

## Free Enchaînement Guidelines for Filmed Examinations

July 2020

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

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1	Sissonne fermée de côté dessus	Arms through 1 <sup>st</sup> to 3 <sup>rd</sup> left arm forward
&2	Stretch & demi-plié	
3&4	Repeat counts 1 2 to other side	Arms 3 <sup>rd</sup> 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 1<sup>st</sup> to 2<sup>nd</sup>

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1-3	Pas de basque sauté en avant finishing en croisé in demi-plié	Right arm through bras bas to 3 <sup>rd</sup>
4-6	Relevé 5 <sup>th</sup> position	Right arm 4 <sup>th</sup> open to 2 <sup>nd</sup>
1-3	Pas de basque sauté en arrière finishing en croisé in demi-plié	Arms bras bas through 1 <sup>st</sup> to demi-bras
4	Changement battu finishing croisé	Bras bas
5-6	Stretch and demi-plié	Arms through 1 <sup>st</sup> to 2 <sup>nd</sup>
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 5<sup>th</sup> position

Arms through 1<sup>st</sup> to 3<sup>rd</sup> right arm forward  
Hold

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&1-2	Glissade en avant en ouvert, assemblé en avant	Arms through 1 <sup>st</sup> to 3 <sup>rd</sup> arabesque
&3-4	Glissade en arrière, assemblé en arrière	Arms through 1 <sup>st</sup> to 1 <sup>st</sup> arabesque
&5	Entrechat trois derrière	Arms 3 <sup>rd</sup> left arm forward
&a6	Pas de bourrée dessous finishing en croisé	Arms 2 <sup>nd</sup>
&7	Failli to dégagé derrière en croisé	Arms demi-seconde, through bras bas to 1 <sup>st</sup> to 3 <sup>rd</sup> left arm forward
8	Close 5 <sup>th</sup> position	
1-8	Repeat other side	
1-16	Repeat all	