

BALLET 5 (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 barre 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 OR Allonge finish facing the same side and stepping to the other side
- order of barre (warm up, plié (demi & grand), tendu, dégagé, rond de jambe, fondu, frappé (introduced from sur le cou de pied), leg swing, stretch, battement/développe)
- counting the music
- dynamic ballet fingers
- being able to see your fingers in peripheral vision in 5th position
- core alignment/no anterior pelvic tilt

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Directional terms:

- complex combinations including développé and pirouette in the 8 body directions
- complete understanding of de cote, en avant, en arrière, devant, derrière, a la seconde

Adagio:

- renverse
- développe
- fondu
- temps lie

- battement
- tendu
- chasse
- Train in releve

Waltz/Enchainment:

- sequences including piques and lame duck turns; balances and waltz turns; pirouettes in many forms; pas marche; italian fouettes; renverse; combos with complex transitions
- can execute a double pirouette from 5th
- single, double, and triple from 4th position
- pirouette in attitude
- tours a la seconde
- fouette turns
- arabesque turns
- trains turns en ménage (chaines and pique, adding in chasse, balance, and arabesque turns)

Petite allegro:

- sautes 1-5th
- royale
- changement
- entrechat trois, quatre, and cinq
- échappé
- sissonne (ferme & ouverte)
- temps de cuisse
- petite jeté with temps levé
- brise

Grande allegro:

- tour jete
- contretemps
- fouette saute
- cabrioles

MASTER

- Ballet IV barre [plié (demi & grand), tendu, dégagé, rond de jambe, fondu, frappé (with flexed prep, with petite battements and battement serré), développé, attitude & arabesque, battement]
- Reversing combinations
- Petite allegro with quick tempo
- Adagio with sustained grace
- Able to demonstrate combinations from verbal direction
- Understand ballet directions in French
- Pick up combinations quickly