

Dance 101

First Position (pizza feet)

Second Position

Port de Bras

“Scoop” Hands

En Bas (low first arms)

En Haut (fifth position arms)

Plié

Relevé

Élevé

Tendu (devant & seconde)

Piqué (devant & seconde)

Bourrée Turn (ballerina turn)

Parallel Passé

Turned Out Passé (from tendu side)

First Arabesque

Sauté

Échappé

Splits

Ballerina Walks

Passé March

Skips (2nd semester)

Gallop/Side Chassé

Forward Chassé (2nd semester)

Curtsy

Leap

Left & Right

Rhythm

Counting to 8

Circle Time

Center/Line Time

Across the Floor

Partner

Staging (Upstage, Downstage, Stage Right, Stage Left)