

Progressions in Sample Exercises

Once Upon A Ballet™

Progressions in Sample Exercises is meant to be a tool for you in teaching the more technical aspects of preschool, pre- and beginning ballet classes. It provides sample exercises for barre (including circle barre and centre barre for lower levels), centre allegro, and reverence portions of class. Exercises are listed in order as they progress through each level. As we all know from teaching experience, no two classes are alike. Some classes excel easily through technical exercises, whereas others of the same age group may not. If you find an exercise is too easy or too difficult for your class, it can be helpful to look at the level above or below what you are teaching for ideas on exercises to substitute.

The progressions below are color coordinated: Tiny Tutus / ages 2-3 are green, Enchanted Movement / ages 3-4 are teal, Pre-Ballet I / ages 4-6 are pink, Pre-Ballet II / ages 5-7 are purple, and Ballet 1 / ages 7-9 are blue. In the case of Pre-Ballet II and Ballet 1 (where steps and exercises may be a little more technical), there may be a progression of exercises *within* the level. Pre-Ballet II will remain shades of purple and Ballet 1 will remain shades of blue. Progressions for each step are listed from youngest to oldest and easiest to most difficult. All exercises follow the Once Upon A Ballet™ Curriculum.

Tiny Tutus (ages 2-3)	Enchanted Movement (ages 3-4)	Pre-Ballet I (ages 4-6)	Pre-Ballet II (ages 5-7)	Ballet 1 (ages 7-9)
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CIRCLE BARRE / CENTRE BARRE / BARRE EXERCISES

Notes for all levels:

The following are sample exercises that follow the Once Upon A Ballet™ curriculum. These exercises are meant to be accomplished by students by the end of the academic year. Please modify them as needed to best suit your students' current ability.

Notes for Tiny Tutus and Enchanted Movement (ages 2-4):

Some form of circle barre should be done in every class. We recommend beginning barre work at an actual barre in Ballet 1 (age 7+). At ages 2 and 3, we keep students in a circle for barre work to keep class flowing.

Notes for Pre-Ballet I and II (ages 4-7):

Some form of centre barre should be done in every class. We recommend beginning barre work at an actual barre in Ballet 1 (age 7+). The following are sample exercises that follow the Once Upon A Ballet™ curriculum.

Notes for Ballet 1 (ages 7-9):

In Ballet 1 (ages 7+), we begin barre work at an actual barre. Students should begin each exercise with their arms en bas and place them correctly on the barre during the music preparation. At the end of the combination, students should bring their arms back to en bas and stand tall to indicate a finish. Once students are comfortable working in 1st position, they may begin completing barre exercises from 5th position for added difficulty (as long as they retain correct posture when working in 5th). Depending on the length of your classes, you may not have enough time to complete every exercise in every class. Plié, tendu and soutenu should be completed in every class. Other exercises may be spaced over a couple of classes if needed.

Demi Plié

The following exercises are done during circle barre, centre barre, or barre, unless otherwise noted.

Begin in parallel with the hands on the hips. Demi plié 4x. (Done with the help of a parent/caregiver, aka bend and stretch)

Begin in parallel with the hands on the hips. Demi plié 4x. (aka bend and stretch)

Begin in a "slight V" 1st position with the hands on the hips.

1 demi plié, 2 stretch, 3-4 hold, 5 demi plié, 6 stretch, 7-8 hold, 1 demi plié, 2 stretch, 3-4 hold, place in 2nd position, repeat all in 2nd position, place in 1st position to finish. (The "hold" helps children develop musicality.)

Begin in a "natural" 1st position with the hands on the shoulders.

1-2 demi plié, 3-4 stretch, 5-6 demi plié, 7-8 stretch, 1-2 demi plié, 3-4 stretch, tendu to 2nd position.

Repeat all in 2nd position, tendu to 1st position to finish. (In this level, we introduce the sustained movement of the plié.)

Begin facing the barre in 1st position. Place the hands lightly on the barre during the preparation.

Three demi pliés in 1st position (2 counts to plié and 2 counts to stretch). Tendu to 2nd position.

Repeat in 2nd position, 5th position right, and 5th position left.

(The plié should be sustained, taking 2 entire counts to lower and 2 entire counts to stretch.)

Battement Tendu

The following exercises are done during circle barre, centre barre, or barre, unless otherwise noted.

Begin in parallel. Place a prop on the floor in front of the student. Have the parent/caregiver help her/his child point to the prop with their toes. Complete with the right and left leg. (aka point and close)

Begin in parallel with the hands on the hips. Tendu front 1-2 right, 3-4 close, 5-6 left, 7-8 close. 1-8 repeat all. (aka point and close)

Begin in a "slight V" 1st position with the hands on the hips. Tendu front 1-2 right, 3-4 close, 5-6 left, 7-8 close. 1-8 repeat all.

Begin in a "natural" 1st position with the hands on the shoulders.
Tendu: 1 point, 2-4 slide the foot back to 1st while moving through the demi pointe. Front right and left. Repeat.

Begin in a "natural" 1st position with the hands on the shoulders.
Tendu: 1 point, 2-4 slide the foot back to 1st while moving through the demi pointe. Front right and left. Repeat.
Repeat all to the side.

Begin in 1st position facing the barre. Place the hands lightly on the barre during the preparation.
Tendu: 1 point, 2-4 hold, 5-8 slide the foot back to 1st while moving through the demi pointe.
Front right and left, side right and left, back right and left, and side right and left.
(Correct technique, turnout and posture should be focused on during the hold.)

Please note: The following exercises is done during centre as opposed to barre.
Begin facing front, standing in 1st position with the arms en bas.
1-4 battement tendu side with the right leg 2x, 5-8 battement soutenu side with the right leg 1x. 1-8 repeat with the left leg.
Repeat all right and left.

Rises and Turns

The following exercises are done during circle barre, centre barre, or barre, unless otherwise noted.

Begin in parallel. Rise bringing the arms to 5th position. Turn to the right. Repeat left.
(Done with the help of a parent/caregiver, aka rises and twirls)

Begin in parallel with the hands on the shoulders.
1 rise, 2 lower, 3 rise, 4 raise the arms to 5th position, 5-8 turn right. 1-8 repeat left. (aka rises and twirls)

Begin in parallel with the hands on the shoulders.
1 rise, 2 lower, 3 rise, 4 lower, 5 rise and raise arms to 5th position, 6-8 turn right. 1-8 repeat all, turning left.

Begin in a "natural" 1st position with the hands on the shoulders.
1 rise, 2 lower, 3 rise, 4 lower, 5 rise and raise arms to 5th position, 6-8 turn right and spot front. 1-8 repeat, turning left.

Begin in a "natural" 1st position with the hands on the shoulders.
1 rise, 2 lower, 3 rise, 4 lower, 5 rise and raise arms to 5th position,
6 turn right and spot front, 7 turn right and spot front, 8 lower. 1-8 repeat all, turning left.

Please note: The following exercise is done during centre as opposed to barre.
Begin facing front, standing in 1st position with the hands on the shoulders. 1 look directly side to the left, 2 look front, 3 look directly side to the left, 4 look front, 5 rise, 6 quarter bourrée turn to the right leaving the head facing front, 7 look straight ahead (now facing directly stage right), 8 lower. Repeat for a total of 2 or 4 sets to the right. Repeat for a total of 2 or 4 sets to the left.

Battement Soutenu

The following exercises are done during circle barre, centre barre, or barre, unless otherwise noted.

Begin in a "natural" 1st position with the hands on the shoulders.
1-2 demi pli  , 3-4 tendu the right foot front while remaining in fondu on the standing (left) leg,
5-6 close the right leg into demi pli  , 7-8 Stretch. Repeat left, right, and left.

Begin in a "natural" 1st position with the hands on the shoulders.
1-2 demi pli  , 3-4 tendu the right foot front while remaining in fondu on the standing (left) leg,
5-6 straighten, 7-8 close. Repeat left, right, and left.

Begin in a "natural" 1st position with the hands on the shoulders.
1-2 tendu front with the right leg, 3-4 fondu on the standing (left) leg,
5-6 straighten, 7-8 close. Repeat left, right, and left.

Begin in 1st position facing the barre. Place the hands lightly on the barre during the preparation.
1-4 soutenu (tendu en fondu), 5-6 close and stretch, 7-8 hold.
Side right and left, side right and left, front right and left, front right and left.

Begin in 1st position facing the barre. Place the hands lightly on the barre during the preparation.
1-4 soutenu (tendu en fondu), 5-6 close and stretch, 7-8 hold.
Side right and left, side right and left, front right and left, front right and left.
1-2 pli  , 3-4 stretch, 5-6 rise, 7-8 release the hands from the barre, 1-8 balance.

Please note: The following exercises is done during centre as opposed to barre.
Begin facing front, standing in 1st position with the arms en bas.
1-4 battement tendu side with the right leg 2x, 5-8 battement soutenu side with the right leg 1x. 1-8 repeat with the left leg.
Repeat all right and left.

Battement Piqu  

Begin in parallel. Place a prop on the floor in front of the student (just like in tendu). (aka fairy or princess taps)
Have the parent/caregiver help her/his child point to the prop and "tap" it with their toes. Complete with the right and left leg.

Begin in parallel with the hands on the hips. (aka fairy or princess taps)
1 tendu front right, 2-5 "tap" the floor with the toes 4x, 6-7 hold, 8 close. 1-8 repeat to the left.

Begin in a "slight V" 1st position with the hands on the hips.
1 tendu front right, 2 hold, 3-6 "tap" the floor with the toes 4x, 7 close, 8 hold. 1-8 repeat to the left.

Begin in a "natural" 1st position with the hands on the hips.
1 tendu front right, 2 hold, 3-6 "tap" the floor with the toes 4x, 7 close, 8 hold. 1-8 repeat to the left.

Begin in 1st position facing the barre. Place the hands lightly on the barre during the preparation.
1 brush degage, 2 hold, 3 piqu  , 4 piqu  , 5-6 hold, 7 close, 8 hold. Side right and left.

Rond de Jambe    Terre

Begin in 1st position facing the barre. 1-4 quarter rond de jambe en dehors. 5-8 quarter rond de jambe en dedans. Right and left.

Passé, Sur le Cou de Pied, and Retiré

Begin in parallel with the hands on the hips. 1 passé the right leg in parallel, 2 hold, 3 close, 4-8 hold, 1-8 repeat left. Repeat all.

Begin in parallel with the hands on the hips. 1 passé the right leg in parallel, 2-4 hold, 5 close, 6-8 hold, 1-8 repeat left. Repeat all.

Begin in a "natural" 1st position with the hands on the hips. 1 tendu the right leg side, 2 hold, 3 bring the right leg to passe, 4 hold, 5 extend the right leg to tendu side, 6 hold, 7 close, 8 hold. 1-8 repeat left. Repeat all.

Begin in a "natural" 1st position with the hands on the hips. 1 tendu the right leg side, 2 hold, 3 bring the right leg to passe, 4 hold, 5 extend the right leg to tendu side, 6 hold, 7 close, 8 hold. 1-8 repeat left. Repeat right and left with a tendu front instead of side.

In Ballet 1, the "Passé" exercise is replaced with "Sur le Cou de Pied and Retiré".

Begin in 1st position facing the barre. Right foot: 1 foot progression to demi pointe, 2 push to point just off the floor, 3 bring the foot to a wrapped sur le cou-de-pied, 4 hold, 5-8 lower the foot back to close moving through the demi pointe. Repeat. 1 foot progression to demi pointe, 2 point the foot to sur le cou-de-pied devant, 3 raise the leg to retiré devant, 4-5 hold, 6-8 lower the foot to close moving through the demi pointe. Repeat all left.

Sways

Begin in parallel with the right leg tendu side, hands may be holding a prop or on the hips.
1-2 sway right, 3-4 sway left, 5-6 sway right, 7-8 sway left. 1-8 repeat.

Begin with the right leg tendu side in "slight V" turnout, hands may be in demi seconde, holding the skirt, or holding a prop.
1 sway right, 2 hold, 3 sway left, 4 hold, 5 sway right, 6 hold, 7 sway left, 8 hold, 1 sway right, 2 hold, 3 sway left, 4 hold, 5-6 chassé side to the right, 7-8 step to the right and tendu the left leg side. Repeat all swaying to the left first (so chassé to the left).

Begin with the right leg tendu side with "natural" turnout. Hands may be in demi seconde, holding the skirt, or holding a prop.*
1 sway right, 2 hold, 3 sway left, 4 hold, 5 sway right, 6 hold, 7 sway left, 8 hold.
1 sway right, 2 hold, 3 sway left, 4 hold, 5-6 chassé side to the right, 7-8 step to the right and tendu the left leg side.
1-8 repeat swaying to the left first (so the chassé will be left).
* If holding a scarf or ribbon streamers, alternate which hand holds them with the sways (in the right hand for sways to the right, etc.).

Note: In Ballet 1, sways are done during centre rather than during barre.

Begin with the right leg tendu side. Hands may be in demi seconde, holding the skirt, or holding a prop*
1 sway right, 2 hold, 3 sway left, 4 hold, 5 sway right, 6 hold, 7 sway left, 8 hold, 1 sway right, 2 hold, 3 sway left, 4 hold, 5-6 chassé side to the right, 7-8 step to the right and tendu the left leg side. 1-8 repeat swaying to the left first (so the chassé will be left).
*If holding a scarf or ribbon streamers, alternate which hand holds them with the sways (in the right hand for sways to the right, etc.)

3rd Arabesque

Begin facing front in a “natural” 1st position, arms are en bas.

1 step to face directly side onto the right leg (facing stage right), the left leg in tendu back and arms in 1st position, 2 extend the arms to 3rd arabesque, 3-6 hold, 7 pivot to face front as close to stand in 1st with arms en bas, 8 hold. 1-8 repeat to the left.

Begin facing front in a “natural” 1st position, arms are en bas.

1 step to face directly side onto the right leg (facing stage right), the left leg in tendu back and arms in 1st position, 2 extend the arms to 3rd arabesque, 3-4 hold, 5 lift the back leg to between degage height and 45 degrees, 6 hold, 7 pivot to face front as close to stand in 1st with arms en bas, 8 hold. 1-8 repeat to the left.

Note: In Ballet 1, 3rd arabesque is done in a center combination traveling across the floor.

Traveling on the diagonal. Begin in the upstage corner of stage left, standing in tendu effacé front with the right leg and the arms in demi seconde.

1-4 run en demi pointe on the diagonal to the center of the room, 5 plié in 1st position with the arms en bas, 6 chassé into 3rd arabesque tendu derrière with the arms moving through 1st position into 3rd arabesque, 7-8 hold.

1-8 repeat, continuing on the diagonal. For added difficulty, have students lift their back leg to between degage height and 45 degrees on counts 7-8.

Grand Battement

Begin in 1st position facing the barre. 1 point to tendu, 2 kick (to 45-60 degrees), 3 point to tendu, 4 close. Side 2x right and 2x left. Front 2x right and 2x left.

Adagio

Begin in 1st position facing the barre. In a slow, fluid motion: 1-4 brush and lift the leg (to 45-60 degrees), 5-8 close. Side right and left. Front right and left.

Relevés and Sautés

Note: In Ballet 1, barre is completed with a relevé and sauté combination. Additional jumping is done during centre allegro.

Begin in 1st position facing the barre. 1 plié, 2 relevé, 3-4 hold, 5 plié, 6 relevé, 7-8 hold, 1 plié, 2 sauté, 3 plié, 4 stretch, 5-8 tendu and place in the next position. Practice in 1st and 2nd position. Add soubresauts from 5th position. Then add changements from 5th position.

CENTRE

Centre in its true sense (without a fairy tale themed activity) is introduced in Ballet 1. In addition to the following exercises, sways with chassés, port de bras, and 3rd arabesque are included in the barre and reverence sections for the sake of showing progressions with other the younger levels.

Swings with Head Exercise

Begin in parallel facing front with the arms down by the sides. 1 look right, 2 hold, 3 look front, 4 hold, 5-8 repeat left, raising the arms straight up on count 8. 1-4 swing down forward over, and up, 5-8 repeat the swing. 1-8 repeat the head portion with the head tilting instead of turning. 1-8 two swings down and up.

Balancé

Students should be introduced to balancé at this level. Balancé should first be introduced as a down-up-down step. This can be done with little marches in parallel (stepping down on the right foot, up on the left, down on the right, then down on the left, up on the right, down on the left--in a kind of step-ball-change manner). Once the rhythm has been established, the step can move from side to side in parallel. Then turnout can be added from side to side. Finally, paying attention to stretching the leg and pointing the toes on the steps out to the side should be added.

CENTRE ALLEGRO

Some form of centre allegro should be done in every class to help build strength and stamina. The following are sample exercises that follow the Once Upon A Ballet™ curriculum. These exercises are meant to be accomplished by students by the end of the academic year. Please modify them as needed to best suit your students' current ability.

Bounces and Jumps

Begin in parallel, students may be facing and holding the hands of their parent/caregiver. Bounce twice and jump straight up, parents/caregivers may help lift them in the jump.

Begin in parallel with the hands on the hips.

1 plié (bounce), & stretch, 2 plié (bounce), & jump straight up in the air, 3 land in plié, 4 stretch, 5-8 hold.

Repeat for a total of 4 sets.

Begin in parallel with the hands on the shoulders. 1 plié (bounce), & stretch, 2 plié (bounce), & stretch, 3 plié (bounce), & jump straight up in the air, 4 land in plié, 5 stretch, 6-8 hold. Repeat for a total of 4 sets.

Begin in parallel with the hands on the shoulders.

1 plié (bounce), & stretch, 2 plié (bounce), & stretch, 3 plié (bounce) and look right, & jump straight up in the air with a quarter turn to the right, 4 land in plié, 5 stretch, 6-8 hold. Repeat for a total of 4 sets turning right then 4 sets turning left.

Sautés and Échappés

Begin in parallel, standing on a mat or floor marker. Students may be facing and holding the hands of their parent/caregiver. Jump to land with the legs apart (off of the marker). Parents/caregivers may help to lift them in the jump.

Begin in parallel, optional: standing on a mat or floor marker, hands on the hips. 1 plié, 2 échappé (and land so feet are off of the marker), 3 stretch, 4 hold, 5 plié, 6 jump back to land in parallel (on the marker), 7 stretch, 8 hold. Repeat for a total of 4 sets.

Begin in a "slight V" 1st position with the hands on the shoulders. 1 plié in 1st, 2 sauté in 1st, 3 plié in 1st, 4 stretch, 5-8 repeat. 1 plié in 1st, 2 échappé jump, 3 land in plié 2nd, 4 stretch, 5 plié in 2nd, 6 jump, 7 land in plié 1st, 8 stretch. Repeat all.

Begin in a "natural" 1st position with the hands on the shoulders.

1 plié, 2 sauté in 1st, 3 plié, 4 stretch, 5-8 repeat, 1 plié, 2 échappé, 3 land in 2nd position plié, 4 stretch, 5 plié, 6 jump, 7 to land in 1st position plié, 8 stretch.
Repeat all.

Begin in a "natural" 1st position with the hands on the shoulders

1 plié, 2 sauté in 1st, 3 plié, 4 stretch, 5-8 repeat, 1 plié, 2 échappé, 3 land in 2nd position plié, 4 stretch, 5 plié, 6 jump, 7 to land in 1st position plié, 8 stretch.
1 sauté in 1st, 2 sauté in 1st, 3 échappé to 2nd, 4 jump to 1st, 5-8 repeat.

Begin in 1st position with the hands on the shoulders. 1 plié, 2 sauté in 1st, 3 plié, 4 stretch, 5-8 repeat, 1 plié, 2 échappé, 3 land in 2nd position plié, 4 stretch, 5 plié, 6 jump, 7 to land in 1st position plié, 8 stretch.
(Half time:) 1 sauté in 1st, 2 sauté in 1st, 3 échappé to 2nd, 4 jump to 1st, 5-8 repeat.

Stand on One Leg and Hop / Passé in Parallel with a Hop

{Stand on One Leg and Hop} Have students stand on one leg and hop in place. Repeat the other side. Students may hold the hands of a parent/caregiver for balance.

{Stand on One Leg and Hop} Have students stand on one leg and hop in place. Repeat the other side.

{Passé in Parallel with a Hop} Have students begin in a parallel squat with their head tucked as if they are trying to be very small in a box or container. Count to three and have students jump out as big as they can, landing with their feet in a wide parallel 2nd position and their arms in a high V. Optional: Have students try a half or full turn as they "jump out of the box".

Fireworks Jumps / Rises in Parallel with Half Turns

{Fireworks Jumps} Have students begin in a parallel squat with their head tucked as if they are trying to be very small in a box or container. Count to three and have students jump out as big as they can, landing with their feet in a wide parallel 2nd position and their arms in a high V.

{Fireworks Jumps} Have students begin in a parallel squat with their head tucked as if they are trying to be very small in a box or container. Count to three and have students jump out as big as they can, landing with their feet in a wide parallel 2nd position and their arms in a high V. Optional: Have students try a half or full turn as they "jump out of the box".

{Fireworks Jumps} Have students begin in a parallel squat with their head tucked as if they are trying to be very small in a box or container. Count to three and have students jump out as big as they can, landing with their feet in a wide parallel 2nd position and their arms in a high V. Optional: Have students try a half or full turn as they "jump out of the box".

{Fireworks Jumps} Begin in parallel with the hands on the shoulders.

1 plié (bounce), & stretch, 2 plié (bounce), & stretch, 3 plié (bounce) and look right, & jump straight up in the air with a quarter turn to the right, 4 land in plié, 5 stretch, 6-8 hold. Repeat for a total of 4 sets turning right then 4 sets turning left. Optional: Have students try a half or full turn as they "jump out of the box".

{Rises in Parallel with Half Turns} Begin in parallel with the hands on the shoulders.

1 rise, 2-3 hold, 4 plié, & jump and half turn, 5 land in plié, 6 stretch, 7-8 hold. Repeat a total of 4 sets (2 sets turning right and 2 sets left).

{Rises in Parallel with Half Turns} Begin in parallel with the hands on the shoulders. & plié, 1 rise, 2 plié, & parallel saute, 3 land plié, & parallel saute with a half turn, 4 land in plié. Repeat a total of 4 sets turning right and 4 sets turning left.

Soubresauts and Changements

Begin in 5th position with the right leg in front and the hands on the shoulders. 1 plié, 2 soubresaut, 3 plié, 4 stretch, 5-8 repeat, 1 plié, 2 changement, 3 plié, 4 stretch, 5-8 hold. 1-8 repeat to with the left leg in front.

Spring Heels

Begin with hands on the hips, left leg in a tendu front with the foot flexed (heel rests on the floor), right leg is en fondu, “natural” turnout. 1 close the left leg to plié in 1st, 2 extend the right leg to a flexed foot tendu en fondu, 3 close the right leg to plié in 1st, 4 extend the left leg to a flexed foot tendu en fondu. Repeat for a total of 16 counts.*

1 jump and switch from the left leg in a flexed tendu to the right leg in a flexed tendu (spring heel), 2-4 hold, 5-8 repeat switching from right to left, 1-4 repeat switching from left to right, 5-8 repeat switching from right to left.

Begin with hands on the hips, left leg in a tendu front with the foot flexed (heel rests on the floor), right leg is en fondu, “natural” turnout. 1 jump and switch from the left leg in a flexed tendu to the right leg in a flexed tendu (spring heel), 2-4 hold, 5-8 repeat switching from right to left, 1-4 repeat switching from left to right, 5-8 repeat switching from right to left. Repeat all for a total of 16 counts with: 1 spring heel right, 2 hold, 3 spring heel left, 4 hold, etc.

Begin with hands on the hips, left leg in a tendu front with the foot flexed (heel rests on the floor), right leg is en fondu. 1 jump and switch from the left leg in a flexed tendu to the right leg in a flexed tendu (spring heel), 2-4 hold, 5-8 repeat switching from right to left, 1-4 repeat switching from left to right, 5-8 repeat switching from right to left. Repeat all for a total of 8 counts with: 1 spring heel right, 2 hold, 3 spring heel left, 4 hold, etc. Repeat all for a total of 8 counts with: 1-2 double spring heel right, 3-4 double spring heel left, etc.

**When closing and presenting the flexed foot tendu, the foot does not need to slide along the floor like in a typical tendu. The movement is more of a step-place-step-place.*

Spring Points

Use the same combinations as Spring Heels, except while pointing the extended leg instead of flexing it. If students are placing weight on the pointed foot, have them spring point at dégagé height rather than tendu.

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Double Spring Points

Begin with the hands on the hips, left leg in a tendu front, right leg is en fondu, “natural” turnout
1 spring to point the right foot front, 2 hold, 3 spring point left, 4 hold, 5 spring point right, 6 hold, 7 spring point left, 8 hold.
1 spring point right, 2 hop keeping the right foot pointed in tendu front, 3 spring point left, 4 hop keeping the left foot pointed in tendu front, 5-8 repeat previous 4 counts.

Note: The above is described for double spring points. Simply flex the foot instead of pointing it for double spring heels. Double spring points and double spring heels are not introduced until students are able to do spring points and spring heels.

Note: Although double spring points and double spring heels are not a part of the Ballet 1 curriculum, they may be included in class, if desired.

REVERENCE

Reverence is a time when we say goodbye and thank you. This ending of class includes a port de bras and a curtsy/bow.

Sautés

In Ballet 1, we add sautés in 1st at the end of class for added strength and stamina:

Eight to sixteen consecutive sautés in 1st position with the hands on the shoulders.

Port de Bras

1-2 raise the right arm to a high V and lower, 3-4 raise the left arm to a high V and lower, 5-8 raise both arms to a high V and lower; repeat all.

1-2 raise the right arm to a high V and lower, 3-4 raise the left arm to a high V and lower, 5-8 raise both arms to a high V and lower; repeat all.

1-2 raise the right arm to a high V and lower, 3-4 raise the left arm to a high V and lower, 5-8 raise both arms to a high V and lower. 1-8 1st port de bras. *Reminder: 1st port de bras (1st, 2nd, hold, en bas); 2nd port de bras (1st, 5th, 2nd, en bas).*

Begin standing in 1st position with the arms en bas.

1-2 raise arms to 1st position, 3-4 sweep arms down through en bas to low V, 5-8 repeat, 1-8 1st port de bras. Repeat all.

Begin standing in 1st position with the arms en bas.

1-2 raise arms to 1st position, 3-4 sweep arms down through en bas to low V, 5-8 repeat, 1-8 1st port de bras.

1-4 raise both arms to high V, 5-8 lower both arms, 1-8 2nd port de bras.

Begin facing front, standing in 1st position with the arms en bas. 1-2 raise arms to 1st position, 3-4 sweep arms down through en bas to low V, 5-8 repeat. 1-8 1st port de bras. 1-4 raise both arms to high V, 5-8 lower both arms. 1-8 2nd port de bras.

Curtsy

Stand in parallel with the hands holding the skirt or on the hips. Plié in parallel with a slight bow of the head.

Stand in parallel with the hands holding the skirt or on the hips. Plié in parallel with a slight bow of the head.

Stand in a "slight V" 1st position with the hands holding the skirt or on the hips. Point the right foot front in tendu. Plié on the standing leg with a slight bow of the head.

Stand in a "natural" 1st position with the hands holding the skirt or in demi seconde. Point the right foot front in tendu. Plié on the standing leg with a slight bow of the head.

Begin facing front and standing in 1st position with the hands holding the skirt or in demi seconde. Cross the right leg in back to stand in B-plus. Plié on the standing leg with a slight bow of the head.