

Intermediate 1 Lyrical Syllabus

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

Skills taught:

- Battement (Straight kick)
- Feet in parallel (1st and 2nd positions)
- Compass turns
- Inside pirouette
- Pointing and flexing toes
- Chaîné turns
- Lyrical runs
- Ron de jambe
- Passé
- Feet in turn out (5 ballet positions)
- Spotting
- Pivot turns
- Hinge kicks
- Brush leaps
- Lunges
- Waltz step
- Développé kick
- Pliés
- Piqué (ding ding ding)
- Side chassé
- 3 step turns
- Grapevine
- Front chassé
- Step slides/ Drag slide (transferring weight)
- Splits and stretching
- Chassés in opposition (alternating)
- Tendus
- Relevés
- Step Passé
- Ball change
- Cross overs

Skills introduced:

- Piqué turn
- Front attitude
- Back attitude
- Outside pirouette
- Isolations/contractions
- Shoulder rolls
- Stunts
- Pas de Bourrée
- Lindy
- Body rolls
- Cartwheels
- Tricks
- Floor work
- Connecting and expression with the lyrics
- Handstands

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