

# Intermediate/Advanced Practicum

Saut de Basque

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Dance Pedagogy - Ballet  
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## Class Synopsis

Students at the Intermediate/Advanced Level are typically aged 14-18. Having already progressed through the first 4 levels of ballet training, students have well established habits and foundation for future progress. At this level, focus shifts to acquiring new steps and vocabulary. More advanced students are able to assimilate information faster, however the teacher must be careful as to not introduce new information too rapidly. The introduction of new steps and vocabulary should be congruent with the student's physical development and intellectual understanding. Students at this level are still maturing physically and cognitively, as many are becoming young adults. Some may still be going through puberty at this time, while others may be entering the final stages. Growth spurts are not as pertinent though not uncommon at this time, so it is still advisable that the teacher keep a watchful eye on students and help them make adjustments as they grow. Cognitively, students start thinking both intuitively and logically about themselves and the world around them. They are developing more independent thoughts about complex things such as politics, social norms, and identity. As the teacher I need to foster attentive learning while also encouraging self discovery within my class. A short term goal for the class I have prepared for today is to teach students the concepts needed to execute a saut de basque step and to ultimately have my students execute the step themselves. Some long term goals I have for this class continue building on concepts from previous levels such as maintaining proper classical placement while doing more advanced steps, having the arms and head react naturally to the movement of the legs, and emphasizing a clean academic line as combinations at the barre and center get longer and more complex. I expect my class to be respectful of themselves, other dancers, the space, and the teacher. I expect my dancers to be able to follow instructions and execute combinations given to them, but also to adjust and make their own subtle corrections. I also expect students to put forth their best effort every class and to leave all of their outside worries at the door so they can get the most out of their class. This class would, ideally, meet 5-6 times a week for 90 minutes from September-May.

**Name of exercise:** *Tendus and Dégagés at the Barre*

**Music:** (Album, title)

*Ballet Class Music: The Great Ballets, Vol. 3* by Nate Fifield

Tendu 2 (Sylvia)

**Time Signature:** 4/4

**Learning Objective:** To prepare students for the brushing action required in a saut de basque

**Creative explanation:** Push the toes and toe pads through the floor as if you were picking up a towel with your toes.

**Cautionary Reminder:** When closing tendu, especially in plié, ensure the heel reaches the floor before closing so the heel doesn't slam into fifth position at the end

**Notes: (if applicable)** Accent for the quick tendus is on the "and"

**Starting position:** Fifth position arms en bas

**Preparation:** 5,6,7,8 (arm breathes, to first, to second)

Measures	Counts	Steps with arms
1	1, 2, 3, 4	Plié, tendu front, close, stretch
2	5, 6, 7, 8	Tendu, close, tendu, tendu
3	1, 2, 3, 4	Plié, tendu side, close front, stretch
4	5, 6, 7, 8	Tendu side, close back, tendu side close front, tendu side close back
5-6	1-8	Repeat measures 1-2 to the back
7	1, 2, 3, 4	Plié, tendu side, close back, stretch
8	5, 6, 7, 8	Tendu side, close front, tendu side close back, tendu side close front
9-16	1-8, 1-8, 1-8, 1-8	Repeat the whole combination with Dégagés in place of tendus

**Name of exercise:** *Petit Allegro*

**Music:** (*Album, title*)

*Ballet Class Music: The Great Ballets, Vol. 3* by Nate Fifield  
Little Jumps (Flower Festival in Genzano)

**Time Signature:** 4/4

**Learning Objective:** A saut de basque is essentially a jeté that turns so by doing a petit allegro with jeté, it will prepare the students for the actions needed in a saut de basque away from the barre.

**Creative explanation:** Imagine your inner thighs and ankles are magnetic, so that there is resistance when pulling in from second to the coupe position

**Cautionary Reminder:** Make sure the glissade does not change feet. Additionally, there should be special attention to ensure the jeté goes up and not out.

**Notes: (if applicable)** Will be done in two groups: first group does measures 1-4, second group does measures 1-4, first group reverses combination, second group reverses combination

**Starting position:** Fifth position, right foot front, arms en bas

**Preparation:** 5,6,7,8

Measures	Counts	Steps with arms
1	1, 2, 3, 4	Glissade to the Right, jeté x3
2	5, 6, 7, 8	Glissade to the Left, jeté x3
3	1, 2, 3, 4	Coupé assemble, close, jump to second, jump to coupé left foot back
4	5, 6, 7, 8	Jump to second, jump to coupé right foot back, jump to second, close fifth
5-8	1-8, 1-8	Reverse combination

**Name of exercise:** *Grand Allegro*

**Music:** (*Album, title*)

*Ballet Class With Taylor* by Trisha Wolf

Grand Allegro: Lover

**Time Signature:** 3/4

**Learning Objective:** To combine all of the elements of earlier combinations into the new step being taught: saut de basque.

**Creative explanation:** Envision you're one of those circus performers who suspends in a hoop above the stage. When you do your saut de basque, imagine you are going straight up in the air and rotating like you would be in the hoop act.

**Cautionary Reminder:** Apply the same caution as mentioned earlier in the jeté combination; ensure the saut de basque goes up and rotates and does not jet out.

**Notes: (if applicable)**

**Starting position:** B+, right foot back, arms en bas

**Preparation:** 5,6,7,8

Measures	Counts	Steps with arms
1	1, 2, 3-4	Balancé x2, balancé entourant under yourself
2	5, 6, 7, 8	Tombé, pas de bourrée, glissade, grand assemblé
3	1-2, 3-4	Piqué third arabesque, chassé entrelacé
4	5-6, 7-8	Entrelacé, hold
5	1-2, 3-4	Détourné, plié préparation
6	5-6, 7-8	Pirouette en dedans, land plié fifth position
7	1, 2, 3, 4	Balancé x2, chassé entourant x2
8	5, 6, 7, 8	Tombé, saut de basque, Tombé, saut de basque

### Works Cited

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