**GRADE 3 FEMALE**

Candidates are expected to combine any movements contained in this and previous syllabi into simple sequences set by the examiner. Candidates are also expected to have knowledge of the French terms used.

**Barre**

* Plies - set exercise
* Battements tendus with demi-plié en croix - set exercise
* Ronds de jambe à terre en dehors and en dedans in 2 counts – free set by examiner
* Assemblés soutenus in 2 counts – set exercise
* Battements frappés to 2nd – amount set by examiner
* Développés en croix in 4 counts – set exercise
* Grands battements in 2counts – set exercise
* Echappés en demi-pointe à la seconde – free set by examiner

**Port de bras**

Free exercise set by the examiner. Positions that can be included:

* Bra bas
* En avant
* A la seconde
* Attitude
* Attitude greque
* En couronne
* Demi – bras
* Demi - seconde

**Adage**

* Chassés passés en arrière in 2 counts
* Attitude ordinaire à terre and en l'air
* Set adage exercise
* Poses en demi-pointe set exercise

**Allegro**

Free steps you must know that will be included in a free enchainment by the examiner:

New to grade 3:

* Assemblés devant and derrière
* Simple coupés over and under
* Petit assemblé
* Sissonne ouverte en avant
* Pas de bourrées devant and derrière with either foot, and under with the back foot.

Steps from previous grades:

* Polka en avant and decôté
* Petits jetés devant and derrière
* Retirés sautés en arrière
* Posé, temps levé in attitude devant
* Sautes in 1st
* Changements
* Jetés ordinaires devant and derrière
* Glissades devant and derrière
* Assemblés over and under
* Pas de chat
* Soubresauts
* Echappé sautés à la seconde

Set Exercises:

* Allegro enchainment no.1 (assembles and glissades)
* Allegro enchainment no.2 (pas de basque glisses and pas de basque sautes)
* Balancés
* Echappés sautés en croix

**Set Variation** (set solo dance chosen by the teacher)

* Waltz

**Reverence** (curtsey)