

GRADE I SAMPLE DANCE

A tartan sash will be set toward the front of the dance space, in front of each dancer.
 4/4 Track #20 The Nightrider and Blue Bonnet Reels on Dances for Recitals and Exams Nina Pinzarrone

Bars	Counts	Movement	Arms & Head
2	1-8	Introduction - 4 dancers stand upstage in a straight line. Stand in 5th position right foot front. Tendu right foot devant on 5-8	Arm start 5th en bas and open to demi 2nd with tendu
1	&1-4	2 polkas forward RL	
1	5-8	4 petit jetés derrière (raised leg behind) RLRL	Open arms through 5th en avant to 2nd
1	&1&2	Temps levé on left foot and pointe tendu right foot á terre á la 2nd; temps levé on left foot and bring right foot cou de pied derrière	Raise arms to a wide demi en haut
	3-4	2 petit jetés derrière RL	
1	&5&6	Spring onto right foot and pointe tendu left foot á terre á la 2nd; temps levé on right foot and bring left foot cou de pied derrière	
	7-8	2 petit jetés derrière LR	
1	1-4	Pull to 1st position in relevé; run to sash	Point with right hand to sash left hand to demi 2nd
1	5-8	Place right foot behind and curtsy to pick up sash	Pick up sash with right hand
1.5	1-6	Put on sash diagonally from right shoulder to left hip	
0.5	7-8	Face corner 1 with right foot pointe tendu devant	Arms to posé position
1	1-4	2 posé coupés towards corner 1	
1	5-8	Posé into arabesque close 5th derrière; relevé 5th plie	Lift arms to 3rd arabesque on posé and 5th en haut on relevé
1	1-4	4 spring points RLRL	Open arms to demi 2nd
1	5-8	Pull up to 5th croisé en relevé left foot front, and bourrée turn to right keeping left foot in front ending facing wall 5	Port de bras arms 5th en bas, 5th en avant, 5th en haut open through 2nd to 5th en bas
2	&1-6	3 jeté temps levés RLR	Arms breath to demi 2nd and en bas, incline head RLR
	7-8	Assemble coupé	Arms breath to demi 2nd and en bas, head erect
2	1-8	Echappé sauté changé 2 changement; repeat	Arms demi 2nd on echappés
2	1-12	6 polkas in a circle	Right arm opens into circle and left hand on hip, and alternate with each polka
	13-14	Run to face audience in straight line	Arms through 5th en avant to 2nd
	15-16	Step to right and curtsy or bow	Arms demi 2nd