Imperial Society of Teachers of Dancing
Cecchetti Classical Ballet

Teachers Pack Set Work – Mabel Ryan Awards 2027

All music for the online, recorded heats is the teacher's choice.

Please note, an accompanist will play for the live finals. Teachers with finalists will receive guidance on the tempo to be prepared when they are notified of any finalists.

JUNIOR AWARD

1. **Port de Bras & Adage (as 2023 Lower Junior Award)**
   (Based on Set Standard 3 Port de Bras & Adage exercises combined)

   Music: Suggested tempo - Grade 1-4 cd unset 8 (track 64).

Stand slightly upstage facing C2, feet in 5th position croisé RF devant, arms 5th en bas

1-8 - 1st port de bras x 2

9-12 - 3rd port de bras

13 - Demi-plié facing wall 5, arms to 5th en avant

14 - Dégagé R foot à la seconde, arms to 2nd position

&15 - Demi-plié through 2nd to change weight, extending other leg à la seconde, pointe tendu à terre

16 - Close in 5th position devant

1-4 - Chassé en avant to C2 into arabesque à terre, arms to demi-2nde, hold and close 5th derrière

5-6 - Chassé en avant into 3rd arabesque à terre

7-8 - Pass downstage arm through 1st into 1st arabesque

9-11 - Raise the R leg, hold

12 - Lower to pointe tendu à terre

13-14 - 2 walks en avant turning towards C1, arms to demi-2nde

15-16 - Close 5th position derrière croisé remaining facing C1, arms lower to 5th en bas

1-32 - Repeat all on the other side

2. **Pirouette (as 2024 Lower Junior)**
   (Second half based on Grade 3 Exercise for Tour en l'air)

   Music: Suggested tempo - Grade 1-4 cd unset 1 (track 57).

Face wall 5, feet in 5th position R foot devant, arms 5th en bas

1-4 - 2 echappés relevé changés, arms to demi-2nde and 5th en bas

5-8 - Relevé in 5th, bourrée to the R, finishing facing 5, using a pirouette head.

9-10 - Demi-plié, changement making a 1/4 turn to the R to face W8

11-12 - Slowly straighten knees

13-14 - Demi-plié, changement making a 1/4 turn to the L to face W5

15-16 - Changement soutenu

17-32 - Repeat all on the other side, omitting the final demi-plié

3. **Allegro (as 2023 Lower Junior Award)**
   (Based on Set Grade 3 Allegro no.1 - Echappés Sautés but with a repeat on the other side)

   Music: Suggested tempo - Grade 5-6 cd unset 18 (track 96).

Face 5, feet in 5th position R foot devant

1-4 - Echappé sauté changé soutenu to 2nd position, arms demi-2nde and 5th en bas

5-8 - Repeat counts 1-4 on the other side

9 - Echappé to 2nd position

10-11 - 2 sautés in 2nd position

12 - Sauté into 5th position with L foot devant

13-16 - 4 changements

17-32 - Repeat counts 1-16 on the other side

4. **Additional Allegro No.2 Posé, temps levés & balancés**: To be learnt in advance of the finals and performed along the set work submitted at the heats.

   Additional allegro music suggestion – Official Grade 5-6 cd unset 18 (track 96)

Stand in C3, face C1, feet in 5th position, LF devant

Preparation

2 counts Wait

2 counts LF chassé en avant to pointe tendu derrière *Arms to demi-seconde*

Travelling towards C1

1& - RF Posé, temps levé, lifting LF in attitude devant *Arms 4th en avant, R arm forwards*

2& - Galop forwards with LF *Arms demi-2nde*

3& - LF Posé, temps levé, lifting RF in attitude devant *Arms 4th en avant, L arm forwards*

4& - Galop forwards with RF *Arms demi-2nde*

5& - RF Posé, temps levé in arabesque, (or retiré derrière) *Arms 3rd arabesque*

a6&a - Run to C1

7 - Finish LF pointe tendu devant, facing C1 *Arms demi-2nde, head inclined to R*

8 - Hold

&9- Step up into 5th position on ¾ pointe, LF devant *Arms directly to open 5th en haut, head raised to L hand*

10 - Hold

11&a12&a - 2 sideways balancés R, L *own choice of arms*

13-14&a - Run to C4

15 - 16 - RF chassé en avant to pointe tendu derrière, facing C2 *Arms to demi-seconde*

17-32 -Repeat exercise to the other side finishing with run into centre and end position of choice

4. Révérence (As for Grade 3, with chassé to the R first)

MIDDLE AWARD

1. **Port de Bras & Adage (as 2024 Junior Award)**

(Using part of the set Grade 4 port de bras exercise and also the set G4 arabesque exercise)

Music: Suggested tempo - Grade 1-4 cd unset 8 (track 64)

Face C2, feet in 5th position croisé RF devant, arms 5th en bas

1-3 - 1st port de bras to 2nd position

4 - Take arms to 2nd arabesque

5-6 - Pass arms through 2nd into 1st arabesque

7-8 - Pass arms through 5th en avant to attitude croisé (feet remain in 5th)

9-12 - 2nd port de bras

13-14 - Dégagé R leg devant on fondu, arms to 5th en avant, open to tendu à la 2nde facing 5, straightening supporting leg, arms to 2nd position

15-16 - Fouetté to 1st arabesque à terre facing W6, hold

1-4 - Lift R leg to 1st arabesque en l'air and lower

5-6 - Change arms through 2nd position to 2nd arabesque

7-8 Change arms through 5th en avant to 3rd arabesque

9-12 - Raise leg to 3rd arabesque en l'air, hold, chassé croisé into 5th arabesque à terre to C2

13-16 - Slow pas de bourrée dessous to the R finishing croisé to C1, straighten knees. Arms to 5th en haut on the pull up to 5th demi-pointe and open through 2nd position to finish in 5th en bas

1-32 - Repeat all on the other side

2. **Pirouette (as 2024 Junior Award)**
(Based on Set Grade 5 pirouette exercises)

Music: Suggested tempo - Grade 5-6 cd unset 4 (track 82).

Face 5, feet in 5th RF devant, arms 5th en bas

1-2 - Relevé in 5th

3-4 - 2 changements

5-6 - Relevé devant, preparing arms to 4th en avant

7-8 - Pirouette en dehors (closing behind)

9-10 - Tendu devant, turning croisé to C1, arms 5th en avant

11-12 - Transfer weight into lunge, arms to 4th en avant, L arm forwards

13-14 - Pirouette en dedans, finish facing W5

15-16 - Changement soutenu

1-16 - Repeat all on the other side, omitting the final demi-plié

3. Allegro (as 2024 Junior Award)

Music: Suggested tempo - Grade 5-6 cd unset 9 (track 87).

Face 5, feet in 5th position R foot derrière, arms 5th en bas

1-4 - 2 assemblés dessus soutenu

5-6 - Glissade derrière, assemblé dessus

7-8 - 2 soubresauts en avant travelling towards C2, arms through 5th en avant to 3rd arabesque

9-10 Temps levé to face 5 and chassé pas de bourrée dessous to the R, arms 1st port de bras

11- Relevé in 5th position croisé to C1, arms to 5th en haut

12 - Demi-plié in 5th, lowering arms through 2nd position to 5th en bas

13-16 - Repeat counts 9-12 to the L

17-32 - Repeat 1-16 on the other side starting with L foot

4. Révérence (As for Grade 4, stepping to the R first)

SENIOR AWARD

1. Port de Bras (as 2024 Middle Award)

Music: Suggested tempo - Grade 1-4 cd unset 8 (track 64).

Face C2, feet in 5th croisé, arms 5th en bas

1-4 - Chassé en avant to croisé derrière, close feet in 5th, arms remain in the croisé derrière line

5-12 - 4th port de bras twice

13-14 - Tendu devant on fondu, arms remain, rond de jambe à terre en dehors en fondu, opening top arm sideways and balancing arms in à la 2nde, into croisé derrière to C1, straightening supporting leg

&15-16 - Temps lié en arrière, opening arms to 2nd position, close into 5th position devant, arms to 5th en bas

17-32 - Repeat counts 1-16 on the other side

3. **Adage (as 2024 Middle Award)**
   (Based on Set Grade 5 Adage Exercises combined)

   Music: Suggested tempo - Grade 5 Arabesque Exercise.

Face wall 5, feet in 5th position R foot devant, arms 5th en bas

1-4 - Développé R leg devant

5-8 - Demi-rond de jambe en dehors, opening arms and leg to 2nd, lower to pointe tendu à la 2nde, close 5th derrière.

9-10 - Demi-plié and chassé to 4th arabesque à terre, croisé to C1, arms passing through 5th en avant

11-12 - Bring back arm through 1st to make 5th arabesque

13-14 - Raise leg to 5th arabesque en l'air, hold

15 - Straighten and lower R leg to tendu derrière, lift arms to 5th en haut

16 - Close 5th position derrière facing 5, lowering arms through 2nd position to 5th en bas

17-32 - Repeat counts 1-16 on the other side

4. **Pirouette (as 2024 Middle Award)**
   (First half based on set Standard 6 Pirouettes en dehors)

   Music: Suggested tempo - Grade 5 Tour En Lair.

Stand facing C2, feet in 5th position croisé R foot devant, arms 5th en bas

1-2 - 1 battement tendu devant, arms through 5th en avant to 4th en avant, left arm forward

3-4 - 1 battement tendu derrière, changing arms across to 4th en avant, right arm forward

5 - Tendu R foot à la 2nde facing 5, arms 2nd position

6 - Rond de jambe en dehors to demi-plié in 4th position, R arm full port de bras to 4th en avant

7-8 - Pirouette en dehors, close 5th position derrière facing C1

9-10 - Chassé coupé en avant, arms 5th en avant, chassé en avant to croisé derrière towards C1

11-12 - Lunge L arm full port de bras to 4th en avant, L arm forward

13-14 - Pirouette en dedans, close 5th devant facing 5

15-16 - Echappé relevé changé, closing to C1, arms to demi-2nde and 5th en bas

17-32 - Repeat counts 1-16 on the other side

4. Allegro (as 2023 Middle Award)

Music: Suggested tempo - Grade 5-6 cd unset 10 (track 88).

Stand near C3 facing C1, feet in 5th position effacée R foot devant, arms 5th en bas

1-2 - 2 sissones en avant fermées de suite, arms through 5th en avant to 1st arabesque

&a3 - Temps levé, chassé passé en avant to 4th, maintaining arm line (i.e. sissonne en avant finishing with chassé passé en avant, as in Standard 6 Sissones)

&4 - Pas de chat facing wall 5, sweeping R arm down through 5th en bas to 4th en avant R arm fwd

&a5 &6 - Pas de bourrée under with R foot and pas de chat to the L, changing arms to 4th en avant L arm fwd

7-8 - 2 soubresauts en avant to C2, arms through 5th en avant to 3rd arabesque

9& - Posé temps levé croisé on R foot, L foot retire derrière, arms maintain 3rd arabesque line

10& - First two steps of a pas de bourree dessous to the R, arms 5th an avant

11- Posé temps levé croisé on L foot to C1, R foot retiré derrière, arms 3rd arabesque

12 - Posé temps levé in 1st arabesque to C1

13-16 - Run around R to finish C4 in 5th position effacée L foot devant facing C2

1-12 - Repeat first 12 counts on the other side

13-15 - Step R, L and assemblé en avant with R leg towards C2, arms to demi-2nde and 5th en bas

16 - Relevé in 5th with arms in Spanish 4th, L arm high

5. Révérence (As for Grade 6, stepping to the R first)