

Demi-Pointe Shoe Evaluation Requirements

Evaluations are a tool we use to make sure dancers are able to track their progress to demi-pointe shoes. Once you have been in pre-pointe for one semester, you are ready for a baseline evaluation! This is an initial evaluation to see where you are at and will lay a foundation track your progress through pre-pointe along with any evaluations that follow. Dancers will likely have several evaluations before transitioning into demi-pointe shoes.

Demi-pointe shoes help dancers gain understanding of bending their foot at the tarsal-metatarsal line which is important to control and strengthen for pressing onto the box in pointe shoes. Dancers also learn how to press their sesamoid bones into the shoe and feel how this pressure lifts them out of the shoe (instead of bearing down on the big toe). These shoes also feel like pointe shoes which is important because a dancer must learn to be comfortable dancing in a heavier, bulkier, and tighter shoe. Because demi-pointe shoes are heavier, they pull on the hip more than a flat shoe. This pull allows for further strengthening of the upper and lower leg muscles before adding pointe shoes.

In a 30 minute private lesson (\$35 charged to your account) scheduled outside of class with your pre-pointe teacher, you will be able to demonstrate (show a grasp of, but not yet master) the following:

- correct sequencing/and placement through releve in first, second, and 5th positions
- 20 parallel elevés with correct technique and without fatigue
- demonstrate 170 degrees and above demi pointe
- hold rotation in grand plié in first and 5th positions, no anterior pelvic tilt
- Pique turns across the floor without climbing up to releve
- proper preparation for pirouette from 4th position (heels down, no climbing to releve, no anterior pelvic tilt)
- 16 sautés in first position (holding turn out, tall posture, rolling through the feet)
- demonstrate knowledge of alignment and placement in sustaining balance on releve in passé

During your evaluation, your dance teacher is getting the chance to see the technical foundation of ballet you have built up in a one-on-one setting. This is important so that your teacher can make sure you have grasped key technical elements and have the strength in alignment to begin working in demi-pointe shoes.

Miss Lizzy's 3's to REMEMBER:

1. I am a beautiful dancer no matter what.
2. My teacher is giving me corrections because she believes in me and sees my greater potential.
3. Class will be tough at times, but nothing worth it ever came easy.