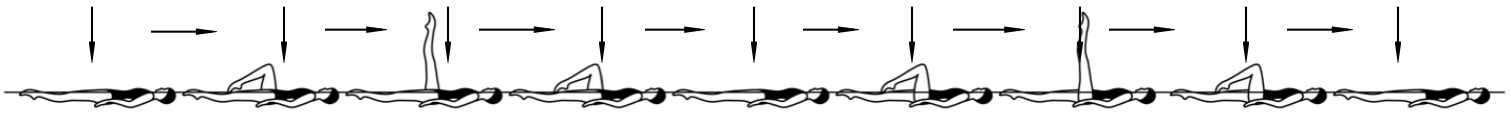
Ballet Leg Alternate



Ballet Leg Alternate DD 2.4

NVT=	10.5	11.0	11.0	10.5
PV=	1.22	1.28	1.28	1.22

				TOTAL
NVT= 10.5	11.0	11.0	10.5	86
PV= 1.22	1.28	1.28	1.22	10

Height Chart for Single Ballet Leg

Water Levels	Excellent/Near Perfect	Very Good	Good	Competent	Satisfactory	Deficient	Weak
Score	9.5	8.5	7.5	6.5	5.5	4.5	3.5
Ballet Leg	At Top of Thigh	Upper thigh	Mid-thigh	Low thigh (Well above knee cap)	Above knee cap	Knee cap	Below Knee Cap

1. **Back Layout Position**: The body is extended, on the back, with the face, chest, thighs, and feet at the surface. The ears, hips and ankles are in line.
2. ***Back Layout to Bent Knee Back Layout Position****: From the* ***Back Layout Position****, with one leg remaining extended at the surface, the toe of the other leg is drawn along the inside of the extended leg until the thigh is vertical to assume the* ***Back Layout Bent Knee Position.***
3. **Bent Knee Back Layout Position**: The body is extended on the back, with the face, chest, and one thigh & foot at the surface. The ears, hips, and ankle are in line. The thigh of the bent leg is perpendicular to the surface (vertical). The toe of the bent leg remains in contact with the inside of the extended leg.
4. ***Back layout Bent Knee to Ballet Leg Position****. From the* ***Back Layout Bent Knee Position****, the bent knee is straightened, without movement of the thigh, to assume the* ***Ballet Leg Position.***
5. **Ballet Leg Position:** The body is extended with the face, chest and one thigh and foot at the surface. The ears, hips, and ankle are in line. One leg is extended vertically with the thigh perpendicular to the surface.
6.

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7. ***Ballet Leg Position to Bent Knee Back Layout Position. From a Ballet Leg Position,*** *the ballet leg is bent, without movement of the thigh, to assume the* ***Back Layout Bent Knee Position****.*
8. See # 3
9. ***Back Layout Bent Knee to Back Layout Position****. From a* ***Back Layout Bent Knee Position****, the toe of the bent knee moves along the inside of the extended until a* ***Back Layout Position*** *is assumed.*
10. Keeping the tempo of the beginning half of the figure. Steps 1-7 are repeated with the second leg, ending in the **Back Layout Position.**
11. See # 1