on right leg pointe left leg 2nd position
6	Hold
7	Close left leg to 3rd position back arms to bras bas
8	hold
1-8	Repeat to left
1 -16	Repeat all

[Listen to a suggested track for this exercise on Spotify.](#)

3. Gallops

If you have the appropriate space, please execute up to 16 gallops with the right foot front effacé on the diagonal. Repeat to the left.

[Listen to a suggested track for this exercise on Spotify.](#)

STRETCHING

Please hold each position for 8 counts:

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