

BALLET 3 (11-13 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 (with complex port de bras) [plié (demi & grand), tendu, dégagé, rond de jambe, fondue, frappé (with flexed prep), développé, attitude & arabesque, stretch, 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:

- begin to train within the 8 body directions
- begin to understand de cote, en avant, en arrière, devant, derrière, a la seconde

Adagio:

- developpe
- temps lie
- battement

- tendu
- chasse

Waltz/Enchainment:

- waltz step
- tombe pas de bourse glissade saute chat
- begin to incorporate attitude in combinations
- can execute a single and double pirouette from 4th position
- piqué turns

Petite Allegro:

- petite jete
- sautes in 1-5th
- changements
- royale
- entrechat tois
- échappés with changements
- pas de chat

Grand Allegro:

- introduce saute chat
- introduce tombe, pas de bourrée, glissade succession
- begin to incorporate attitude in combinations
- battement saute, battement fouetté, progression into tour jeté
- cabrioles

MASTER

-Ballet 2 barre

- plié (demi & grand), tendu, dégagé, rond de jambe, passé, piqué, attitude, arabesque, battement
- Counting music
- Directional terms devant, derriere, a la seconde
- Grande jete with two straight brushes
- Across the floor etiquette and barre etiquette