

TEEN BALLET (11+ yrs)

ORDER OF CLASS: barre, adagio, petite allegro, grand allegro, reverence

BARRE ETIQUETTE:

- proper spacing at barre
- gentle touch, fingertips on barre
- waiting at the barre with arms em 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 relevant port de bras) [plié (demi & grand), tendu, dégagé, rond de jambe, fondu, frappé (with flexed prep), développé, attitude & arabesque, battement}
- 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:

- 8 Body Directions
 1. croisé devant
 2. croisé derrière
 3. à la seconde
 4. epaulé
 5. écarté
 6. effacé
 7. à la quatrième devant
 8. à la quatrième derrière
- de cote, en avant, en arrière, devant, derrière, a la seconde

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

MASTER

-Ballet barre [plié (demi & grand), tendu, dégagé, rond de jambe, passé, piqué, attitude, arabesque, stretch, battement]

-Counting music

- Understand the order of ballet class and why each section is important [barre, adagio, waltz/enchainement, petite allegro, grand allegro, reverence]

-Directional terms devant, derriere, a la seconde

-An understanding of basic foundations of rotation, core alignment, and port de bras at barre and in the center