



ROYAL BALLET SCHOOL

VIDEO AUDITION GUIDE FOR WHITE LODGE, MID AND SENIOR ASSOCIATE APPLICANTS

The following enchaînements may be performed exactly as written or 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. Pliés - 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 2nd position
1-4	Cambré (port de bras) forward and recover
5-6	Rise and lower in 1st position
7	Tendu to 2nd position
8	Lower in 2nd 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

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

2. Battements tendus – left side only

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

Counts	Movements
1-4	2 battements tendus devant in 2 counts count with the last one finishing on demi-plié (tendu on '1', close on '2')
5-8	Repeat with battements tendus in 2nd position closing front, back
1-4	Repeat with battements tendus derrière
5-8	Repeat with battements tendus in 2nd position closing back, front
1-16	Repeat everything once again

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

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 2 nd
8	Close 5th position front with port de bras to bras bas

Stop and repeat to the other side.

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

4. Grands battements

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

Counts	Movements
1-6	3 grands battements devant in 2 counts
7-8	Hold feet in 5th position and port de bras to 2nd position
1-6	Repeat 3 grands battements in 2nd position closing back, front, back
7-8	Hold feet in 5th position with port de bras through bras bas, 1 st position to arabesque
1-6	Repeat 3 grands battements derrière
7-8	Hold feet in 5 th position with port de bras to 2nd position
1-6	Repeat 3 grand battement in 2nd position closing front, back, front
7-8	Hold feet in 5th position and port de bras to bras bas.

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

CENTRE

1. Port de bras and small adage

Prepare with the feet in 5th position croisé with right foot front, arms in bras bas, port de bras to 2nd position on the introduction.

Counts	Movements
1-4	Port de bras to 1st position, 5th position, 2nd position and back to bras bas 1 count for each position
5-6	Tendu left leg 2nd position 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	Lift left leg to 1st arabesque
5-6	Hold 1st arabesque facing the side wall
7-8	Fondu in arabesque and pas de bourrée finishing with left leg in 5th front croisé and arms in 2nd position
1-16	Repeat everything on the left side

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

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 position 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 pirouette en dehors arms in 1st position
4	Finish pirouette closing right foot back in 5th position
5-8	Repeat to the left
1-8	Repeat all again

[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
1-4	4 sautés in 1 st 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

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

2. Petit allegro

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

Counts	Movements
1	Assemblé over
and 2	Stretch/plié
3-4	Repeat to the left
5-8	Repeat to the right and left
1	Glissade towards the right
2	Assemblé over
3-4	Repeat to the left
5	Glissade towards the right
6	Jeté derrière right arm in 3rd position
7	Petit assemblé closing left foot back
8	Stretch/plié
1-16	Repeat to the left

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

3. Grand allegro

If you have the appropriate space, please execute the following enchaînement on the diagonal:

Prepare croisé with the left foot front and the right foot pointed derrière, arms in bras bas.

Counts	Movements
1	Temps levé in 1st arabesque on the right foot
2	Galop with the left foot front croisé arms in 1st position
3	Temps levé with the right leg in retiré derrière arms in 4th position with the left arm high
4	Galop with the right foot front croisé arms in 1st position
	Repeat this sequence on the diagonal

Stop and repeat on the other side separately.

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

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

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

Counts	Movements
1	Temps levé in 1st arabesque on the right foot facing the right wall
2	Galop back towards the left wall
3	Temps levé in 1st arabesque on the left foot facing the left wall
4	Galop back towards the right wall
5-8, 1-8	Repeat this sequence 3 times

[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.

POINTE – FOR FEMALE TRAINING APPLICANTS ONLY

1. Rises

Prepare with the feet in 1st position facing the barre, arms in bras bas and place hands on the barre on the introduction.

Counts	Movements
1-2	Rise up on to pointe
3-4	Hold
5-6	Lower down
7-8	Hold
1-8, 1-8	Repeat twice
1-2	Tendu right leg 2nd position
3-4	Hold pointed position
5-6	Lower into 2nd position
7-8	Hold
1-16, 1-16	Repeat in 2 nd position

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

2. Relevés

Prepare with the feet in 5th position right foot front facing the barre, arms in bras bas and place hands on the barre and demi-plié on count 4 of the introduction.

Counts	Movements
1	Relevé in 5th position
2	Demi-plié
3-4	Repeat
5	Relevé in 5th position
6-7	Hold
8	Demi-plié
1-6	Repeat 3 relevés in 5th position
7	Tendu right leg 2nd
8	Close back with demi-plié
1-16	Repeat left

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