

Class Notes

4:30 - Ballet III/IV/V

Barre - All of the songs I'm including allow for turning around to the left mid song so both sides should be executed within one song *except* ron de jamb, the leg stretch takes up the second half of that song.

- **Plies** - they know the combination
- **Tendu from 1st** - Tendu, plie 4th, releve, plie, tendu, close first, tendu close 1st - En croix but when going to side will plie in 2nd.
- **Tendu from 5th** - Tendu front, temps lie, stretch back close 5th, reverse back temps lie stretch front close 5th, tendu side 4x, passe hold close back - reverse the whole thing starting back.
- **Degage** - 2 degage front, pique close repeat side & back, balance sur le coup de pied. Reverse that whole thing then 6 degege first close front, 6 degege first close back, balance sur le coup de pied - soutenu other side.
- **Ron de jamb** - Passe, developpe front, hold tendu, ron de jamb 6,7,8, with the arm 1,2 3, 4, off the floor 45degrees front, side back. Reverse - passe, arabesque, hold tendu, ron de jamb en de dans 6,7,8 with the arm 1,2,3,4, off the floor 45 degrees back, side front. Repeat second time leg ron de jamb en lair 90+ degrees. Then leg stretch (they know this part)
- **Fondu** - Fondu front, plie releve, fondu side plie releve, fondu back plie releve brush through fouette, brush through fouette, reverse - repeat.
- **Frappe** - Front side back, double side double side double side - back side front, double side double side double side - releve tendu 6x then petite battement. (they know the last part, we have been using this song for a few weeks now and they know how it goes with the music.
- **Grand battement** - Just tell them they can do "swings" they know that combination.

Center

- **Adagio** - whatever extensions you'd like
- **Pirouette** - Working on both en de hors and en de dans so feel free to make up any combo including both.
- **Across the floor** - waltz/balance, piques, step over piques, attitude turns, any combination of fun things.
- **Petite Allegro** - they have a combo they've been working on to "sparklejollytwinkle" see if they can pull it out of their brains. Lol
- **Grand Allegro** - whatever you like

6:00 Pointe

Barre

- **Foot stretch** - they should know this combo
- **Relevés** - 1st on the right, 2nd on the left
- **Releve arabesque** - working on holding placement as they releve

Center - Primarily working on getting them to treat pointe work the same as slipper. Mindset of it not being different so not to be scared. Combos are fine, individual tasks are fine, you can even give a short variation if you like, they should be OK doing the following:

- **Pirouette**
- **Passes**
- **Echappes**
- **Changements**

Across the floor

- **Piques**
- **Chenes**
- **Soutenu**
- **Step over piques**
- **Pique arabesque**
- **Attitude & Arabesque turns**
- **Waltz/Balance** - sometimes use same waltz from ballet to translate and help understand dancing in pointe is same as slipper
- **Jumps** - Changements en pointe & saute on one foot with other in coupe if pointe dancers want to try, usually make the slipper kids do this for strength and foot articulation.

6:45-8:15 Ballet II -

Barre

- **Plies** -
 - 1st, 2 demi, 1 grand combre front/back
 - 2nd, 2 demi, 1 grand, combre side side
 - 4th, 2 demi, 1 grand combre front/back
 - 5th, 2 demi, 1 grand balance sousous - soutanu other side
- **Tendu from 1st - 3 tendu 1 eleve encroix**
- **Tendu from 5th- 3 tendus 1 retire encroix**
- **Degage** - 2 degage 2 pique close - front, side back balance in retire - reverse - soutanu other side
- **Ron De Jamb** - counts slow so they can watch in the mirror their leg placement
 - 4 ron de jamb en de hors (1,2,3,4) - off the floor slower front 5, side 6 back 7 close 8
 - 4 ron de jamb en de dans - off the floor 5, 6, 7, 8
 - Passe developpe front 90 degrees hold carry side hold, carry back hold arabesque
 - Leg stretch side squeeze & let go keeping leg up - turn to barre back stretch - split till end of song.
- **Fondu** - simple & slow, 1 encroix no releve
- **Frappe** - Dig brush in articulated then 3 full frappes - encroix reverse - soutanu other side
- **Grand Battement** - 4 encroix from sousous

Center

Pirouette - Tendu side, plie 2nd, balance passe - same 2nd time with pirouette, 3rd with balance, 4th with pirouette

Across the Floor - Pique turns & soutanu turns each separate

Petite Allegro warm up - Jumps in 1st, 2nd and changements

Petite Allegro - Jete temps levé coming forward

8:15 - Pre-Pointe

Working on body placement & endurance in releve. 8 sets of 8 in 1st & 2nd, same in coupe right & left, passe right & left, arabesque right & left but they change feet after 2 sets. This takes almost the whole class, but if you get through it we do Pique to arabesque in the center (they should be able to show you what I mean)