

# Pointe Shoe Evaluation Requirements

Once you have been training in demi-pointe shoes for 1-3 semesters your teacher will let you know if you are ready for pointe shoe evaluation! Some dancers may need to train in demi-pointe shoes for longer, depending on how quickly their body builds strength and how many hours of ballet a week they are taking.

In a 30 minute private lesson (\$35 charged to your account) scheduled outside of class with Miss Lizzy you will be able to demonstrate the following:

- 30 parallel elevés without fatigue (correct sequencing/and placement)
- Holding correct alignment during 16 single-foot raises in passé
- Holding rotation and correct pelvic alignment in 4th position grand plié
- Demonstrate correct alignment and holding of rotation in across the floor turning sequence: *tombe pas de bourre plié 4th pirouette*
- 20 sautés in first position (holding turn out, tall posture, rolling through the feet)
- Hold correct alignment for a 15 second balance in passé

During your pointe evaluation your dance teacher is getting the chance to watch how much strength and awareness you have gained while training in demi-pointe shoes. This is important so that your teacher can make sure you have built up the strength to safely and confidently begin working in pointe shoes.

Beginning in new pointe shoes can be tricky at first and require one-on-one attention. We strongly encourage dancers to schedule several privates when first getting into their pointe shoes to make sure their transition is safe, easy, and stress free!

## 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.