

Beginning 1 Lyrical Syllabus

General Goals: beginner lyrical skills and teaching ballet/lyrical technique

Skills taught:

- Hopping
- Lyrical runs
- Jumping
- Ron de jambe
- Passé
- Feet in turn out (5 ballet positions)
- Cross overs
- Skipping
- Pliés
- Piqué (ding ding ding)
- Side chassé
- Marching
- Pointing and flexing toes
- Tendus
- Relevés
- Step Passé
- Ball change
- Grapevine
- Tendues
- Step ball change

Skills introduced:

- Battement (Straight kick)
- Feet in parallel (1st and 2nd positions)
- 3 step turns
- Compass turns
- Inside pirouette
- Spotting
- Lindy
- Hinge kicks
- Pivot turns
- Brush leaps
- Lunges
- Waltz step
- Front chassé
- Step slides/ Drag slide (transferring weight)
- Connecting with the lyrics
- Splits and stretching

Classroom Etiquette:

- Entering class ready to dance and on time
- Ready to warm up
- Lyrical shoes on, hair pulled back, no gum
- Using the bathroom before class only
- Raising their hands before sharing with the teacher or the class
- Trying all new moves introduced in class
- Exhibiting a positive attitude in class