

## **DVD Audition Requirements - Lower School (Dance)**

*(Please record each exercise/performance as an individual clip in the order below)*

### **Ballet Requirements**

**Short Barré Exercises** - candidate to be filmed from a side angle to assess alignment

1. Pliés
2. Tendu
3. Adage (fondu and développé)
4. Grande Battement

### **Short Centre Practice Exercises**

5. Pirouette
6. Petit Allegro
7. Grande Allegro

**Flexibility Assessment** *(All positions to be recorded on one clip from a side angle to assess alignment. Please hold each position for five seconds)*

1. Forward stretch (long-sit in parallel)
2. Spine extension (prone)
3. Forward split (R)
4. Second position split (vertical spine alignment)
5. Forward split (L)
6. External rotation of the hips (supine)
7. Plantar flexion (feet)

**Modern Dance Requirement** (one short modern dance exercise of your choice)

**Dance Solo** (up to one minute in preferred style)

**Vocal Solo** (any style to suit candidate, up to 1 minute)

***N.B.*** *Please include any relevant physiotherapy reports, information regarding anatomical malalignment or history of injury/surgery.*

