

## RAD Grade 6 Contents

### **BARRE**

Plies

Battements tendus and battements glisses

Ronds de jambe a terre and battements fondus

Battements frappes

Exercise for ronds de jambe en l'air with port de bras

Adage

Grands battements and battements en cloche

Demi-pointe enchainement (**female ONLY**)

### **CENTRE**

1st ports de bras

OR

2nd ports de bras

Pirouettes en dehors

Pirouettes en dedans

Adage Study

Soubresauts and echappes sautes to 4th position

Pas de bourrees (**female ONLY**)

Petit allegro

Waltz enchainement (male and female)

**Classical Dance (male and female)**

### **Free Movement**

Exercise for upper back

Exercise for elevation and use of space

**Free Movement Dance (male and female)**

### **Character**

Polonaise

Polish Mazurka and Pas Marche

Krakoviak

Russian Mazurka: Training Exercise (not examined)

**Character Dance - Polish Mazurka (not doing)**

**Character Reverence**