**Allegro Steps**

***For your exam you will need to know all allegro steps in your grade and any pervious grades and be able to combine them in any order set by the examiner to free music in the exam.***

**Primary**

* **Springs in 1st position-** standing in 1st position and jumping landing in 1st position
* **Springs to 2nd-** standing in 1st position, jumping and landing in 2nd position
* **Spring points-** standing in 1st position, jumping and landing on one leg on a bend with the other leg pointed out in front of you
* **Springs from foot to foot-** standing on 1 foot with the big toe on the ankle bone at the back of the leg and knees pointing to the side, then springing to the other foot.
* **Skipping-**
* **Gallops-** sideways gallops with feet ‘kissing’ in the air

**Grade 1**

* **Sautes-** jumps in 1st position
* **Petit Jetes**
  + Derriere- standing on 1 foot with the big toe on the ankle bone at the back of the leg and knees pointing to the side, then springing to the other foot
  + Devant- standing on 1 foot with the big toe on the ankle bone at the front of the leg and knees pointing to the side, then springing to the other foot
* **Retire Sautes-** skipping backwards with knees pointing to the side
* **Galops En Avant-** galloping forwards keeping the same foot in front
* **Polka-** right foot in front hopping on the left foot, galloping forwards, spring on to the right foot and lifting the left foot up at the back sticking your toe to your big ankle
* **Changement-** standing in 3rd position with right foot in front, jumping off two feet and landing with the left foot in front in 3rd position
* **Pose temps leves-** step to the side and hop lifting the leg into attitude in the front

**Grade 2**

* **Jetes Ordinaires**
  + Devant- right foot in front, swish the right foot out to 2nd, jumping off the left leg landing on the right foot with left leg lifted up at the front- big toe on ankle- petit jetes devant position
  + Derriere- right foot in the back, swish the right foot out to 2nd, jumping off the left leg landing on the right foot with left leg lifted up at the back- big toe on ankle- petit jetes derriere position
* **Glissades**
  + Devant- from 3rd position right foot in front, extend right foot to second, transfer over onto right foot and close the left foot at the back in 3rd position
  + Derriere- from 3rd position right foot in the back, extend right foot to second, transfer over onto right foot and close the left foot at the front in 3rd position
* **Assembles**
  + Over- right foot in front in 3rd position, swish the back leg (left) out to 2nd, jump joining legs in the air and landing in 3rd position with left leg in front.
  + Under- right foot in the back in 3rd position, swish the front leg (right) out to 2nd, jump joining legs in the air and landing in 3rd position with right leg in front.
* **Pas De Chat**- right foot behind, right foot retire at the back, extend to 2nd and spring onto it bringing the left foot to retire at the front and lower to 3rd position
* **Soubresauts**- in 3rd/5th position jumping and clinging legs together in the air and landing in 3rd/5th position
* **Echappe Sautes to 2nd**- from 3rd position right foot in front, jump and land in 2nd, jump and land in 3rd position with the left foot in the front.
* **Balances Decote**- right foot at the back in cou-de-pied position, swish right foot to 2nd transferring weight over bringing the left leg in to curtsey position at the back and a small ball change/rise and lower

**Grade 3**

* **Assembles**
  + Devant- right foot front in 3rd position, swish right leg to 2nd and jump, joining legs in the air and landing with right foot in front
  + Derriere- right foot back in 3rd position, swish right leg to 2nd and jump, joining legs in the air and landing with right foot in the back
* **Petit Assemble**
  + Devant- right foot in front lifted and land in 3rd position with right foot in front
  + Derriere- right foot in the back lifted and land in 3rd position with right foot in the back
* **Simple Coupes**
  + Over- stand in 3rd position right foot in front, jump off two feet and land on the right leg with the left leg lifted at the back in petit jete derriere position
  + Under- stand in 3rd position right foot in the back, jump off two feet and land on the right leg with the left leg lifted at the front in petit jete devant position
* **Sissonne Ouverte En Avant-** right foot in front in 3rd position jumping off both feet travelling forwards slightly and landing on the right leg with the left leg lifted at the back fully extended
* **Pas de basque glisse en avant-** 3rd position right foot front, degage right foot to the front on a fondu, carry the right leg to 2nd, transferring weight over on to the right foot, chasse en avant with the left foot through 1st/3rd to degage derriere and close in 3rd position with right foot at the back.
* **Pas De Basque Saute En Avant**- from 3rd position right foot front, degage to 2nd on a fondu, jete ordinaire decote bringing the left foot to a low retire devant, extending and stepping on to the left devant and closeing in 3rd with right foot at the back
* **Pas De Bourrees**- The most important thing to remember with pas de bourrées is which foot goes to 2nd
  + **Devant with the front foot**-Right foot in front in 3rd position. Extend front foot to 2nd bring the right foot in to the front on demi-point. step the back leg to 2nd on demi-point so the legs are 2nd on demi-point. Then lower the right foot in front into 3rd position with knees bent
  + **Devant with the back foot**- Right foot at the back in 3rd position. Extend back foot to 2nd bring the right foot in to the front on demi-point. step the back leg to 2nd on demi-point so the legs are 2nd on demi-point. Then lower the right foot in front into 3rd position with knees bent.
  + **Derriere with the back foot**- Right foot behind in 3rd position. Extend back foot to 2nd bring the right foot in to the back on demi-point. step the front leg to 2nd on demi-point so the legs are 2nd on demi-point. Then lower the right foot behind into 3rd position with knees bent
  + **Derriere with the front foot**- Right foot at the front in 3rd position. Extend front foot to 2nd bring the right foot in to the back on demi-point. step the front leg to 2nd on demi-point so the legs are 2nd on demi-point. Then lower the right foot in back into 3rd position with knees bent.
  + **Under with the back foot**- Right foot at the back in 3rd position. Extend the back foot to 2nd, bring the right foot behind and into demi-point, step the front foot 2nd, bring the right foot in front in 3rd position and bend knees. The feet have changed
* **Echappé Saute En Croix**- Right foot in 3rd position. Jump both legs out in front and land in 4th with demi-plies. Jump back into 3rd position with the right foot in front. Jump into 2nd and close with the right foot at the back. Repeat this again.
* **Balances** **Ecarte**- from cou-de-pied position right foot behind, swish right foot to 2nd on a fondu, transferring weight over, rising onto a demi point on the left foot, before lowering back to the fondu

**Grade 4**

* **Glissades**
  + **Over**- right foot 5th at the back. Swish the back foot out travel in the direction of the back foot and close it in the front. The feet have changed.
  + **Under**-: right foot 5th in the front. Swish the front foot out and travel in the direction of the front foot and close it at the back. The feet have changed
* **Pas De Bourrees** 
  + **Over with front foot**- Right foot in front in 5th. Swish the front foot to 2nd. Bring the right foot to the front into 5th on demi-point. Step the back foot to 2nd on demi-point. Close the right foot behind (front, side, behind)
  + **Over with the back foot**: right foot at the back 5th. Swish the right foot to 2nd. Bring the right foot into the front in 5th on demi-point. Step the back leg 2nd on demi-point. Close the right leg behind. (front, side behind)
  + **Under with the front foot**: Right foot in front 5th. Swish the front foot to 2nd. Bring the right leg behind into 5th demi-point. Step the left leg 2nd. Close the right leg front. (behind, side, front)
  + **Under with the back foot**: Right foot at the back in 5th. Swish the back foot to 2nd. Bring the right leg behind into 5th demi-point. Step the left leg 2nd. Close the right leg front. (behind, side, front)
* **Ballonne Simple En Avant**- Right foot in 5th ouvert: hop and extend the front leg forward. As you land bend both knees, the right leg comes in to just above the ankle joint
* **Pas De Basque Glisse En Arriere**- - 3rd position right foot behind, degage right foot to 2nd on a fondu, transferring weight over on to the right foot, chasse en arriere with the left foot through 1st/3rd to degage derriere and close in 3rd position with right foot at the front.
* **Pas De Basque Saute En Arriere**-from 3rd position right foot behind, degage to 2nd on a fondu, spring onto the right foot bringing the left foot to a low retire derriere, extending and stepping on to the left derriere and closing in 3rd with right foot at the front
* **Sissonne Change En Avant**- Right foot 5th croise. Bend the knees and jump moving forward. Land on the left leg with the knees bent. The right leg should be at the back, like an arabesque.
* **Demi Contretemps**- Right foot 5th croise, degage derriere left leg. Hop on the right leg with a ¼ turn, the left leg will lift off the floor but not kick up or swing, chasse passe through with the left leg.
* **Chasse Coupe Chasse Temps Leves**- 3rd position right foot front, chasse forward with the right foot, coupe under on to the back/left foot, chasse forward with the right foot, hop on the right foot, with left leg lifted either in retire or in an arabesque line.
* **Echappé Sautes Battus Fermes**
  + **With Change of Feet**- in 3rd position, right leg front, demi plie, jump to 2nd position, jump back to 3rd beating the right leg front back, to land with the left foot in front
  + **Without Change Of Feet**- in 3rd position, right leg front, demi plie, jump to 2nd position, jump back to 3rd beating the right leg back front, to land with the right foot in front

**Grade 5**

* **Jete Ordinaires**
  + **En Arriere**- right foot at the back in 5th. Swish the back foot out towards the back. Jump moving backwards. Landing en fondu with the left leg at the front
  + **En Avant**- right foot front in 5th. Swish the front foot forward. Jump moving forward. Landing en fondu with the left leg at the back.
  + **Decote derriere**- right foot 5th at the back. Swish the back foot out to 2nd. Jump at the same time travel sideways and land on to the right leg, landing en a fondu and bring the left leg at the back with the foot by the ankle.
  + **Decote devant**- right foot 5th in front. Swish the front foot out to 2nd. Jump at the same time travel sideways and land on to the right leg, landing en a fondu. Bring the left leg in front, with the foot by the ankle.
* **Sissonne Ordinaire**
  + **Devant**- right foot 5th in front. Jump into the air like a soubresauté, landing on the left leg en fondu, the right leg is just above the ankle joint in front
  + **Derriere**- right foot 5th at the back. Jump into the air like a soubresauté, landing on the right leg en fondu, the left leg is in front just in front of the ankle joint
  + **Passe en avant**- right foot 5th in front. Jump into the air like a soubresauté. Pass the back foot to the front, landing en fondu on the right leg. The left leg is in front just above the ankle joint
  + **Passe en arriere**- the right foot 5th in front. Jump into the air like a soubresauté. Pass the right foot to the back. Landing on left leg en fondu. Right leg at the back just above the ankle joint
* **Sissonne Doublees Under**- right foot front 5th. Spring on to your back foot, right leg is extended to 2nd. Right leg comes in and does a coupe under (at the back) left leg assemblé under to finish at the back
* **Sissonne Fermee En Avant**- right foot 5th in front. Bend both knees and jump forward. Splitting the legs in the air. Landing in demi-plie in 5th. Legs have not changed.
* **Ballonne Compose En Avant**- right foot front 5th ouvert. Demi-plie. Jump off both legs. Swish the right leg to a grand battement action to 45®. Land on the left leg in fondu, the right leg comes in to just above the ankle joint in sou-de-cou-de-pied, straight away extend the right leg out in front, step onto the right leg and degage the left leg derriere.

**Grade Jete En Tournant**- starting in 1st arabesque a terre, 3 runs (starting to turn the body ½ turn- arms track through a la seconde to en avant) and (stopping ‘like you’ve hit a wall’ now travelling upwards) grand battment the right leg devant, temeps leve (hop) at the same time (arms to en couronne with an accent on the movement to give you the momentum), ½ turn and change legs- scissoring, landing on the right leg en fondu, left leg is in the air- like a sissonne ouverte, keeping the back up in the air.

* **Full Contretemps**-right foot front 5th croise, with a degage, coupe under onto left leg with ¼ turn to ouverte position, Chasses en avant to dégagé derrière left leg, temps leve in 1st arabesque, chasse passe en avant with the left leg to 4th.
* **Coupe Chasse Pas De Bourree Under**- right foot front 3rd position, coupe under on to the left foot, chasse en avant with right foot, pas de bourree under- left foot behind right, small step to 2nd with right foot and then close on a demi plie with left foot infront.
* **Echappé Sautes Battus Ouverte**
  + **With Change of Feet**- right foot front 5th. Jump off both feet the right legs comes in behind and out to 2nd. Right leg comes in at the front and then to the back.
  + **Without Change of Feet-** right foot front 5th. Jump off both feet the right leg goes behind and out to 2nd. Right leg comes in back and then to the front.
* **Entrechat Quatre**- right feet in 5th. Right leg goes behind and comes back into 5th in front (feet have not changed).

**Grade 6**

* **Glissades**
  + **En Avant**- from 3rd position right foot front- demi plie degagge the right leg to the front fully extended, travelling over a mole hill transfer the weight on to the right foot on a fondu with the left leg fully extended and close to 3rd with the right foot remaining in front.
  + **En Arriere**- from 3rd position right foot back- demi plie degagge the right leg to the back fully extended, travelling over a mole hill transfer the weight on to the right foot on a fondu with the left leg fully extended and close to 3rd with the right foot remaining in the back
* **Assembles**
  + **En Avant**- 3rd position right foot front, swishing the right foot forward, jumping off the left foot, travelling forwards and landing with the right foot at the front in 5th position
  + **En Arriere**-3rd position right foot back, swishing the right foot backwards, jumping off the left foot, travelling backwards and landing with the right foot at the back in 5th position
* **Sissonne Fermes** 
  + **Decote Over**- right foot 5th at the back. Bend both knees and jump to the left sideways. Splitting the legs in the air. Landing in demi-plie in 5th. Right foot infront.
  + **Decote Under**- right foot 5th at the front, bend both knees and jump to the right sideways, splitting legs in the air, landing in demi-plie in 5th, left foot infront
  + **En Arriere**- right foot in 5th in front, bend both knees and jumping backwards, splitting the legs in the air, landing in demi plie in 5th position with right foot infront
* **Sissonne Doublees Over With The Back Foot**- right foot front 5th. Spring on to your front foot, left leg is extended to 2nd. left leg comes in and does a coupe over onto the left leg and go into an assemblé over ending with the right foot infront
* **Grand Jetes En Avant**- 3 runs and a ‘swish leap’ forwards
* **Waltz Turns**- ‘down up up’ with a petite developpe to unfold the leg
* **Changement Battus**- beat change, right foot front beat at the front and then land at the back
* **Entrechat Trois Derriere**- jumping off two feet and beating the front foot to the front and then landing with it lifted at the back