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THEORY SHEETS
MODERN

MODERN THEORY

Theoretical questions will be marked in the section entitled 'Responses and Knowledge of Syllabus'.

The candidate may be asked one or two questions in any one examination. The answers do not have to be an exact repetition of those written but should convey the same meaning.

GRADE 1

Q1. Each candidate to show an example of any of the following arm lines.

A. Opposition, Parallel, Co-ordinated. There are several of each at differing heights.

Q2. On the side stretch do the hips move.

A. No, the hips are still.

Q3. When lying on the floor on your back what must you be careful to do.

A. Press the spine into the floor so that there is no space between the floor and your back.

Q4. In the preparation for turns what must you be sure to use.

A. The head and eye line.

GRADE 2

Q1. On the forward body stretch what must we be careful not to do.

A. We must not push our hips backwards.

Q2. On the back bend what must we be careful not to do.

A. We must not push our hips forward.

Q3. On the controlled thigh exercises which part of our body do we use to stand up.

A. Our thighs not our backs.

Q4. When contracting in the preparatory exercise for contraction where is the head held.

A. Chin tucked down towards the chest.

Q5. When kicking forwards is the supporting leg bent or straight?

A. It is straight.

Q6. When leaping is the back leg bent or straight?

A. It is straight.

GRADE 3

Q1. What is an isolation?

A. When we use only one part of the body.

Q2. In the general conditioning exercise at the barre what position do we place the feet on the lunge and foot pushes?

A. The feet are straight to maximise the stretch.

Q3. When lifting the head and shoulder blades in the abdominal and contraction exercise where do we hold the head?

A. Chin tucked into the chest so that we don't strain the neck

Q4. What does contraction mean?

A. To shorten.

Q5. Is the leg turned out in 2nd in the side extension and side kick exercises?

A. Yes, to maximise the movement in the hip socket.

GRADE 4

Q1. Define the word rhythm.

A. The regular occurrence of an accented beat or beats in a bar of music.

Q2. Why do we use a variety of arm lines whilst dancing?

A. To develop style and presentation and to aid balance.

Q3. Describe the position of the body as you bend the knees in the body roll exercise.

A. The back is held upright with the knees parallel over the toes.

Q4. In the exercise for turns where do we place the chassé?

A. Sideways to keep us travelling in a straight line to the corner.

Q5. An awareness of all stage directions should be shown.

Questions may be asked on all alignments.

A.

Upstage (U.S)

Downstage (D.S)

Right Diagonal Front (RDF)

Left Diagonal Front (LDF)

Right Diagonal Back (RDB)

Left Diagonal Back (LDB)

Stage Left

Stage Right

GRADE 5

Q1. Why do we start class with a warm up?

A. Warm up increases circulation to carry more oxygen and nutrients to all parts of the body, helping to prevent injury.

Q2. Define syncopation.

A. Displacing the natural accent.

Q3. What do we mean by lyrical arm lines?

A. Soft and flowing with a balletic quality.

Q4. Describe and demonstrate the position of the body in a forward body stretch.

A. The body bends from the hips showing a flat back (like a table top) with the weight over the legs avoiding pushing the hips back.

Q5. In the abdominal and stretch exercise when stretching sideways in straddle position what must we take care to do?

A. Keep both hips on the floor to maintain turn out.

Q6. On inward and outward round kicks what must we be careful to do?

A. Ensure the working leg is turned out in 2nd position.