



ROYAL BALLET SCHOOL

VIDEO AUDITION GUIDE FOR UPPER SCHOOL AND ADVANCED 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. 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 nd position
8	Lower in 2 nd 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. 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 the whole exercise 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 2nd
8	Soutenu to the other side
1-16, 1-16	Repeat everything on the left side

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

4. Grand battements – 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 st 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

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

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 the 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

[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 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

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

If you have room for this enchaînement, you may choose to prepare a travelling pas de bourrée 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

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

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

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

3. Grand allegro

FEMALE TRAINING APPLICANTS

If you have the appropriate space please execute a series of step, step, grand jeté en avant on the diagonal using alternate legs. [Listen to a suggested track for this exercise on Spotify.](#)

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 st arabesque effacé
3	1 sissonne over in 2nd position
4	Stretch/plié
5-8	Repeat to the left

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

MALE TRAINING 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 1 st 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

[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. 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

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

2. Pirouette

The same pirouette enchaînement as for the centre can be executed.

3. Piqué turns

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

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