

Adult Fit Notes

Section One: Technique

A: Facing the barre: 2 demi plies in 1st position, 2 rises, Grand plie in 1st position, stretch right foot to 2nd position, same exercise in 2nd, return to first.

Music – Plie 2 from Sleeping Beauty

B: One hand on the barre. Battement tendu en croix (in a cross), Grand Battement en avant in four counts, battement tendu a la second to close behind. Repeat the exercise starting from the back.

Music – Battements Tendus 2/4

C: Facing the barre: RF in front, 3 releves in fifth, hold count four in a plie, 3 echappe releves changing each one, hold count four in a plie and repeat.

Music – Point – Releves Devant 6/8

Section Two: Arms

Facing corner 8, right foot front in 5th, arms bras bas
1st ports de bras, 2nd ports de bras, 1st ports de bras, tendu back foot to the side, close front while slightly twiddling to corner 2

Music – 1st Adage $\frac{3}{4}$

Section Three: Centre Practice

Facing corner 8, right foot front in 5th, arms bras bas

Demi plie, arms out and up to second

Rise, arms up to 5th

Grand Plie, arms all way down to bras bas, through first and out to second

Chase forward to arabesque, arms to a deux bras

Bring left foot into plie in first position, arms to bras bas

Chase left foot forward to first arabesque

Bring everything up to fifth including arms

Twiddle around to corner 2 keeping the left foot in front and repeat other side.

Music – Adage 2 From La Bayadere

Section Four: Enchainement

Left foot in front in fifth

using back foot - glissade to the right, don't change feet.

pas de bouree derriere using back foot to go 'behind side front', you should end up with right foot in front. NOT PIQUE

Echappe- out and back, you should now have left foot in front.

pas de chat using back foot, don't change feet.

soubresaut (jump on the spot) you should still have your left foot in front.

pas de bouree devant using left foot to go 'front, side, behind'

You should end up with your right foot in front to do the whole exercise the other side

Section Five: Dance

Music – Adage 2 Romance Op.44 No.1

