



## Lower school dance for entry September 2021

### Online Audition:

**Please record each exercise/performance in the order below, footage should ideally be submitted via We Transfer:**

Please introduce yourself at the beginning of the recording with your name and a short reason for your wanting to be in the performance industry.

### **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 (sitting with feet pointed)

### **Jazz Dance Requirements**

Two short exercises, e.g. corner or centre work.

**Dance Solo** Show a prepared dance solo (**lasting no longer than 1 minute**), any style of dance.

**Vocal Solo** Song of your own choice; 32 bars or verse and chorus  
Accompanied by piano or backing track (no vocals).

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