

ROYAL ACADEMY OF DANCE

Free Enchaînement Guidelines for Filmed Examinations

The following guidelines are to assist teachers in the preparation and delivery of the Free Enchaînement in filmed examinations at Intermediate Foundation, Intermediate and Advanced Foundation levels.

Content

Please refer to the examples* below to give an indication of the suggested structure of the Free Enchaînement.

- Teachers should prepare a different Free Enchaînement for each relevant examination.
- Each enchaînement should include at least two versions of the focal step and a selection of linking steps. This phrase of movement is then repeated on the other side and then both sides are repeated again as detailed in the examples.
- The accompanying port de bras should complement and facilitate the chosen steps.
- In the absence of a pianist, teachers should use the free music featured on the vocational graded syllabus CDs at the relevant levels.

Delivery

- The teacher acting as the examiner should verbally deliver the enchaînement in the filmed footage so that the candidates learn the enchaînement in the examination, all together.
- Once the setting has been taught, candidates should then mark the entire setting through with the music, all together. Full use of the upper body and arms should be encouraged whilst marking the footwork.
- The final performance of the Free Enchaînement with music should be demonstrated in groups ex: *4 candidates 2 + 2, 3 candidates 2 + 1, 2 candidates together.*
- Candidates will be assessed on their final performance of the Free Enchaînement.

Examples*

Intermediate Foundation

Focal step: Sissonne

Time signature: 3/4

1 count = 1 bar

Commence: 5th position en face, right foot devant

Bras bas

Intro

4 counts

1-4 Hold

1	Sissonne fermée de côté dessus	Arms through 1 st to 3 rd left arm forward
&2	Stretch & demi-plié	
3&4	Repeat counts 1 2 to other side	Arms 3 rd right arm forward
5 6	2 Sissonnes fermées de côté dessous	Arms demi-bras
&7	Relevé 5th	Arms demi-second
8	Changement battu	Bras bas
1-8	Repeat other side	
1-16	Repeat all	

Intermediate

Focal step: Pas de basque sauté

Time signature: 3/4 Polonaise

3 counts = 1 bar

Commence: 5th position en croisé, left foot devant

Bras bas

Intro

6 counts

1-3 Hold

4-6 Hold

Arms 1st to 2nd

1-3 Pas de basque sauté en avant finishing en croisé in demi-plié
Relevé 5th position

Right arm through bras bas to 3rd 4-6
Right arm 4th open to 2nd

1-3 Pas de basque sauté en arrière finishing en croisé in demi-plié

Arms bras bas through 1st to demi-bras

4 Changement battu finishing croisé

Bras bas

5-6 Stretch and demi-plié

Arms through 1st to 2nd

1-12 Repeat other side

1-24 Repeat all

Advanced Foundation

Focal step: Assemblé

Time signature: 2/4

2 counts = 1 bar

Commence: 5th position en croisé, right foot devant

Bras bas

Intro

4 counts

1-2 Hold

&3 Chassé en avant to dégagé derrière

4 Close 5th position

Arms through 1st to 3rd right arm forward

Hold

&1-2 Glissade en avant en ouvert, assemblé en avant
Glissade en arrière, assemblé en arrière

Arms through 1st to 3rd arabesque & 3-4

&5 Entrechat trois derrière

Arms through 1st to 1st arabesque

&a6 Pas de bourrée dessous finishing en croisé

Arms 3rd left arm forward

&7 Failli to dégagé derrière en croisé

Arms 2nd

8 Close 5th position

Arms demi-seconde, through bras bas to
1st to 3rd left arm forward

1-8 Repeat other side

1-16 Repeat all