

# **RAD Grade 4 Content**

## **BARRE**

Plies

Battements Tendus

Battements Glisses

Ronds de Jambe a Terre

Battements Fondus

Developpes - A. Devant Girls

Developpes - B. Devant Boys

Developpes - C. A la seconde and exercise for Arabesque en L'air

Grands Battements

Relevés Passés Devant and Derrière

## **CENTRE**

Ports De Bras - Girls and Boys

Battements Tendus in Alignment

Exercise for Pirouettes en Dehors - Girls and Boys

Pas de Bourrées

Glissades

Sautés and Changements

Balances en avant and en arrière - Girls and Boys - A or B

Assembles

Pose temps leve in Arabesque

Allegro - Boys

## **STUDIES**

Classical -Girls

Classical - Boys

## **FREE MOVEMENT**

Exercise for Relaxation

Running with Change of Direction

Flying Hop and Run

**Free Movement Study**

## **RHYTHM AND CHARACTER STEPS**

Rhythm in 2/4 Time

Pivot Step

Quick Promenade

**Character Dance - Russian**

(Girls and Boys in Pairs on the same side or in opposition)

## **REVERENCE**