

Advanced 1 Ballet Syllabus

General Goal: Working on mastery and strength to get on pointe

Skills taught:

- Ballet runs
- Tour Jetés
- Fouetté jump and variations
- Pas de Chat & Italian Pas de Chat
- Glissade and Assemblé
- Compass turns (with bent or straight leg)
- Chaîné turns – 3 step turn
- Port de bras (Movement of Arms)
- Piqué
- Soutenu turn or Détourné (Cross over Turn)
- Chassé in 2nd (side)
- Balance (Center or at Barre)
- Weight changes/shifting weight
- Rhythm and keeping time
- Improving turn out in all 5 positions with proper arm alignment
- Ballet terminology
- Brisé and Cabriole
- Pas de Basque
- Controlled body movements
- Tendu
- Changement
- Reverence - Curtsey
- Chassé Devant (front, single foot lead and alternating)
- Bourrées and bourrée turns
- Rond de Jambe
- Plié - Demi and Grand
- Échappe Sauté (2nd to 1st)
- Sauté (to jump) & Soubresaut
- Battement
- Passe & Retiré
- Arabesque en terre & en l'aire (on floor and in the air)
- Barre work
- Entrechat Quatre
- Splits and stretching
- Leaps: Grand Jeté (brush), Saut de Chat (Développé), & Stag
- Balancé (waltz) and turning balancé
- Temps Leve (hop) = step hop arabesque
- Piqué turns -Doubles & En dehors (Lame Ducks)
- Piqué attitude turns
- Pirouettes En dehors (Outward) & En dedans (Inward) – Doubles & Coupé & variations
- Petit Jetés (switching feet)
- Rhythm and keeping time
- Dégagé
- Développé & Attitude (all positions)
- Échappe Releve (2nd to 5th, 4th to 5th)
- Fouetté turns & À la Seconde (Grand Pirouette)
- Chassé en Tournant

Classroom Etiquette:

- Entering class ready to dance and on time
- Ready to warm up
- Ballet shoes on, hair pulled back, no gum
- Using the bathroom before class only
- Trying all new moves introduced in class
- Exhibiting a positive attitude in class