

Adult Fit Ballet

Level One

Section One: Technique

Barre exercises arranged by the teacher.

- A) Demi plies, full plies and rises in 1st and 2nd positions facing the barre
- B) Battement tendu en croix and divided grand battement devant and derriere
- C) Relevés in 5th and echappes to 2nd facing the barre

Section 2: Arms

Teacher's simple arrangement to include:

1st - 2nd - 5th

3/4 8 bars each side OR 16 bars complete

Section 3: Centre Practice

ADAGE

One teacher's arrangement to include

Demi plie and rise and chasse passe en avant

Section 4: Enchainement

One enchainement arranged by the teacher to include some of the following:

Glissade devant and derriere

Petite jete and jetes derriere

Pas de bourree devant & derriere using either foot

Echappe saute to 2nd

Pas de chat

Changement & soubresaut

Pose temps leve devant, derriere and en avant

Section 5: Dance

BALLET Solo/Duet/Trio/Group 4/4 — 16 BARS