

# English National Ballet School

## Video & Photo Requirements

### Video Requirements

#### Centre Practice

Commence first position facing en face

(5-8) Port de bras through first to second

(1-2) Plié, hold

(3-4) Recover, hold

(5-6) Tendu right leg à la seconde

(7-8) Lower heel in second position

(1-2) Rise up

(3-4) Lower heels

(5-6) Tendu right leg back to first position, lowering arms to bras bas

(7-8) Port de bras through first to second

Repeat full combination on the other side

#### Adage

Commence fifth position, right foot devant, croisé alignment

(7-8) Breathe

(1-3) Développé right leg devant, arms to fourth

(4) Lower leg

(5-7) Brush right leg through to first arabesque facing the side

(8) Close right leg derriere to fifth position facing en face, arms bras bas

(1-3) Développé left leg à la seconde, arms to fifth

(4-5) Fouette to first arabesque facing the side

(6) Fondu

(7&8) Pas de bourrée under to fifth position, left foot devant, croisé alignment

Repeat full combination on the other side

#### Pointe work (female candidates only)

Commence fifth position, right foot devant

(1-4) Two echappé relevé à la seconde, alternating feet, arms second

(5-8) Echappé, hold out for 2 counts, close left foot devant

(1-2) Relevé retiré devant, arms third

(3-4) Relevé passé en arrière, arms fourth

(5-6) Relevé retiré devant, arms third

(7-8) Relevé passé en arrière, arms fourth

Repeat full combination on the other side