

## BALLET 4 (13+ yrs)

**ORDER OF CLASS:** barre, adagio, waltz/enchainement, petite allegro, grand allegro, reverence

### **BARRE ETIQUETTE:**

- proper spacing at barre
- gentle touch, fingertips on barre
- waiting at the barre with arms en bas with head looking away from the bar at beginning and ending of combination
- preparation on the 5,6,7,8 of the music at barre
- correct rotation to other side of barre in combinations: plie, sous sous, soutenu, roll through feet 5th other side
- begin to work within 5th position
- order of barre [plié (demi & grand), tendu, dégagé, rond de jambe, fondu, frappé (with flexed prep, with petite battements and battement serre), développé, attitude & arabesque, battement]
- fouette turns prep at barre
- counting the music
- ballet fingers
- being able to see your fingers in peripheral vision in 5th position
- core alignment/no anterior pelvic tilt

### **LEARN**

Directional terms:

- proficient in 8 body directions
- understanding of de cote, en avant, en arrière, devant, derrière, a la seconde

Adagio:

- renverse
- developpe
- fondu
- temps lie

- battement
- tendu
- chasse
- add in releve

#### Waltz/Enchainment:

- can execute a single pirouette from 5th
- single, double and triple, from 4th position
- piques and lame duck turns
- pirouette in attitude
- arabesque turns
- tours a la seconde
- fouette turns in the center (progressing from fouette preps at the barre)
- complex balancés and waltz turn combinations

#### Petite allegro:

- sautes 1-5th
- royale
- changement
- entrechat trois, quatre, and cinq
- échappés
- sissonne (ferme and ouverte)
- temps de cuisse
- petite jete with temps levé
- contretemps

#### Grande allegro

- tour jete
- switching between saute chat and grande jete with ease
- longer combinations with complex transitions

- Start to learn reversing combinations, petite allegro and adagio
- Pick up a quick tempo with petite allegro
- Foster sustained grace during Adagio

- Begin to be able to demonstrate combinations from verbal direction
- Understand ballet directions in French
- Pick up combinations quickly

## **MASTER**

- Ballet III barre (with port de bras)
  - plié (demi & grand), tendu, dégagé, rond de jambe, fondu, frappé (with flexed prep), développé, attitude & arabesque, battement