

Level I / Tap/Ballet / Mini Movers - Class Notes

Tap I

Barre

- Shuffles
- Shuffles faster
- Shuffle Hop
- Shuffle Toe
- Shuffle Hop Toe
- Shuffle Ballchange
- Shuffle Ballchange Faster
- Maxi Ford
- Flaps
- Flap Heel
- Flap back heel
- Flap front heel back heel
- Flap back heel front heel

Tap Center

- Irishes (Shuffle Hop Step) forward & backward
- Cramp rolls (Pressed & articulated, toe toe heel heel) changing feet

Across the floor

- Flaps
- Back flaps
- Flap heel
- Flap heel heel (back front)
- Flap ball change shuffle ball change
- Pull backs
- Maxi ford turns
- Anything else you want
- You can do a short combo at the end if there's time.

Lyrical I

Center Stretch

- Sit stretch & Leg lifts
- Bridges & Touch head to toes
- Lay down leg stretch
- Splits (4 8counts on each side)

Barre

- Standing leg stretch (Y scale at the barre 4 counts of 8 on each side)
- Kicks (Kick, tendu, kick 8x in each direction)
- Passe Balance (Finding parallele passe position balance on each side)
- Center
- Pirouettes "Boom, Chop, Pop" if you say this they'll know what to do.

Across the Floor

- Chene Turns
- Leaps
- Side leaps
- Fan kicks
- Illusions (They haven't learned these but can start)

Combo

Whatever you like

Jazz I

- Isolations

- Jumping Jacks/Chasse/step turn step clap/Arm circles/jump claps
- Sit stretch
- Splits (4 8counts on each side)
- Leg stretch (Y scale at the barre 4 counts of 8 on each side)
- Kicks at the barre – 16 in each direction arm to the side (working on keeping body up, straight legs & pointed feet)
- Pirouettes – First make them balance in passe at the barre, then bring them to center and they can do balance – try to turn – balance – try to turn several times on each side
- Side Cross Kick – first do arms only, must be strong and placed before moving on. Then very slow “Step side..... Cross front..... KICK!.... Cross front”
- Chasse’s across the floor. (Step ball change over and over changing feet and arms.)
- Chasse Step Leap - They are still learning this front to back bc they like to run 47 times before leaping. Make them go all together lots of times then, one at a time.

Ballet I

Barre

- Plies 1st, 2nd, 4th, 5th
- Tendu from 1st - 4 en croix
- Degage from 5th - 4 en croix
- Ron De Jamb from 1st - 4 slow en de hors then 4 slow en de dan, passe developpe en croix
- Releves in 1st
- Frappe all ala second - 2 slow 4 fast
- Grand battement from susu - 4 en croix

Center/ Across the floor

- Splits right & left and frog stretch - 30 second each
- Chene turns
- Pique turns
- Kicks front & back along the tape lines
- Jumps in 1st, 2nd & 5th
- Leaps

Beginner Tap/Ballet Combo

Tap Portion

- Shuffles
- Shuffles faster
- Shuffle Hop
- Shuffle Toe
- Shuffle Hop Toe
- Shuffle Ballchange
- Shuffle Ballchange Faster
- Maxi Ford
- Flaps all front
- Flap Heel all front

Center/Across the Floor

- Irishes (shuffle hop step)
- Heel Heel Ball Change w/arms
- Look Jump w/3 claps in a square
- Flaps across the floor
- Backward flaps across the floor
- Flap Heel across the floor

Ballet Portion Barre

- Plies in 1st & 2nd
- Tendu 2 encroix

Ballet Portion Center

- Splits right & left and frog stretch - 30 second each
- Chene turns
- Pique turns
- Kicks front & back along the tape lines
- Jumps in 1st, 2nd & 5th
- Leaps

Mini Movers

Tap Portion Barre

- Shuffles
- Shuffles faster
- Shuffle Hop
- Shuffle Toe
- Shuffle Hop Toe
- Shuffle Ballchange

Tap Portion Center

- Taps count to 7
- Heels count to 7
- Toes count to 7
- Irishes (Shuffle Hop Step)
- Look Jump w/3 claps in a square
- Flaps across the floor
- Backward flaps across the floor
- Flap Heel across the floor

Ballet Portion Barre

- Plies in 1st & 2nd
- Tendu facing the barre all to the sides 8 on each foot

Ballet Portion Center

- Sit in a circle butterflies
- Make Pizzas/Ice Cream with legs out to second
- Princess Walks across the floor
- Beachball twirls (Chene turns) across the floor
- Leaps over the puddles
- Freeze dance with the streamers